

Pickleball - What level am I?

All registered programs follow a progression according to skill level. Identify the level that suits your abilities best. You will need to determine your skill level in order to fit into a program.

Pickleball Adult 19+ and Adult 55+

The City of Burlington is offering registered pickleball programs for players of all levels - from those new to the sport, returning after injury, beginner and recreational intermediate players who enjoy fast, agile game play. Identify the level that suits your abilities best. Instructors and staff are happy to assist. Advanced players who choose to play in programs designed for less advanced players will be asked to play down to the program level advertised in all cases.

What level am I?

All Pickleball programs are organized by player skill level. We recommend that you determine your skill level in order to fit into a program that is suited to your learning needs.

Find the level from 1.0-5.0 which aligns with **MOST** of your skills. As a guide, most recreational players will rank in the 1.0-2.0 levels due to speed, accuracy, consistency and agility requirements. 2.0-3.0 levels will be for very capable recreational players. 3.0-4.0 are highly effective, fast and agile players able to position the ball consistently, while 4.5 and 5.0 levels are highly proficient trained athletes often able to compete at a regional, provincial or national level.

What if I choose the wrong level?

No problem! Our staff and instructors will help you through any class which is a little too demanding for your skill level, and will suggest a better program fit for you moving forward. Our goal is to keep learning challenging and playing fun, instructors may alter drills to meet your skills. More advanced players who choose to remain in programs that are designed for less advanced players will be asked to play down to the program level advertised in all cases.

What level am I?

Level 1.0	
<input type="checkbox"/>	New and have no to minimal knowledge of the game and the rules.
Level 1.5	
<input type="checkbox"/>	Able to rally some times.
<input type="checkbox"/>	Learning how to serve.
<input type="checkbox"/>	Developing a forehand.
<input type="checkbox"/>	May fail to return easy balls frequently and occasionally misses the ball entirely.
<input type="checkbox"/>	Played a few games and is learning the court lines, scoring, and some basic rules of the game.
Level 2.0	
<input type="checkbox"/>	Sustains a short rally with players of equal ability.
<input type="checkbox"/>	Demonstrates the basic shot strokes – forehand, backhand, volley, overhead and the serve, but may have obvious weaknesses in strokes.
<input type="checkbox"/>	Familiar with court positioning in doubles play.
Level 2.5	
<input type="checkbox"/>	Makes longer lasting slow-paced rallies.
<input type="checkbox"/>	Makes most easy volleys and uses some backhands, but needs more work on developing shot strokes.
<input type="checkbox"/>	Beginning to approach the non-volley zone to hit volleys.
<input type="checkbox"/>	Aware of the “soft game.”
<input type="checkbox"/>	Knowledge of most rules of play.
<input type="checkbox"/>	Court coverage still requires improvement.

Level 3.0	
<input type="checkbox"/>	More consistent on the serve, service return and when returning medium-paced balls.
<input type="checkbox"/>	Demonstrates improved skills with all basic shot strokes and shot placement but lacks control when trying for direction, depth, or power on their shots.
<input type="checkbox"/>	Beginning to attempt lobs and dinks with some success but may not fully understand when and why they should be used.
Level 3.5	
<input type="checkbox"/>	Demonstrates improved stroke dependability with directional control on most medium-paced balls and some faster-paced balls.
<input type="checkbox"/>	Demonstrates improved control when trying for direction, depth and power on their shots.
<input type="checkbox"/>	Needs to develop variety with their shots.
<input type="checkbox"/>	Exhibits some aggressive net play.
<input type="checkbox"/>	Beginning to anticipate opponent's shots.
<input type="checkbox"/>	Learning about the importance of strategy and teamwork in doubles.
Level 4.0	
<input type="checkbox"/>	Consistent and dependable strokes, including directional control and depth on both forehand and backhand shots.
<input type="checkbox"/>	Reliable serves, lobs, overheads, approach shots and volleys and can use spin shots with some success.
<input type="checkbox"/>	Occasionally can force errors when serving.
<input type="checkbox"/>	Rallies may be lost due to impatience.
<input type="checkbox"/>	Uses the dink shot and drop shots to slow down or change the pace of the game.
<input type="checkbox"/>	Demonstrates 3rd shot strategies – drop shots, lobs, and fast-paced ground strokes.
<input type="checkbox"/>	Aggressive net play and teamwork in doubles is evident.
<input type="checkbox"/>	Fully understands the rules of the game and can play by them consistently.

Level 4.5	
<input type="checkbox"/>	Beginning to master the use of power and spin, can successfully execute all shots, can control the depth of their shots, and can handle pace.
<input type="checkbox"/>	Beginning to master the dink shots and drop shots and their importance to the game.
<input type="checkbox"/>	Beginning to master 3rd shot choices.
<input type="checkbox"/>	Displays sound footwork and moves well enough to get to the non-volley zone whenever required.
<input type="checkbox"/>	Understands strategy and can adjust style of play and game plan according to the opponent's strengths and weaknesses and court position.
<input type="checkbox"/>	Serves with power and accuracy and can also vary the speed and spin of the serve.
<input type="checkbox"/>	Understands the importance of “keeping the ball in play” and the effect of making errors.
<input type="checkbox"/>	Making good choices in shot selection.
<input type="checkbox"/>	Anticipates the opponent's shots resulting in good court positioning.
Level 5.0	
<input type="checkbox"/>	Has mastered all skills – all shot types, touch, spin, serves, with control and can use them as weapons.
<input type="checkbox"/>	Excellent shot anticipation, extremely accurate shot placement and regularly hits winning shots.
<input type="checkbox"/>	Forces opponents into making errors by “keeping the ball in play.”
<input type="checkbox"/>	Mastered the dink and drop shots.
<input type="checkbox"/>	Mastered the 3rd shot choices and strategies.
<input type="checkbox"/>	Uses soft shots, dinks and lobs to set up offensive situations.
<input type="checkbox"/>	Mastered pickleball strategies and can vary strategies and styles of play in competitive or tournament matches.
<input type="checkbox"/>	Dependable in stressful situations as in tournament match play.
<input type="checkbox"/>	Athletic ability, quickness, agility, and raw athleticism are also qualities that are sometimes what separates the top players from those near the top.

This chart is based on the International Federation of Pickleball (IFP) rating system.