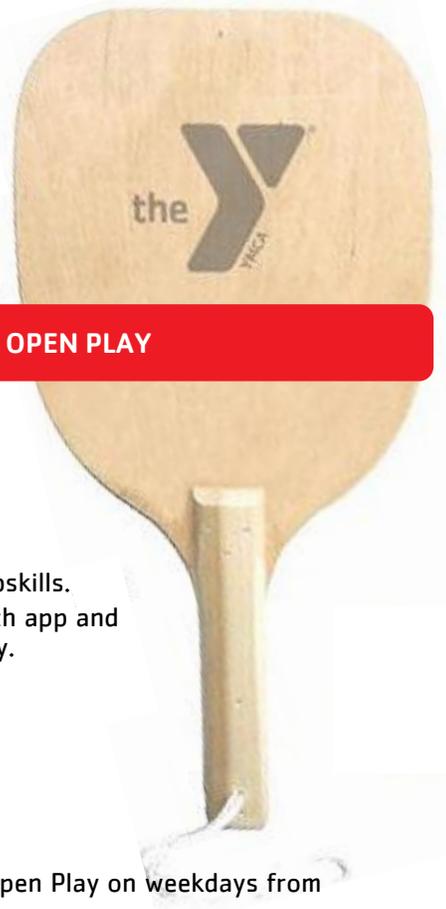




FIND MY SKILL LEVEL PICKLEBALL



INTRO CLINICS • SKILLS CLINICS • LEAGUES • OPEN PLAY

HOW TO NAVIGATE YOUR PICKLEBALL JOURNEY:

Getting started!

- Enroll in an Intro to Pickleball Workshop at bit.ly/mcgawpbintro.
- Find fundamentals and fellowship in a New/Beginner Skills Clinic at bit.ly/mcgawpbskills.
- Enjoy beginner Open Play on Saturdays at 2pm and by downloading the TeamReach app and plugging in group code YBG002 to connect with our Y Beginner Pickleball community.

2.0 Skill Level - Beginner

- Has completed a McGaw YMCA beginner skills clinic session
- Demonstrates safe, balanced movement and athletic ability
- Serving, dinking and forehand are learned. Technical development beginning.

Recommended pathways: Beginner/Advanced Skills Clinic, Beginner 2.0/2.5 League, Open Play on weekdays from 9am-3pm or Saturdays from 2pm-3pm

2.5 Skill Level - Advanced Beginner

- Understands basic rules, court positioning and scoring
- Knows fundamentals of serving, dinking and forehand. Accuracy and consistency is growing.

Recommended pathways: Beginner/Advanced Skills Clinic, Beginner 2.0/2.5 League, Coached Skills Clinic + League*, Open Play on weekdays from 9am-3pm or Saturdays from 2pm-3pm *(A YMCA feature program)

3.0 Skill Level - Lower Intermediate

- Able to hit medium paced and more intentionally placed serves, forehand and dink rallies. Limited direction and frequent unforced errors.
- Developing success with 3rd shot, flatter returns, lobs, backhand and softness/power.
- Quickly moves to and plays at non-volley zone. Beginning to work as a partner team.

Recommended pathways: Intermediate Skills Clinic, Coached Skills Clinic + League*, Lower Intermediate or Intermediate League, Open Play (all posted hours) *(A YMCA feature program)

3.5 Skill Level - Intermediate

- Demonstrates basic strategy, varied offensive tactics and enhanced communication, placement, consistency and self-correcting in play.
- Moderate level of control and mastery in technique, placement and pace across serves, forehand, dinks and 3rd shot. Adding lobs, backhand and defensive strategy to repertoire.

Recommended pathways: Intermediate/Advanced Skills Clinic, Intermediate League, Open Play (all posted hours)

4.0 Skill Level - Advanced

- Consistent demonstration of pace, placement and strategy across shot selections for competitive advantage. Long rallies with unforced errors.
- Experience in competitive play with ability to anticipate, work as a team and analyze opponents.

Recommended pathways: Open Play (weekdays 9am-noon, evening and weekend hours)

For more information, please contact sports@mcgawymca.org or 847-475-7400 option 1.

