



Special Olympics Virginia Pickleball Individual Skills Competition (ISC)



Name: _____

Division: _____

Area: _____

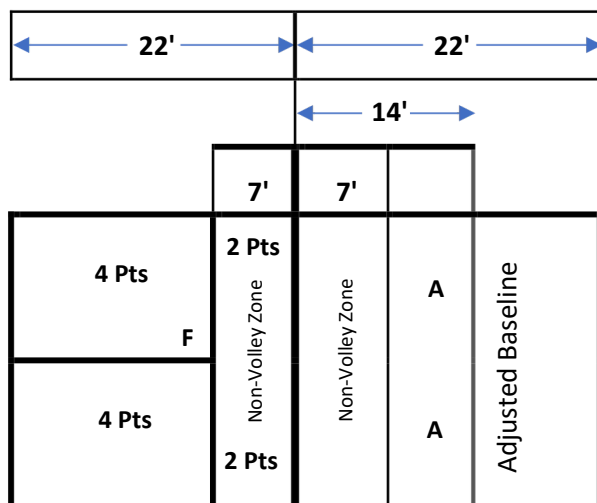
Coach: _____

Volley (12 attempts)			Groundstroke (12 attempts)			Serve (12 attempts)			Return of Serve (4 attempts)		
Forehand CC	1		Forehand CC	1		Right Service Area	1		Attempt - RSA	1	
Forehand CC	2		Forehand CC	2		Right Service Area	2		Attempt - RSA	2	
Forehand CC	3		Forehand CC	3		Right Service Area	3		Attempt - LSA	3	
Forehand DL	4		Forehand DL	4		Right Service Area	4		Attempt - LSA	4	
Forehand DL	5		Forehand DL	5		Right Service Area	5		Total		
Forehand DL	6		Forehand DL	6		Right Service Area	6				
Backhand CC	7		Backhand CC	7		Left Service Area	7				
Backhand CC	8		Backhand CC	8		Left Service Area	8		Dink Rally # of rallies completed		
Backhand CC	9		Backhand CC	9		Left Service Area	9		A-Serve RightArea	1	
Backhand DL	10		Backhand DL	10		Left Service Area	10		F- Serve RightArea	2	
Backhand DL	11		Backhand DL	11		Left Service Area	11		A-Serve LeftArea	3	
Backhand DL	12		Backhand DL	12		Left Service Area	12		F- Serve LeftArea	4	
Total			Total			Total			Total		

Mobility Table																
Time	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15
Score (Circle one)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Add Totals and Mobility = Grand Total																
Volley Total	Groundstroke Total		Serve Total		Return of Serve Total		Dink Rally Total		Mobility Score		Grand Total					

Special Olympics Pickleball Groundstroke Directions

Court Dimensions



ISC Volunteers Needed:

Feeder, Scorer/Timer, Helper and Ball Person

Equipment: 12 pickleballs, 2 pickleball holders, 1 stop watch, 1 clip board, individual score sheets, pens

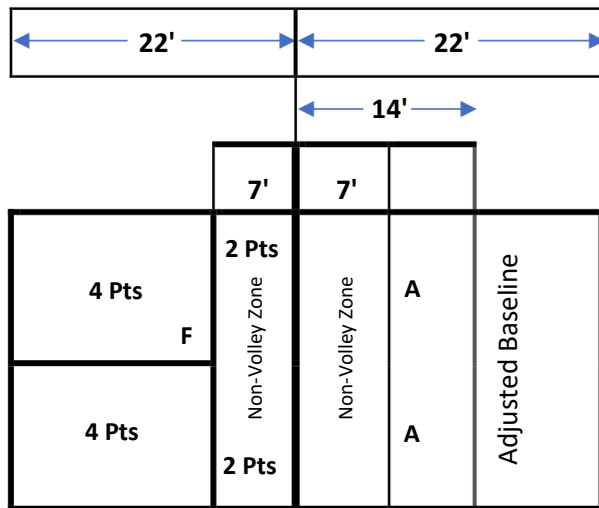
Groundstrokes

12 attempts with 2 practice attempts

- Balls are paddle fed or hand fed, as long as it remains consistent for every player. Feeder (F) positioned at the center line and Non-Volley Zone line.
- Athlete (A) stands 10' behind the adjusted baseline on the right side of the court and receives 2 practice balls.
- Feeder paddle feeds or hand feeds ball to the athlete so that it bounces once to the athlete's right side. Right-handed athletes hit 3 balls forehand cross court and 3 balls forehand straight down the line. Left-handed athletes hit 3 balls backhand cross court and 3 balls backhand straight down the line.
- The athlete then moves to the left side of the court and repeats the process. Right-handed athletes hit 3 balls backhand cross court and 3 balls backhand straight down the line. Left-handed athletes hit 3 balls forehand cross court and 3 balls forehand straight down the line.
- Athlete receives points for the ball going over the net and landing in target areas. See above point values. Mark each score on the score sheet before beginning next feed.
- A swing and a miss counts as an attempt and receives 0 points.
- A score of 0 is recorded if Athlete steps into the Non-Volley Zone and the ball has not bounced in that area.

Special Olympics Pickleball Volley Directions

Court Dimensions

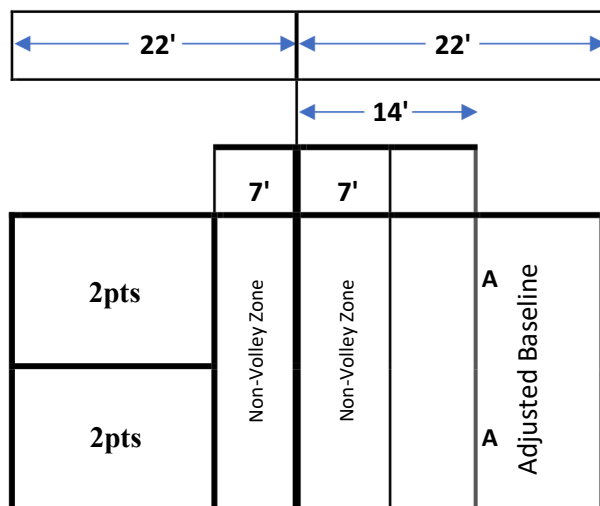


Volleys- Must be hit out of the air 12 attempts with 2 practice attempts

- Balls are paddle fed or hand fed, as long as it remains consistent for every player. Feeder (F) positioned at the center line and No Volley Zone Line.
- Athlete (A) start 3 ' behind Non-Volley Line on the right side of the court.
- Athlete receives 2 practice balls.
- Feeder paddle feeds or hand feeds ball to the athlete so that it does not bounce to the athlete's right side. Right-handed athletes hit 3 balls forehand cross court and 3 balls forehand straight down the line. Left-handed athletes hit 3 balls backhand cross court and 3 balls backhand straight down the line.
- The athlete then moves to the left side of the court and repeats the process. Right-handed athletes hit 3 balls backhand cross court and 3 balls backhand straight down the line. Left-handed athletes hit 3 balls forehand cross court and 3 balls forehand straight down the line.
- Athlete receives points for the ball going over the net and landing in target areas. See above point values. Mark each score on the score sheet before beginning the next feed.
- A swing and a miss counts as an attempt and receives 0 points.
- A 0 is recorded if the athlete steps into the Non-Volley Zone and the ball has not bounced in that area.

Special Olympics Pickleball Serve Directions

Court Dimensions



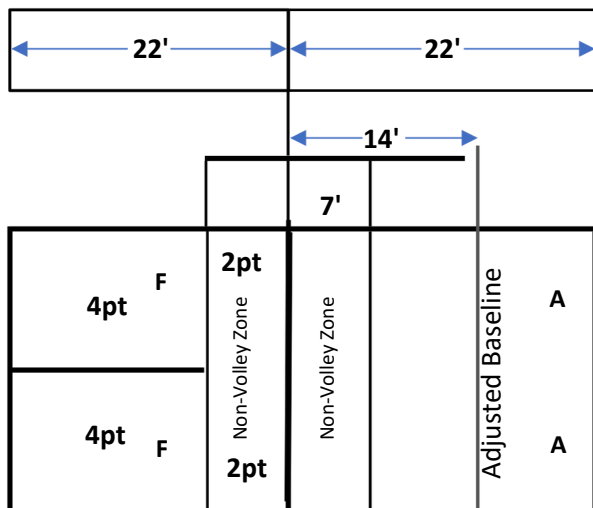
Serves

12 attempts with 2 practice attempts

- Athlete stands behind the adjusted baseline, 14' from net.
- Athlete serves 2 practice balls from behind adjusted baseline.
- Athlete must serve diagonally.
- Serves may be hit out of the server's opposite hand or dropped (not thrown downward) from any height and hit after the ball bounces. **Athletes with the use of only one arm or hand may hold the ball with the paddle hand.*
- Athlete stepping over the baseline prior to contacting the ball will be considered a foot fault and receive 0 points.
- Athlete receives 6 service attempts from the Right Service Area and 6 service attempts from the Left Service Area.
- Athlete receives 2 point for the ball landing in the correct Service Area.
- Athlete receives 0 points for served balls that land in the Non-Volley Zone or on the Non-Volley Zone Line. Athlete receives 0 points for a swing and miss.
- Mark each score on the score sheet after each service attempts.

Special Olympics Pickleball Return of Serve Directions

Court Dimensions

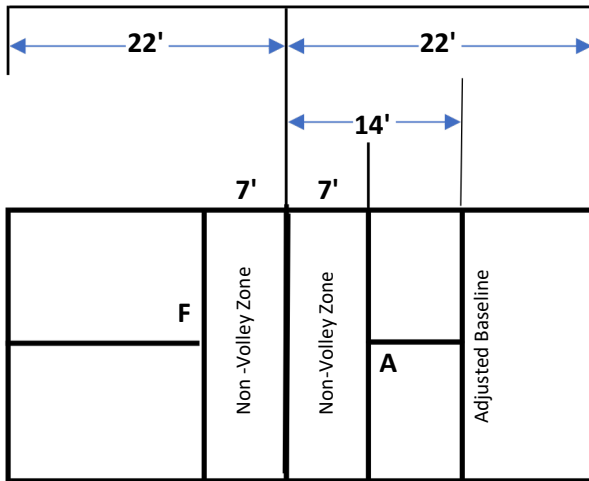


Return of Service 4 Attempts with NO practice

- Athlete (A) receives 2 serves in the Right Service Area and 2 serves in the Left Service Area.
- Feeder (F) underhand serves 2 balls to the diagonal Right Service Area (one at a time).
- Athlete attempts to return each serve over the net.
- Athlete receives points for the ball going over the net and landing in target areas. See above point values.
- After the Athlete returns the ball, play stops.
- The athlete then moves to the Left Service Area and repeats the process of returning 2 serves.
- Mark score sheet after each return.

Special Olympics Pickleball Dink Directions

Court Dimensions



Dink Rally

4 Attempts with NO practice

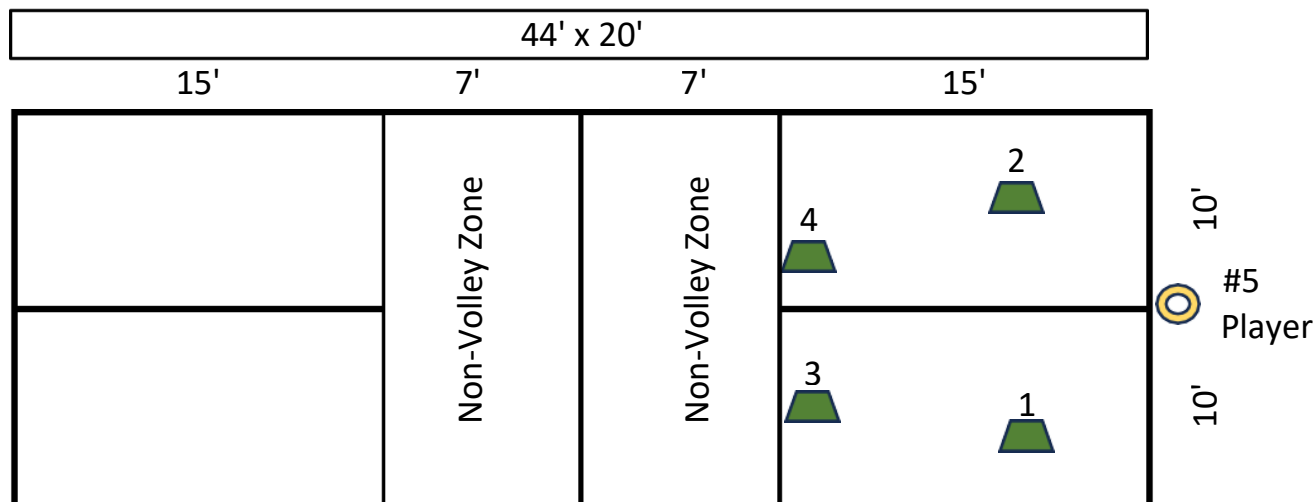
- Athlete and Feeder each start 2 Dink Rallies, one each from the Right Service Area and one each from the Left Service Area. Play begins with all players behind the Non-Volley Zone.
- Each rally begins with a drop hit ball over the net (ball is dropped, the ball bounces and then hit with underhand motion).
- Drop hit must be made behind the Non-Volley Zone line.
- After dropped hit ball crosses net, ball must bounce within the Non-Volley Zone. Any error ends rally.

Errors:

- Ball bounces in Non-Volley Zone on drop hit.
- Any player steps on or over the Non-Volley Zone line before rally is begun or when not hitting the ball. Ball does not bounce in Non-Volley Zone after the first drop hit.
- Any player volleys the ball, instead of letting the ball bounce.

Scoring: 1 point for each hit over the net with a limit of 36 dinks.

Pickleball Mobility Test



Equipment:

- 1 poly ring by # 5
- 4 pickleballs
- 4 numbered 1-4 pickleball holders 
- stopwatch
- clipboard
- individual score sheets
- pen

Set-up: Place numbered pickleball holders as follows:

- **#1** is placed in the left service area, 10" behind Non-Volley Zone line and 3' from left sideline.
- **#2** is placed in the right service area, 10' behind Non-Volley Zone line and 3' from right sideline.
- **#3** is placed in left service area, 1' behind Non-Volley Zone line and 6' from left sideline.
- **#4** is placed in right service area, 1' behind Non-Volley line and 6' from right sideline.
- **#5** poly ring is placed behind baseline and center line.

Volunteers: Timer, score keeper, helper

Directions:

- Player stands inside poly ring #5. At verbal command, "Go," player runs to #1, picks up the pickleball and returns to #5 and places the ball in the poly ring.
- Player repeats the same pattern with #2, #3, and #4 until all 4 balls are retrieved and placed in the ring.
- Balls must stay in the ring. If they roll out, player must replace the ball in the ring before proceeding.
- When all balls are placed in the ring, the stopwatch is stopped and time recorded. **Players must pick up balls in numerical order.**

Scoring: Match time on Mobility Table to the score below it. Record the score on the score sheet. Record 1 point for times greater than 30 seconds and 16 points for times less than 15 seconds.

Mobility Table																
Time	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15
Score	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16