

**Pickle Ball Forehand Stroke
Skill Assessment Checklist**

Rank your partner on the following skill component using the scale below. Have them repeat the skill at least five times before giving your ranking.

- P=proficient (does every time);
- C=competent (does on most attempts)
- B=basic (does occasionally but still needs to work on this part.)

Grip and Stance:

P	C	B	Description
			Uses handshake grip with firm wrist
			Paddle perpendicular to the floor
			Knees bent in ready position to receive the pickle ball

Contact/Execution:

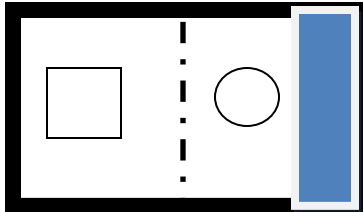
P	C	B	Description
			Pivots and steps toward the ball
			Brings racket back early in preparation
			Contacts ball in front of right hip

Follow Through/Finish:

P	C	B	Description
			Swings the paddle low to high on contact
			Maintains a firm wrist on contact
			Paddle moves forward and across the body

Performance Accuracy:

	Score	Description
P		Student performs 10 throws at goal placing at least 7 of the throws in the right or left third of the goal
C		Student performs 10 throws at goal placing at least 5 of the throws in the right or left third of the goal
B		Student performs 10 throws at goal placing at least 3 of the throws in the right or left third of the goal

Description of Accuracy Assessment	Diagram
<p>Student stands in a five foot square in the center of the back court. The partner stands in a hula hoop just behind the short line on the opposite court. A line is placed across the back of the court 4 feet in front of the baseline. The student in the hula hoop throws the pickle ball to the partner's forehand. The student returns the ball into the back 1/3 of the court. Scoring is 2 points for ball hit into the back 1/3 of the court and 1 point for in bounds in the front 2/3rds of the court.</p>	

Student Performer: _____

Student Observer: _____

Teacher Observation: _____

Date: _____