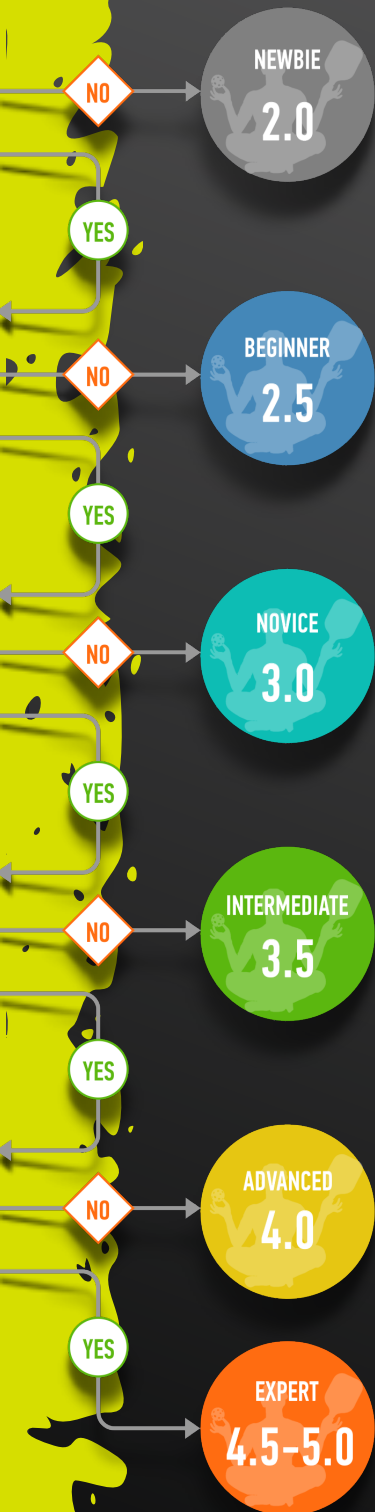




The Pickleball Guru's

# RATINGS & GOALS Guide



Simple, “Yes or No” Criteria to Determine Your Current Level of Play PLUS The Specific Skills, Strategies & Goals to Advance to The Next Level

(No Matter How *New* You Are, How *Long* You’ve Played or How *Many Times* You’ve Had Your Derrière Kicked)

A #GuruNation Exclusive



## ***Hello and Welcome!***

This guide is for you if you are a pickleball player who is determined to get better—fast.

It can be confusing to know exactly what level you're at and where to begin to improve your game.



In this guide, you will:

- ▶ First, use my trademarked “Ratings Finder” to easily determine your current skill level. *(No more wondering how you compare or what tournament division to enter...)*
- ▶ Then, get level-specific guidance on what aspects of placement and positioning to focus on to move up to the next level. *(Goodbye “But, Where Do I Begin?” conundrum...)*
- ▶ Finally, you’ll establish a consistency goal, customized for your skill level, to help you target the number of shots you can hit in a row while keeping the ball in play. *(No more wondering how long you should be able to hang in there...)*



# *Part 1:*

# **DETERMINE YOUR SKILL LEVEL**

On the following page, you'll find a simple "yes or no" path to help you assess or confirm your current skill level on a national standard. Knowing your skill level will help you identify what to focus on next in order to improve your game. It will also help you determine what division to enter if you decide to play in a tournament.

# THE GURU'S RATINGS FINDER

The Simple "Yes or No" Way to Figure Out Your Skill Level—Fast

**YES** = "Yes" to 5 or More Statements      **NO** = "No" to 2 or More Statements

- I know where to stand at the beginning of each point
- I usually get my serves "in"
- I usually let the return of serve bounce
- I am getting the hang of keeping score
- I can often keep the ball in play.
- I know what a dink shot is.

**NO**



**YES**

- I have the basic rules down 100%.
- I am working on getting my serves & return of serves deeper.
- I am working on getting my dinks shallower/lower.
- I am capable of hitting a few dinks in a row.
- I can usually hit backhand shots when I need to.
- I'm trying to add more power or softness to my game.

**NO**



**YES**

- I know almost all of the "special case" rules.
- My serves & returns are almost always deep.
- I sometimes try to hit a 3rd shot drop shot.
- I try to be strategic about how and where I hit the ball.
- I have a wide variety of shots in my arsenal.
- I actively work with my partner to win the point.

**NO**



**YES**

- I can often anticipate my opponents' shots.
- I often finish the point when my opponent gives me an opening.
- I am usually consistent with drop shots and dink shots.
- I almost always play at the non-volley line.
- With a good partner I can cover almost any shot.
- I try to be patient & wait for the opening.

**NO**



**YES**

- I can consistently convert a hard shot to a soft shot.
- I am almost always patient & wait for the opening.
- I rarely make unforced errors.
- I consistently use power & finesse to my advantage.
- I can easily sustain a rally of 40 or more shots.
- I have competed in tournaments at the 4.5 level or higher.

**NO**



**YES**



# Part 2:

## HOW TO GET TO THE NEXT LEVEL

With my coaching clients, I zero in on the their mistakes and tell them exactly what to focus on to get to the next level.

Obviously, in this guide, I can only offer some general, level-specific advice for improving *your* game.

**Read the notes below, review your answers to the previous section, then skip ahead to the correct page for your skill level.**

## **#1: FOCUS ON THE “NO’S”**

Take note of what phrases you answered “no” to from the previous questions. Start practicing those skills/strategies.

## **#2: FOCUS ON PLACEMENT & POSITIONING**

Without doubt, the fastest and easiest way to get better results is to improve your placement and positioning.

You don’t have to be faster, stronger or younger if you are in the right position, choose the right shot, and hit to the right spot.

Below you’ll discover my specific recommendations for how to improve your placement and positioning, no matter what level you’re at.



### #3: FOCUS ON CONSISTENCY

In pickleball, the team that makes the least unforced errors will usually win the game. That's why it's so important to reduce your unforced errors and just keep the ball in play.

In case you aren't familiar with the term, an "unforced error" is when you end the rally by hitting the ball out of bounds or into the net, not because your opponent hit a particularly good shot, just because you messed up... *(Not that you have EVER done that...right?...wink, wink...)*

For each skill level, I'll give you a consistency goal to help you set reasonable expectations and targets for reducing your unforced errors during a match.

### NOW WHAT?

There you'll find a simple list of what to focus on to improve your placement & positioning as well as a target consistency goal.



## DIVE IN

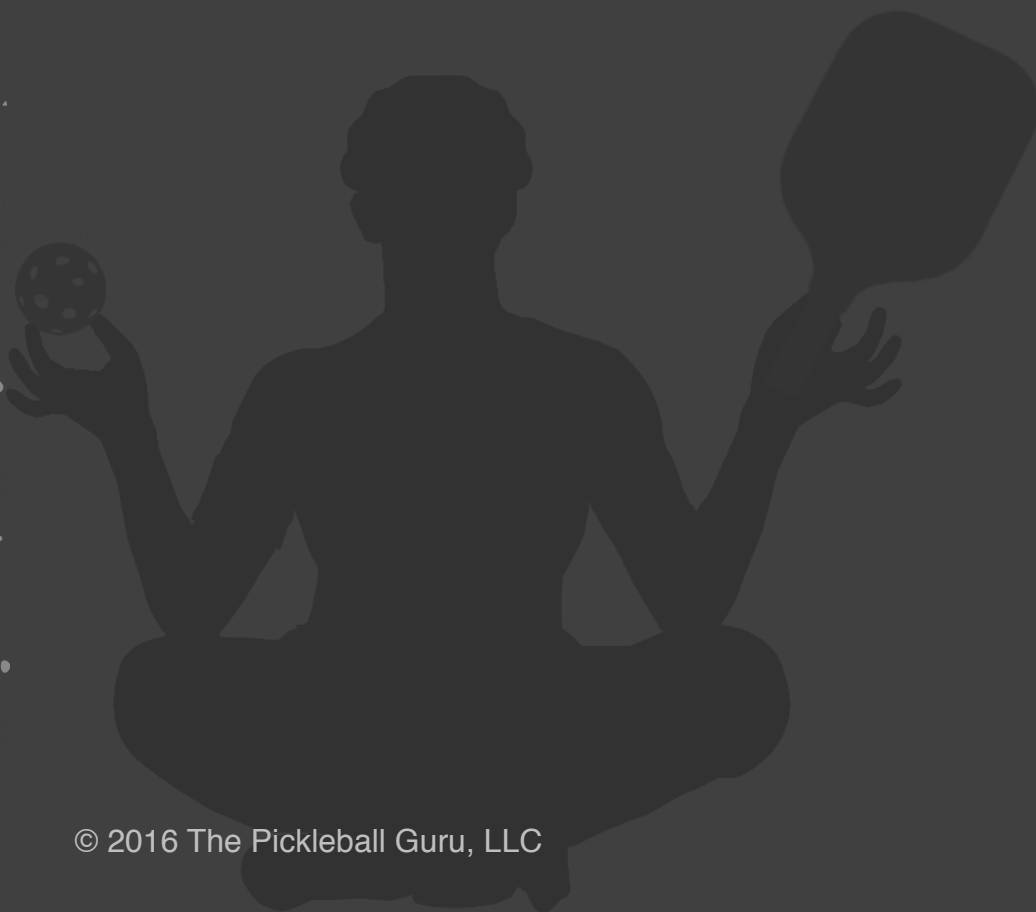
Congratulations! It sounds like you're just getting into pickleball. As you may know, it's an extremely fun sport—even if the scoring system is a little tricky at first. One of the best things about it is that patience and finesse are more important than being young, strong or fast (although those are all helpful, too!).



# TO MOVE TO THE NEXT LEVEL

- ▶ Study the Basic Rules & Starting Positions
- ▶ Develop Your Hand-Eye Coordination
- ▶ Watch the Ball As it Hits Your Paddle

*Consistency Goal: Try to hit 3 shots in a row without making an unforced error.*





## ON YOUR WAY

Great, you're not brand new to the game anymore! You've pretty much got the rules down, you know a little basic strategy and you're trying to implement it.

# TO MOVE TO THE NEXT LEVEL

Elevate your game by focusing on:

- ▶ What Position to Be in *During* the Point
- ▶ When to Hit the Ball Shallow or Deep
- ▶ Strengthening Your Backhand (or Weaker Side)

*Consistency Goal: Try to hit 6 shots in a row without making an unforced error.*



# GETTING BETTER

Great! You already have a good basic understanding of the basic strategies and now you are working on how to implement them more effectively.

# TO MOVE TO THE NEXT LEVEL

To improve your game quickly, focus on:

- ▶ Moving Up to & Staying At the Non-Volley Line In Every Point
- ▶ Broadening Your Arsenal of Shots
- ▶ Side-to-Side Positioning (*When to Position Yourself Where Depending on Where the Ball Is & Where Your Opponents Are*)

*Consistency Goal: Try to hit 10 shots in a row without making an unforced error.*



**INTERMEDIATE**

**3.5**

## **GETTING SERIOUS**

Way to go! You're already better than the majority of players in the US. You've got the potential to get a lot better, and it isn't speed or brawn that will get you there. It's patience, & finesse, placement & positioning.



# TO MOVE TO THE NEXT LEVEL

If you want to take your game to the next level as quickly as possible, here's what to focus on:

- ▶ **Advanced Strategies to Work as a Team & Cover the Court**
- ▶ ***When to Use Which Shots (& Why)***
- ▶ **How to Perfect Your Ready Position Before & Between Shots**

***Consistency Goal: Try to hit 20 shots in a row without making an unforced error.***



# ON THE RISE

Fantastic! You're at a real tipping point. Many players stay in the 4.0 range for good, but if you're reading this guide, it's because you want to get even better.

# TO MOVE TO THE NEXT LEVEL

To take your game to the next level, here's what to do:

- ▶ **Fine-Tune Your Positioning to Stay on the Offensive & Get Back to It Quickly**
- ▶ **Learn to Move Your Opponents Out of Position & Create Openings**
- ▶ **Learn to Select the Right Shot & Place it Well to Capitalize When Your Opponents Are Out of Position**

***Consistency Goal: Try to hit 35 shots in a row without making an unforced error.***



## ON FIRE

Outstanding. Congratulations! You're at the upper echelons of the sport. It's always exciting to see who the "up and coming" players are at every age.

# TO MOVE TO THE NEXT LEVEL

To play even better and win more often, here's what to focus on:

- ▶ Increase Your Overall Consistency
- ▶ Address Your Mindset Challenges (Everybody Has Them)
- ▶ Hone the Lesser-Used Facets of Your Game
- ▶ Get Better at “Reading” Your Opponents & Playing Toward Their Weaknesses

*Consistency Goal: Try to hit 100 shots in a row without making an unforced error.*

# 11 WAYS TO GET BETTER

- ▶ Talk to better players about strategy.
- ▶ [Play with better players. \(But don't be obnoxious about it.\)](#)
- ▶ Ask for feedback from better players.
- ▶ Read my book, [Smart Pickleball](#).
- ▶ Read other books on pickleball/racket sports.
- ▶ Study youtube videos of players at your level to evaluate their play.
- ▶ Study youtube videos of top players to see what they're doing that you're not.
- ▶ Get on the court and drill, baby, drill!
- ▶ Attend a group pickleball workshop.
- ▶ Take a private pickleball lesson.
- ▶ Sign up for a [1-on-1 VIP coaching intensive with me](#).



I HOPE YOU FOUND  
THIS GUIDE HELPFUL.  
UNTIL NEXT TIME, I'M  
WISHING YOU ALL THE  
BEST AND I HOPE TO  
SEE YOU OUT ON THE  
COURTS SOON!

WARMLY,

PREM

"THE PICKLEBALL GURU"



# NOW THE BALL'S IN YOUR COURT!

**#1) If you found this guide helpful, please let me know!**

Just [click here to post a comment](#) on my Facebook page telling me:

- ▶ Your Skill Level From Part 1
- ▶ What You're Going to Focus on Next

**#2) Then, keep your eyes on your inbox!**

**I'm working on a special FREE training for you. If you liked this guide I promise you'll love the training.**

You'll be among the first to know when it's available so keep your eyes on your inbox and I'll be in touch soon!