

**April is Pickleball Paddle Skills Month  
2020**

All scores are based on consecutive repetitions (reps). If a mistake is made, start over.  
For a video demonstration of each skills/drill, click on the skill link provided below.

Week Of \_\_\_\_\_

Skills	Levels				Points Earned	Personal Record
	Bronze (1pt)	Silver (2 pts)	Gold (3 pts)	Diamond (5pts)		
Forehand Ups	1-25 reps	26-50 rps	51-99 reps	100+ reps		
Forehand Ups w/spin	1-15 reps	16-20 reps	21-39 reps	40+ reps		
Backhand Ups	1-20 reps	21-40 reps	41-79 reps	80+ reps		
Alternate Ups	1-15 reps	16-20 reps	21-39 reps	40+ reps		
Edges	1-5 reps	6-15 reps	16-25 reps	26+ reps		
Forehand/Edge/Alt	1-5 reps	6-10 reps	11-20 reps	21+ reps		
2 Paddle Ups	1-15 reps	16-30 reps	31-60 reps	61+ reps		
<b>Wall Volleys</b>						
Forehand	1-10 reps	11-20 reps	21-40 reps	40+ reps		
Backhand	1-5 reps	6-15 reps	16-30 reps	31+ reps		
Alternate: Fore/Back	1-5 reps	6-10 reps	11-25 reps	26+ reps		
<b>Wall Ground Strokes</b>						
Forehand	1-25 reps	26-50 reps	51-75 reps	76+ reps		
Backhand	1-20 reps	21-40 reps	41-60 reps	61+ reps		
Alternate: Fore/Back	1-15 reps	16-30 reps	31-45 reps	46+ reps		
<b>Challenge Strokes (No Points)</b>						
Forehand Catches						
Backhand Catches						
<b>Total Points</b>						