**Special Olympics Pickleball Levels**

**Level 1**:

1. Provides meaningful pickleball training and competition for beginning athletes, athletes with limited mobility, tracking skills and control.
2. Provides an ability-based learning environment.
   1. Slower ball type –indoor pickleball
3. Learning concentrations.
   1. Strokes (forehand, backhand, volleys & serves) d. Rules & Etiquette
   2. Movement e. Matchplay
   3. Tracking

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**Level 2**:

1. Provides meaningful pickleball training and competition for athletes who have been successful in Level 1. Athletes understand the basics of the game, limited control of the serve, return serve, hits mainly forehands, lacks control on volleys and can sustain a slow-paced rally.
2. Provides an ability-based learning environment.
   1. Slower paced ball – indoor pickleball
3. Learning concentrations
   1. Sending & Receiving Skills d. Rules & Etiquette
   2. Preparation e. Matchplay
   3. Footwork

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**Level 3**:

1. Provides meaningful pickleball training and competition for athletes who have been successful in Level 2. Athletes understand rules, can control the serve, return the serve, volley, has limited success and consistency with the dink shot, can sustain a medium paced rally and begins to vary depth of shots. Athletes’ skills sufficient for community play.
2. Provides an ability-based learning environment.
   1. Traditional Competition Pickleball
3. Learning concentrations
   1. Recovery d. Doubles Communication
   2. Advanced Strokes – Dink & Overhead e. Etiquette & Strategy
   3. Increased Paddle Control with Movement f. Placement

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**Level 4**:

1. Provides meaningful pickleball training in competition for athletes who have been successful in Level 3, can serve with pace and vary shot speed and depth, can use the dink shot effectively and sustain dink rally, uses strategy to move opponent and moves well as a doubles team.
2. Learning concentrations
   1. Speed, Endurance & Core Training d. Doubles Strategy
   2. Placement with Varying Pace e. Shot Selection Strategy
   3. Develop Spins