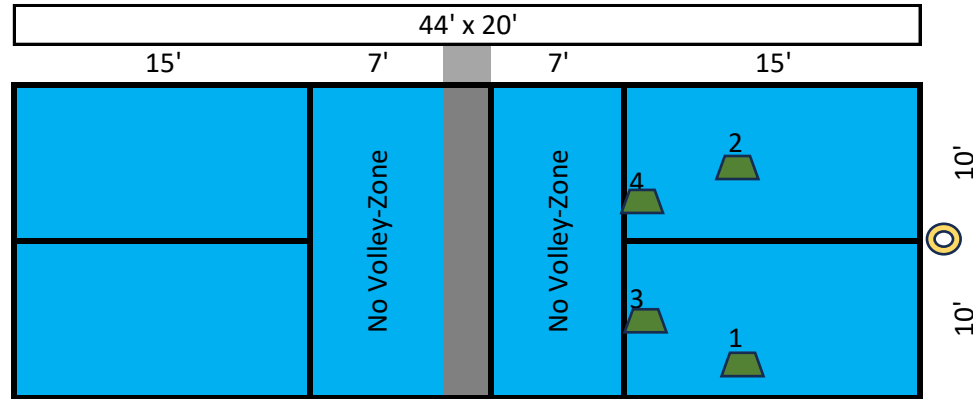
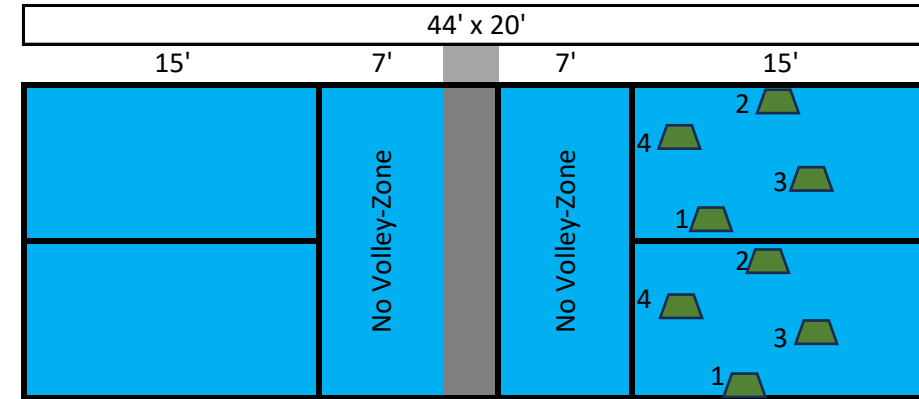




## Pickleball Mobility Test and Directions



#5 Hula Hoop  
Player



#5  
Player 1  
#5  
Player 2

**Equipment:** 1 poly ring by # 5, 5 pickleballs, numbered 1-4 pickleball holder stop watch, 2 clip boards, Individual score sheets, pencils

**Volunteers:** Timers(s), scorekeeper, helper

**Set up:**

Place numbered pickleball holders as follows:

**Singles:** # 1 is placed in left service area. 10' behind No-volley line and 3' from left sideline

#2 is placed in the right service area. 10' behind No-volley line and 3' from right sideline

#3 is placed in left service area, 1' behind No volley line and 6' from left sideline.

#4 is placed in right service area, 1' behind No volley line and 6' from right sideline.

#5 poly ring is placed behind baseline and center line.

**Doubles:** Left and Right service area are set up the same and 2 players go at the same time. See diagrams.

# 1's are placed 4' from No-volley line and 2' from center line and left sideline

#2's are placed 10' behind No-volley line and 2' from center line and right sideline.

#3 is placed 12' behind No-volley line and 5' from center line and left sideline

#4 is placed 1' behind the No-volley line and 4' from right sideline and center line

#5 hula hoop is placed behind baseline and centered between center line and sidelines

**Directions:** Player stands inside poly ring #5. At verbal GO, players runs to #1, picks up PB and returns to #5 and places ball in poly ring. Players repeats the same pattern with #2, #3, and #4 until all 4 balls are retrieved and placed in ring. Balls must stay in ring. If they roll out, player must replace ball in ring before proceeding. **When all balls are placed in ring, stop watch is stopped and time recorded.**

Mobility Table	Singles															
Time	30	29	28	27	26	25	24	23	22	20	19	18	17	16	15	
Score	1	2	3	4	5	6	7	8	9	12	16	21	27	34	42	

	Doubles and Unified Doubles Mobility										
Time	20	19	18	17	16	15	14	13	12	11	10 or less
Score	5	6	7	8	9	12	16	21	27	34	42

