

Pickleball

Pickleball Activities

- No racket game
 - With a partner they are tossing (underhand) over the net. The partners must let the ball bounce before tossing back over the net. Try to pass where your partner is not. If the partner is deep in the court, toss close to the net and if the partner is close to the net try to toss it deep in the court. This activity works on footwork and reading where your opponent is in the court. (decision making skills with shots)
- Racket tricks (ups, down, flipflops, edge)
- Drop Hit and Catch
 - Forehand working on contact (not accuracy)
 - Ladder (Long to short then short to long works on understanding)
- Ball Machine (partner tosses to the other partner)
 - You can do a group of three as a retriever
 - Ground strokes and half volleys
- Rolling to 100
 - With a partner, the partners roll the dice to see how many reps they will complete. The most reps they will do is 6. First roll the dice, if they roll a 2 they will complete two partner rally (each partner hits back and forth 2 times). They will mark the 2 on their sheet. Second roll the dice, if they roll a 3 they will complete 3 partners rally and then make the 5 on their sheet. Continue this pattern.
- Pick 6
 - Students are with a partner and have a dice. The student roll the dice to see which activity they will perform. The teacher can say that each activity is a set number of reps (For example, they roll a 5 they would complete the activity and then do the activity for 10 reps with their partner.)
 - Students can also write in different pickleball activities for each number. The students could write in serve, partner rally, partner drop shot etc. and then play Pick 6 using the activities they came up with.
- Games
 - Duke's Court – same as the Queen's Court Volleyball game
 - Up and Down the River

Pickleball skills/cues (discussion on what to observe as a teacher for each skill, cues and using ERAs)

- Forehand – handshake grip, low to high swing, contact by front hip
- Backhand – handshake grip, racket back early, low to high swing, contact by knees
- Drop Shot – short backswing, push/guide ball, minimal FT
- Serve -non racket foot forward, drop ball, contact below waist, FT up and in line with flight

The Critical Elements of the Primary Pickleball Techniques and Tactics

Techniques/Tactics	The Critical Elements
Underhand Serve	<ul style="list-style-type: none"> • Up and back stance behind back line • Backswing with an underhand motion shifting weight from front to rear foot • Swing forward and contact the ball below the waist • Follow through toward the target • Aim to hit into the diagonally opposite service court
Forehand and Backhand Groundstrokes	<ul style="list-style-type: none"> • From a ready position pivot shoulders and hips • The non-paddle shoulder (forehand) or the paddle-shoulder (backhand) is facing the approaching ball (sideway stance) • Move the paddle from back to forward stepping with the front foot • Contact the ball bounced off the ground in front of the body • Follow through toward the target and return to the ready position
Forehand and Backhand Volleys	<ul style="list-style-type: none"> • Have a ready position standing just behind the non-volley zone • Adjust the paddle angle (forehand/backhand sides) • Keep the paddle at the chest level • Contact the ball in front of the body • Keep short backswing and follow through
Overhead Smash	<ul style="list-style-type: none"> • Turn sideways and point the non-paddle hand at the ball • Bring the paddle up behind the head • Contact the ball at the highest point with elbow straight in front of the body • Shift weight from back to front • Follow through downward across the body
Offensive Tactics	<ul style="list-style-type: none"> • Keep serves deep with good pace • Force opponents to use their backhand • Hit a deep forcing shot to the corners • Vary the shots with various directions to move opponents • Set up the attack by approach to the net after the third shot in doubles • Win a point with overhead smash
Defensive Tactics	<ul style="list-style-type: none"> • Keep returns deep and the corners with groundstrokes • Cover the entire court by quickly returning to the back third of the court (home position) after each shot • Select appropriate defensive shots by checking the opponent's position and ball speed/force/trajectory • Stand close to the backhand side during the service return • If one or both players are in the backcourt, keep them there by hitting deep shots

PICK SIX

1 Partner Forehand Rally	2 Partner Rally Half- Volley (without bounce)
3 Partner Serve and Catch	4 Partner Backhand Rally
5 Partner Rally Half- Volley (with bounce)	6 Partner Rally