

Introduction to Pickleball

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Why should you add this game to your program?

- The court lines are already in place and the equipment is relatively inexpensive.
- The unique rules create an accessible, inclusive, co-ed and playable activity.
- It is a life-long physical activity.
- It has no traditional socio-economic, cultural or gender barriers

Warm-Up

Pylon Maze: High Knees, High Heels, Skipping, One-Foot Hops, Figure Eights, RELAY

Paddle Familiarity:

Forehand, Backhand, Alternating, High-Low, Partner Volley, Paddle Volley, Partner Target, Pickleton, Four Square, Ground strokes, Partner Juggle

PickleVolley: Teams of 3. The ball is allowed to bounce once during your possession. No smashes. Honour the NVZ. Try to use all three contacts. This activity begins with a serve from the baseline.

Partner Target: Create a target (pylon with ball). Partners attempt to knock off their opponent's ball. Build consistency in your ground strokes and improve your touch and aim. First to 3 wins. In addition, this activity can be done with a focus on 'dink' shots.

Partner Juggle: Working across the net, players will aim to receive the ball, juggle it at least three times and then send it back to their partner.

Four-Square: Create Four Square Courts, and play this traditional game with paddles.

Around the World: Continuous team rally with an elimination component.

Progressive Around the World: Continuous rally with player movement based on winning or losing the rally.

Progressive Single Point: Play out an entire point with player movement based on the outcome

Twice the Fun: Partner dinking with two balls—once a ball has been misplayed, the remaining ball is played as a ‘live’ pickleball point. One of our favourites!

The Basics of Pickleball

- The serve is underhand, contacted below the waist
- The serve must land in the diagonal service box
- The serve and return-of-serve must be allowed to bounce.
- There is a seven-foot NO-VOLLEY ZONE (NVZ). This zone can be entered to play a ball that has bounced.
- Points can only be earned on your serve.
- Games are typically to eleven. Win by two.

Pickleball Strategy

- When receiving serve, do not try to hit winners—put the ball in play deep and attack the NVZ line
- Hit a variety of shots, including lobs, aggressive forehands/backhands, and ‘dink’ shots
- Some common terms include: ‘Shoulder-high, let it fly’ and ‘Get it high, sure to die’the court is relatively small, so be ‘court-aware’
- Teams that can control the NVZ line are difficult to beat
- The game demands total control at the NVZ line...split stop, and be balanced
- Commit to mistake management—be patient!

Ways to Play:

- Ladder or Pyramid Play
- King’s or Queen’s Court
- Progressive Pickleball
- Team Pickleball

