

PAA Schools Program



Pickleball Australia
Association



PICKLEBALL FOR SCHOOLS

PICKLEBALL AUSTRALIA ASSOCIATION



PICKLEBALL FOR SCHOOLS

Acknowledgement:

Thank you to the Pickleball Association of Queensland for leading the way in establishing Pickleball for Schools developing this initial program and providing a guideline to support our State members with introducing pickleball in schools Australia-wide.



PICKLEBALL FOR SCHOOLS

CONTENTS

WHAT IS PICKLEBALL?.....	2
PAA GOALS	3
WHY IS PICKLEBALL THE PERFECT SCHOOL SPORT?.....	3
GETTING STARTED	4
PROGRAM PURPOSE.....	5
PROGRAM INCLUSIONS	5
SAFETY	5
INTRODUCTORY PICKLEBALL SESSIONS	6
LESSON 1	7
LESSON 2	10
LESSON 3	13
LESSON 4	16
LESSON 5	18
LESSON 6	20
LESSON 7	23
LESSON 8	26
EXTRA DRILLS AND MODIFIED GAMES.....	28
USEFUL REFERENCES	29

WHAT IS PICKLEBALL?

Pickleball, recognised as one of the fastest growing sports world-wide, provides a “racquet and ball” activity that is easy to learn and affords beginners with very early opportunities to achieve success. Developed from a combination of tennis, badminton, and table tennis, these sports have influenced the rules, game strategy, equipment, and court structure in a paddle-and-ball sport which attracts players of all ages. It can be played **indoors and outdoors** on a badminton-sized hard surface court with a net slightly lower than tennis height net. Played with a **hard paddle** and a **perforated plastic ball**, pickleball is **gaining momentum** across Australia with participants aged 7 – 90. Rapid growth both internationally and nationally is constantly opening up new recreational and competitive play opportunities.



PICKLEBALL FOR SCHOOLS

PAA GOALS

Motivated by the opportunity to introduce students to a sport that can be played for life and is truly intergenerational, PAA aim to provide Australian schools with exposure to pickleball as a sporting option for students aged 9 – 19 through provision of the following services:

1. Introductory pickleball sessions for teachers to develop their understanding of the game and its value to students.
2. Demonstration lessons with classes of students using certified pickleball instructors.
3. An introductory pickleball teaching program with lesson plans to support class instruction.
4. Guidance and support with development of effective interschool events as required.

WHY IS PICKLEBALL THE PERFECT SCHOOL SPORT?

Pickleball is:

- a **low-impact** sport - **easy to learn and play** at almost **any age**.
- caters for a wide range of student motivations be it the **competitive nature** of the sport or just being **social and active** while having lots of fun.
- **is very forgiving for beginners**, quickly providing students of all skill levels opportunities for success on the court.
- **rapidly engages students** enabling them to play games in a self-directed environment.
- **requires low-level racquet-ball skills** to be able to start playing games and rallying on the court.
- **is not reliant on speed, power, and strength** to achieve success catering for a wide range of student abilities.
- **provides a positive learning environment** and a socially connecting experience.
- **provides a stimulating set of skills for development and challenge**.
- **an excellent skill development pathway** into more challenging racquet sports.
- **a skill set that allows for differentiation and enrichment**.
- **facilitates both physical and cognitive development** through the strategic nature of the game.
- **encourages better use of existing facilities** with more students participating on court with a fast game cycle.
- **The rules of the game promote sportsmanship and a friendly approach especially for beginners:**
 - The two-bounce rule supports the first two plays being friendly to promote a rally.
 - Line calls are made by the receiving side. Any indecision and it is in.
 - Come to the net at end of game to thank other players.



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GETTING STARTED

THE COURT

Use your school hall, tennis, netball, handball courts or any hard surface area. You can make the lines **permanent** or just use **tape**. The local pickleball team can set a court up for you to get started.

A tennis court can hold 2 – 4 pickleball courts dependent on the area around the court. A single basketball or outdoor netball court can hold 3 - 4 pickleball courts dependent upon the goal post placement.



GENERAL PICKLEBALL RULES

1. Ball served underarm, diagonally to service area across the net.
2. Serving player keeps serving till they lose a rally. Each time the server wins a point they swap positions with partner and serve to the other service area.
3. Points only won when a team is serving.
4. Both players in a team receive the opportunity to serve before the ball is given to the other team after losing a point.
5. 2-Bounce rule: The serve and the return hit must both bounce before being played – this removes the serve and volley tactic of tennis – after that anything goes.
6. You cannot volley (hit the ball on the full) if you are in the “kitchen” – Non-Volley Zone.
7. Games are played to 11.



PICKLEBALL FOR SCHOOLS

PROGRAM PURPOSE

PAA recognises that due to limited exposure of pickleball in Australia, they need to provide documentation to support teaching staff with the presentation of introductory pickleball lessons. The program provides a scope and sequence of lessons to introduce the game and ensure that students develop the skills to play the game and afford them a strong sense of enjoyment which comes with early success. The program details outcomes and suggested activities but allows for flexibility dependent on the age and skill level of students. The nature of pickleball allows most students the opportunity to effectively engage in a full game of pickleball within 4 – 8 half hour sessions dependent upon age and skill levels present.

PROGRAM INCLUSIONS

- 8 half hour lessons guiding teachers through the requirements to introduce students to the basics of pickleball.
- Learning Intentions (LIs): The basis of these programs with most LIs being relevant for all students while some LIs may be included for extension of advanced students.
- Strategies and Drills: Simple activities guiding the student skill development to support learning intentions.
- Resources: Resources to support teachers with both understanding the game and providing ideas for varying lesson content.

SAFETY

As with all sports it is essential to emphasise safe behaviours. For pickleball specifically the following must be highlighted

- Do not run backwards to retrieve a ball
- If another ball crosses the court call ball and play stops – the point is replayed.
- All hits should be aimed at the feet of opponents as the most effective shot.



INTRODUCTORY PICKLEBALL SESSIONS

Equipment required:

- Nets (preferred ratio of 1 net/ 4 – 6 students) / 1 paddle and ball for each student
- Open hard surfaced area for courts OR badminton courts
- Tape or material for lines to mark out court as required.
- Tape measure
- Wall – If working in a space with a wall, this becomes a very useful tool. Also taping the net height on a wall provides a target for students when drilling.
- It can be used for the following activities:
 - Hitting against the wall developing control and practicing the pendulum swing
 - Providing a practice space while students waiting for their turn on a court
 - Partner activities - both hitting or one hitting another catching the ball.
 - Extension tasks to develop skills of more advanced players – volleying, driving, dinking.

Terminology

- **NVZ – Non-Volley Zone**
- **NVL – Non-Volley Line**
- **Kitchen – Same as NVZ**
- **Rally Scoring – A point is earned after each point is played**

General Lesson Guidelines

- These lessons are written on the assumption of a 30-minute session. They could as easily be applied to longer time frames giving more time for practice and application of skills. However, these lessons are only a guide to get you started. There are many videos and resources out there to help you add variety and challenge to your sessions as you see fit. We have included some resources and would appreciate you contacting PAQ if you find other resources you feel should be included.
- Drills in the lessons are using the minimum of equipment. Please note other drills included in the end of the program.
- You may like to set up courts and have other optional drills not requiring court space to increase the level of student participation.
- If you are lucky enough to have more time available several options are possible to keep you lesson interesting:
 - Spend more time on drilling prior to introducing modified games – change the challenges in a drill; have team challenges completing a drill successfully; provide specific targets – scores, ball placement.
 - Increase the complexity of modified games.
 - Introduce relevant modified games from later sessions.
 - Introduce some of the games listed in other resources.
- Consider ability levels when grouping on courts.
- Develop the mindset of regular rotation on court to cater for limited courts – a common approach in all pickleball settings.



PICKLEBALL FOR SCHOOLS

LESSON 1

Overview: This lesson introduces pickleball equipment, the court space, and allows students to develop a feel for hitting the ball with a partner.

Learning Expectations

Most students will be able to:

State the equipment used in pickleball.

Complete controlled hitting over the net with a partner.

Explain the main elements to be used when hitting a pickleball.

Some students will have progressed further and will be able to:

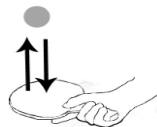
Demonstrate control when using both the forehand and backhand sides of the paddle.

Use both forehand and backhand shots while rallying

	<u>LEARNING INTENTIONS</u> The students will be able to:	<u>STRATEGIES AND DRILLS</u>	<u>TEACHING POINTS</u>
Warm up (5 minutes)	<ul style="list-style-type: none"> Complete dynamic activities to gradually warm up. Develop an awareness of the court dimensions and zones. Demonstrate movements also used on the court during a game. 	<ul style="list-style-type: none"> Gentle jog around the court Sliding steps along the court outside lines or as a group in a wide area moving right and left. Walking from the back line of the court to the non-volley line (NVL) rising onto your toes with each step. Return with a jog to the backline completing leg flicks. Arm circles – 10 rotations forward and 10 rotations back 	<ul style="list-style-type: none"> Watch where you are running. Take it slowly and observe the lines you are running along. When sliding bend your knees Rise up to warm up your calves Flick your heels to your bottom. Rotate arms slowly in big circles
Equipment intro (10 minutes)	<ul style="list-style-type: none"> Explain that the ball does not bounce very high in pickleball. 	<ul style="list-style-type: none"> Have students drop ball, make observations on how high it rises. Pickleball with no Paddle: Using cones divide NVZ into thirds. This provides space on a court for 3 pairs of students to complete this activity across the net on one court. (See diagram below lesson plan Pge 8) In pairs - students play a rally game over the net without paddles – Student 1 toss the ball over the net and student 2 catches it. Goal to catch it and send it back to make it tricky for the other player to catch. Once caught, student can't take a step Ball must bounce in the NVZ before being caught. If thrown beyond the NVZ rally starts again and other player earns a point. 	<ul style="list-style-type: none"> Watch the ball carefully. Bend down to catch the ball as it doesn't bounce very high. Think about where to place the ball. Be "tricky" with where you toss it. Remember it must bounce in the NVZ. The harder you throw the more it will bounce making it easier for your partner. Remember the ball must bounce in your zone. Reach forward to the ball.






PICKLEBALL FOR SCHOOLS

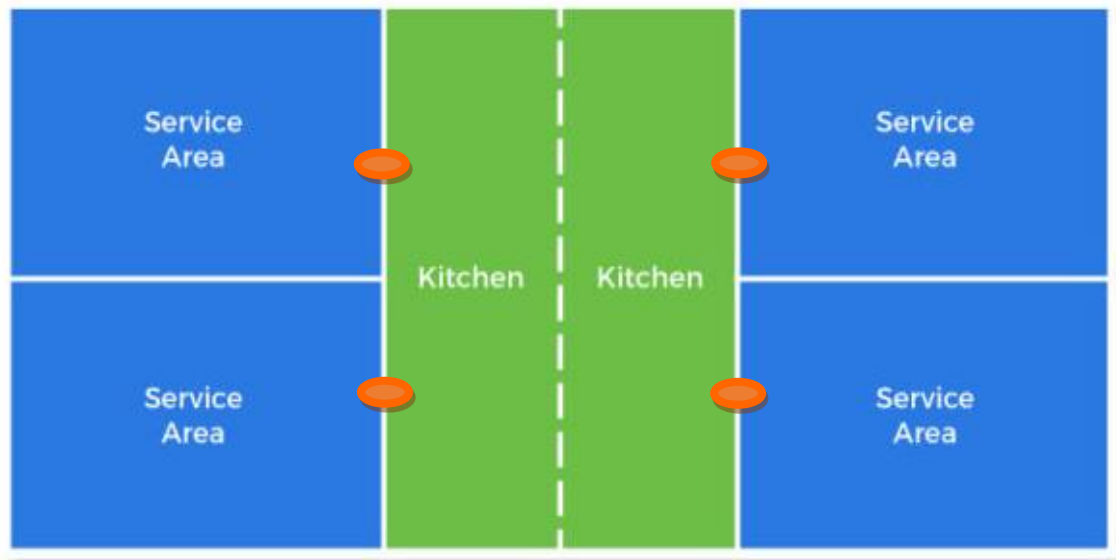
	<ul style="list-style-type: none"> • Demonstrate the correct way to hold the paddle. • Display control when bouncing a ball on both the forehand and backhand sides of the paddle. 	<ul style="list-style-type: none"> • Can score and make it a challenge or simply have this as a quick activity to follow warmup. • Use the “handshake method” to help students find their grip OR have students run their hand down the edge of the paddle to the handle to grip it correctly. • FRYING PAN DRILL: • Using correct grip with paddle held out in front (see diagram) bounce the ball on the paddle – drop the ball gently to start the process. • Set targets of 10, 20, 30 bounces on the paddle in a row. • Have partner challenges, class challenges – most hits, fastest person to get to a certain number of hits • Attempts with forehand, then backhand • Extension – alternating forehand and backhand bounces 	<ul style="list-style-type: none"> • Push the ball rather than hitting. • Maintain a balanced stance. • Use same grip for all shots. • Hold it like you are shaking someone’s hand. • Keep you elbow bent and close to your body. • Meet and push the ball don’t try to hit it. • Keep the paddle flat, parallel with the ground. • Watch the ball right on to the paddle. • Keep the bounces controlled, close to the paddle. • Hold the paddle firmly but not too tight. • Use both sides of the paddle. • Turn the wrist quickly
Modified Game (10 minutes)	<ul style="list-style-type: none"> • Demonstrate and explain the hitting technique required to hit the ball over the net. • Explain and use rally scoring 	<ul style="list-style-type: none"> • Demonstrate the pendulum swing – meeting the ball in front, knees bent, paddle down low and a gentle upward swing • Students to attempt to rally with a partner over the net. • Grouping players of similar skill level helps with their progression on the court. • Aim to hit the ball softly so it bounces in front of their partner. • Start with players half way up the court • Challenge with number of hits in a rally • Extension: <ul style="list-style-type: none"> ○ Aim to have all balls bounce in the NVZ ○ All four players on a court rallying. Scoring each time they win a rally. 	<ul style="list-style-type: none"> • Meet the ball in front. • Bend you knees. • Follow through with your swing, don’t poke at the ball. • Push the ball rather than hit. • No backswing needed. • Make sure you are balanced when you connect with the ball. • Watch the ball onto your paddle. • The angle of your paddle controls where the ball goes. • Paddle should face where you want the ball to go. • Control ball placement.



PICKLEBALL FOR SCHOOLS

<p>Wrap up (5 minutes)</p>	<ul style="list-style-type: none"> • Discuss the main learnings from the session. • Perform stretches as part of a cool down process. • Develop a regular warm down routine. 	<ul style="list-style-type: none"> • Quick quiz of the equipment names, the terms used – NVZ, NVL, key points for hitting the ball. • Complete questioning while students stretch to warm down. See example stretches here. <div style="display: flex; justify-content: space-around; align-items: center;">    </div>	<ul style="list-style-type: none"> • What are the three key points to remember when hitting the ball – meet ball in front, watch ball onto the paddle, no backswing but follow through. • Hold each stretch for 20 – 30 seconds
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Cone Placement when working with 6 on court – Ball catch game





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LESSON 2

Overview: Beginning with a reminder on grip, this lesson then introduces the ready position and focusses on development of the pendulum swing to help players with consistency in rallies. Emphasised is the importance of teamwork on the court and attempting to out-think and out maneuver your opponents rather than overpower them.


Learning Expectations

Most students will be able to:

Complete a rally with a partner over the net.
Explain and use rally scoring for simple games.
Demonstrate the pendulum swing when hitting the ball on the forehand.
Work with a partner to play a modified game.


Some students will have progressed further and will be able to:

Demonstrate the pendulum swing when hitting the ball on the backhand.
Serve accurately from behind the back line.
Explain and apply strategy for winning rallies without power.

	<u>LEARNING INTENTIONS</u> The students will be able to:	<u>STRATEGIES AND DRILLS</u>	<u>TEACHING POINTS</u>
Warm up (5 minutes)	<ul style="list-style-type: none"> • Complete dynamic activities to gradually warm up. • Develop an awareness of the court dimensions and zones. • Demonstrate movements also used on the court during a game. • Display familiarity with equipment • Demonstrate the paddle ready position 	<ul style="list-style-type: none"> • Gentle jog around the court • Walking from the back line of the court to the non-volley line (NVL) rising onto your toes with each step. • Return with a jog to the backline completing leg flicks. • Arm circles – 10 rotations forward and 10 rotations back • Students collect paddles – have students demonstrate correct grip and then demonstrate the paddle ready position. (See diagram - Page 10) • Sliding steps along the court outside lines or as a group in a wide area moving right and left. Focus on holding paddle up while sliding. 	<ul style="list-style-type: none"> • Watch where you are running. • Take it slowly and observe the lines you are running along. • Rise up to warm up your calves • Flick your heels to your bottom. • Rotate arms slowly in big circles • When sliding bend knees and hold paddle up in front of you.
Skill Focus	<ul style="list-style-type: none"> • Demonstrate the pendulum swing technique on the forehand 	<ul style="list-style-type: none"> • Catch the ball – 2 options for this activity. • On Court: <ul style="list-style-type: none"> ○ Player A hits the ball from the back of the court on the diagonal and over the net ○ Player B catches the ball. ○ Repeat with Player B hitting the ball. 	<ul style="list-style-type: none"> • Watch the ball into your hands or onto the paddle. • Use an upward swing. • Meet the ball in front of you. • Paddle facing the way you want the ball to go.



PICKLEBALL FOR SCHOOLS

	<ul style="list-style-type: none"> • Rally with a partner 	<ul style="list-style-type: none"> • Against Wall: See diagram • Students need to perform soft hits against the wall perfecting the swing and focus on accuracy. • Extension: Increase distance of hit till player is striking ball from behind court baseline. • Extension: Set target zones for ball to land within 2 meters of the baseline • Extension: Pendulum swing backhand • Allocate 4 – 6 per court. • Start with pairs rallying and challenging each other as to who can rally for the longest. • Rotate pairs on a times basis – 2 mins per turn 	<ul style="list-style-type: none"> • Use control and placement not power. • After each hit bring the paddle back up to middle – ready position. • Use backswing to make the ball go further. • Swing through faster to make ball go further. • Make sure you are balanced when you connect with the ball. • Watch the ball, control where you place it so your partner can reach and return the ball.
Modified Game (10 minutes)	<ul style="list-style-type: none"> • Work with a partner to play a simple game. • Recognise that the pendulum swing hit is the same as a serve. • Demonstrate rally scoring. • Recognise how to win a point in a simple game.  <p>Ready position for players</p>	<ul style="list-style-type: none"> • Court V's Court Rally Game: <ul style="list-style-type: none"> ○ Goal is to be on the court with the longest rally. ○ If more than 4 players/ court – rotate after each rally. ○ Explain that this way of starting the rally is the same as serving in pickleball. • Rally Game: <ul style="list-style-type: none"> ○ Start the game with person at one end on the right hitting the ball to the player diagonally opposite them from behind the baseline. ○ Modify and move players into court if needed. ○ First 2 hits must be “friendly” and easy to get to start the rally. ○ Ball in the net or hit out means the other team earns a point. ○ All players take turns starting the rally. ○ Score to 5/7/9 or 11 depending upon time and numbers on the courts. ○ Swap players around after each game. ○ Players off the court should be serving and if technology available recording rallies so players can observe and analyse their performance. 	<ul style="list-style-type: none"> • Think about placement – your feet the ball, your body, the paddle. • Watch the ball right onto your paddle. • Move your feet so you are hitting the ball in front of you. • Face your body and paddle in the direction you want the ball to go. • Make sure you are always facing the ball – even when it is on the other side of the net. • Remember to communicate with and encourage your partner. • Work together on the court. • Where do you place the ball to make it hard for the other team? • How do you stop yourself from hitting the ball out?



PICKLEBALL FOR SCHOOLS

Wrap Up	<ul style="list-style-type: none">• Discuss the main learnings from the session.• Perform stretches as part of a cool down process.• Develop a regular warm down routine.	<ul style="list-style-type: none">• Quiz on key points for effective hitting and rallying.• Students complete warm down stretches while answering questions	<ul style="list-style-type: none">• List pendulum swing pointers and importance of teamwork



LESSON 3

Overview: Increased focus on team play and fine motor skills is central to this lesson. Introduction to the “kitchen” or Non-Volley Zone (NVZ) and the importance of footwork and court positioning also begins in this session. Encouragement of the soft game and intentionally placing their shots should be emphasised during this session.

Learning Expectations

Most students will be able to:

Performed controlled hitting of the ball into the ground connecting with the paddle sweet spot.

Explain the importance of the NVL.

Play with an awareness of the NVL in game situations.

Explain the term “dink”.

Begin to play the “dink” shot.

Some students will have progressed further and will be able to:

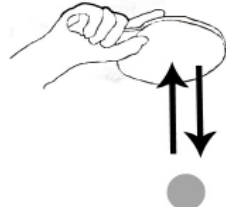
Maintain a consistent dinking rally.

Dinks volley the ball from the behind kitchen line

	<u>LEARNING INTENTIONS</u> The students will be able to:	<u>STRATEGIES AND DRILLS</u>	<u>TEACHING POINTS</u>
Warm up (5 minutes)	<ul style="list-style-type: none"> Complete dynamic activities to gradually warm up. Develop an awareness of the court dimensions and zones. Demonstrate movements also used on the court during a game. 	<ul style="list-style-type: none"> Gentle jog around the court Walking from the back line of the court to the non-volley line (NVL) rising onto your toes with each step. Return with a jog to the backline completing leg flicks. Arm circles – 10 rotations forward and 10 rotations back Students collect paddles – have students demonstrate correct grip and then demonstrate the paddle ready position. (See diagram at base of lesson – Page 10) Sliding steps along the court outside lines or as a group in a wide area moving right and left. Focus on holding paddle up while sliding – holding the “ready position” while sliding. 	<ul style="list-style-type: none"> Watch where you are running. Take it slowly and observe the lines you are running along. Rise up to warm up your calves Flick your heels to your bottom. Rotate arms slowly in big circles When sliding bend knees and hold paddle up in front of you.
Drills (5 minutes)	<ul style="list-style-type: none"> Recognise and use the “sweet spot” on a paddle. Recognise an improvement in their skills from Lesson 1 Demonstrate improved control when connecting with the ball. 	<ul style="list-style-type: none"> Repeat FRYING PAN DRILL Emphasise improved control in comparison with first attempts. Highlight the importance of the ball connecting with the centre of the paddle. Emphasise the concept of pushing the ball rather than hitting – no backswing. 	<ul style="list-style-type: none"> Remind of correct grip to use. Watch the ball carefully. Make sure the ball hits the middle of the paddle. Keep you elbow bent and close to your body.



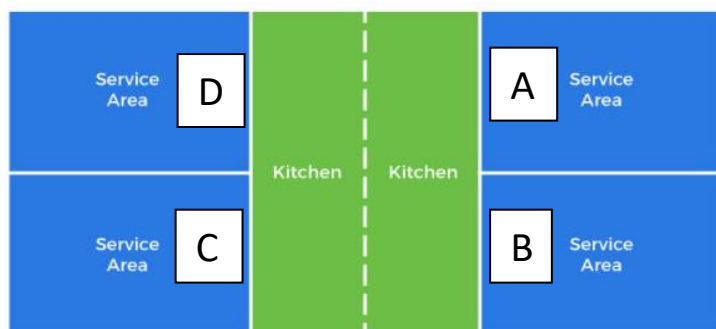
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	<ul style="list-style-type: none"> • Display familiarity with the correct way to hold the paddle. • Display control when bouncing the ball into the ground. • Respond appropriately to ball behaviour. 	<ul style="list-style-type: none"> • Emphasise using paddle forehand and backhand sides. • Challenges with number of consecutive hits – potentially record this for future comparisons. • REVERSE FRYING PAN DRILL • Different to the normal frying pan drill the participants must bounce the ball with their paddle into the ground. • This is a difficult drill, but it is fantastic for hand eye coordination. • Goal is to hit the ball in a slow methodical tempo. • Allows the participants to focus on hitting the sweet spot of the paddle. 	<ul style="list-style-type: none"> • Meet and push the ball don't try to hit it. • Keep the paddle flat, parallel with the ground. • Keep the bounces controlled, close to the paddle. • Hold the paddle firmly but not too tight. • Push down on the ball to provide force to help it bounce not hitting. • Be balanced when connecting with the ball. • Bend your knees
Modified Game (15 minutes)	<ul style="list-style-type: none"> • Explain the term dink as it relates to pickleball. • Demonstrate the correct technique to dink. • Recognise that the dink is achieved using the pendulum swing. • Maintain a dinking rally. • Work well with a partner to win rallies 	<ul style="list-style-type: none"> • Quick revision of the pendulum swing • Explain Non-Volley Zone (NVZ) – you can't hit the ball on the full if you are in this zone. • Demonstration of dinking, showing the following: <ul style="list-style-type: none"> ○ Working from just behind the kitchen line ○ Stepping into the NVZ (when needed) to hit the ball when it bounces but moving out behind the NVL straight away ○ Meet ball in front – pendulum swing ○ Pushing – NOT HITTING - the ball over the net ○ Ball bouncing in the NVZ • Highlight that the soft hit means the ball doesn't bounce very high. • Modified Games: (See diagram below) • 1. Dinking Challenge Drill: <i>This simulates a "Dink Rally" in a normal pickleball game. This sets the foundation for future games and provides essential fundamentals for pickleball.</i> • 4 participants to stand face to face across the net with other players in group waiting on sidelines. • Using one ball the participants hit the ball to each other softly with start position just behind the kitchen line. 	<ul style="list-style-type: none"> • Meet the ball in front. • Bend you knees. • Follow through with your swing, don't poke at the ball. • Push the ball rather than hit. • No backswing needed. • Make sure you are balanced when you connect with the ball. • Watch the ball onto your paddle. • The angle of your paddle controls where the ball goes. • Paddle should face where you want the ball to go. • Control the ball movement and placement. • Always have your shoulders facing the ball • Move quickly to the ball






PICKLEBALL FOR SCHOOLS

		<ul style="list-style-type: none"> • Aim to have all shots bounce in the kitchen. • When a rally finishes players on sideline swap in. • 2. Round the world – Have players hit the ball from Player A to C to B to D – how many rotations can they achieve • Reverse the rotation – D to B to C to A. • Extension: Take the ball on the full if you are standing behind the NVL and can reach it – still dinking and having it bounce on the opponents NVZ. 	
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Player position for rallying at the NVL.

Wrap up (5 minutes)	<ul style="list-style-type: none"> • Discuss the main learnings from the session. • Perform stretches as part of a cool down process. • Develop a regular warm down routine. 	<ul style="list-style-type: none"> • Quick quiz on dinking technique, rules around the NVL and NVZ (kitchen). • Complete questioning while students stretch to warm down. See example stretches here. <div style="display: flex; justify-content: space-around; align-items: center;">    </div>	<ul style="list-style-type: none"> • Ball must bounce before you can be in the kitchen to hit it. • Always move back to behind the NVL • Soft push
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PICKLEBALL FOR SCHOOLS

LESSON 4

Overview: Starting with reinforcement of the dink and movement in and out of the NVZ, this lesson progresses to a modified game focusing on dinking, scoring protocols, and server rotation. This lesson reinforces what has been introduced in the first 4 lessons allowing for solidification of understanding and preparation of introduction into the full court game.

Learning Expectations

Most students will be able to:

Complete a rally with a partner over the net.

Use rally scoring.

Explain server rotation and server scoring responsibilities.

Work with a partner to play a modified game.

Some students will have progressed further and will be able to:

Rally consistently to win points.

Apply effective dinking strategy to win rallies.

	<u>LEARNING INTENTIONS</u>	<u>STRATEGIES AND DRILLS</u>	<u>TEACHING POINTS</u>
	The students will be able to:		
Warm up (5 minutes)	<ul style="list-style-type: none"> • Complete dynamic activities to gradually warm up. • Develop an awareness of the court dimensions and zones. • Demonstrate movements also used on the court during a game. 	<ul style="list-style-type: none"> • Gentle jog around the court • Walking from the back line of the court to the non-volley line (NVL) rising onto your toes with each step. • Return with a jog to the backline completing leg flicks. • Arm circles – 10 rotations forward and 10 rotations back 	<ul style="list-style-type: none"> • Watch where you are running. • Take it slowly and observe the lines you are running along. • Rise up to warm up your calves • Flick your heels to your bottom. • Rotate arms slowly in big circles
Drills (10 minutes)	<ul style="list-style-type: none"> • Demonstrate movement moving from and back to the NVL. • Rally with a partner • Demonstrate consistent return to the ready position – paddle up. • Consistently perform dinks. • Display an understanding of the dinking action. 	<ul style="list-style-type: none"> • Repeat Pickleball with no paddle (Lesson 1) activity to emphasise the importance of moving quickly to the ball. • Have students work from behind the kitchen line like they did with Dinking challenge drill (Lesson 3) - this means they can move into the NVZ to catch the ball and toss back over the net but after each toss must move back behind the NVL. • Dinking Warm up • Introduce students to the idea that before playing pickleball the traditional warm up starts with dinking. • Work in pairs dinking over the net focusing on the ball bouncing in the NVZ. 	<ul style="list-style-type: none"> • Keep knees bent. • Watch the ball into your hands. • Keep your return toss soft - just like a dink. • Move quickly back to the NVL. • Remember to move to the ready position after each hit – paddle up. • Watch the ball onto the paddle. • Bend you knees and follow through gently with paddle.



PICKLEBALL FOR SCHOOLS

			<ul style="list-style-type: none"> • Make sure you and the paddle are facing where the ball should go.
Modified Game (10 minutes)	<ul style="list-style-type: none"> • Work with a partner to play a simple game. • Demonstrate rally scoring. • Call the score correctly before each point when serving. • Recognise how to win a point in a simple game. • Explain the serving starts from the right-hand side of the court. 	<ul style="list-style-type: none"> • Dinking Challenge with scoring – Aim of the game is to win a rally with the balls always bouncing in the NVZ. • Focus: Dinking and the soft hit, scoring and calling the score by the server before each point. • It also starts to introduce the serving rotation of pickleball. • Player A calls the score 0/0 and starts the game by hitting a soft hit into the NVZ of the player C. • If a ball bounces outside the kitchen rally is over. • Rally begins and team that wins rally wins a point. • Player A keeps serving till the team loses a point on their serve • Then Player B gets to serve. • Every time the serving team win a point they swap places on the court. • They only swap when they win a point. • Once Players A and B have lost while serving the ball goes to Player C who gets to serve and then Player D. • The serving rotation continues till the target score has been reached – Set by teacher based on numbers – First to 5/7/9/11 • Players off court then rotate on. • Players off court can also help with scoring and remind players that they call their score first. 	<ul style="list-style-type: none"> • Think about placement – your feet the ball, your body, the paddle. • Watch the ball right onto your paddle. • Move your feet so you are hitting the ball in front of you. • Face your body and paddle in the direction you want the ball to go. • Make sure you are always facing the ball – even when it is on the other side of the net. • Remember to communicate with and encourage your partner. • Work together on the court. • How do you stop yourself from hitting the ball out? • Servers remember to call the score. • Remember to call your score first then the other team's score.
<p>The diagram shows a rectangular court divided into two halves by a dashed line labeled 'Kitchen'. On each side of the Kitchen, there are two blue rectangular areas labeled 'Service Area'. In the top-left Service Area is a box labeled 'D', in the top-right is 'A', in the bottom-left is 'C', and in the bottom-right is 'B'. The central area is labeled 'Kitchen' on both sides of the dashed line.</p>			
Wrap Up	<ul style="list-style-type: none"> • Discuss the main learnings from the session. • Perform stretches as part of a cool down process. • Develop a regular warm down routine. 	<ul style="list-style-type: none"> • Quiz on scoring expectations; server positioning; rally scoring; dinking and NVZ rules. • Students complete warm down stretches while answering questions 	<ul style="list-style-type: none"> • Server calls score: person on right starts serving for the team; servers swap positions when they win a point; you keep serving until you lose a rally.



PICKLEBALL FOR SCHOOLS

LESSON 5

Overview: An introduction to serving leads the students into a modified game where they focus on serving and returning deep into the court and then try to win a rally. Further emphasis on the serving rotation and scoring protocols continues to prepare students for this element of the pickleball game.

Learning Expectations

Most students will be able to:

Demonstrate a pickleball serve using correct technique.

Use the pickleball serve to start a modified game.

Complete a return of serve.

Some students will have progressed further and will be able to:

Confidently serve and return the ball deep into the court.

Begin to recognise strategies required to maintain a rally.

	<u>LEARNING INTENTIONS</u> The students will be able to:	<u>STRATEGIES AND DRILLS</u>	<u>TEACHING POINTS</u>
Warm up (5 minutes)	<ul style="list-style-type: none"> • Complete dynamic activities to gradually warm up. • Develop an awareness of the court dimensions and zones. • Demonstrate movements also used on the court during a game. 	<ul style="list-style-type: none"> • Gentle jog around the court • Walking from the back line of the court to the non-volley line (NVL) rising onto your toes with each step. • Return with a jog to the backline completing leg flicks. • Arm circles – 10 rotations forward and 10 rotations back 	<ul style="list-style-type: none"> • Watch where you are running. • Take it slowly and observe the lines you are running along. • Rise up to warm up your calves • Flick your heels to your bottom. • Rotate arms slowly in big circles
Drills (10 minutes)	<ul style="list-style-type: none"> • Apply the pendulum swing to serving. • Time movement to the ball when served. • Work cooperatively 	<ul style="list-style-type: none"> • Serving Drill • Remind students of pendulum swing and demonstrate the serve as simply a pendulum hit from one end of the court. • Have students work in 3's – <ul style="list-style-type: none"> ○ Player 1 – hitting the serve. ○ Player 2 – Passing balls to player 1. ○ Player 3 – catching the serves. • Activity goals <ul style="list-style-type: none"> ○ Students to be able to hit diagonally across the court and have serve land in the marked zone. ○ Students timing movement to catch the served balls. • Rotate players after they have had 5 – 7 attempts and continue rotations as needed. 	<ul style="list-style-type: none"> • Keep knees bent. • Head over the ball • Step, drop (ball), swing. • Paddle flat and moving in the direction you want the ball to go. • Watch ball onto the paddle. • Watch the ball coming to you. • Move to where the ball is head. • Be balanced when you catch the ball. • Anticipate where the ball will bounce



PICKLEBALL FOR SCHOOLS

Modified Game (10 minutes)	<ul style="list-style-type: none"> • Explain the serving starts from the right-hand side of the court. • Serve in the correct direction. • Complete a serve and return in a game scenario. • Demonstrate growing familiarity with scoring protocols and serving rotation. • Conform to the 2-bounce rule. 	<ul style="list-style-type: none"> • Serve/return game • Groups of students on each court • Use same serving rotation and rally scoring as in Dinking challenge (Lesson 4 – Page 16) • Activity Goals: <ul style="list-style-type: none"> ○ Students serve diagonally across court from back line. ○ Students return the serve, focusing on depth of return. ○ Teams play out a rally. ○ Utilisation of the 2-bounce rule • Students play a game to 3 and then rotate with those off the court. • Introduce in this game the importance of the first 2 hits of the game having to bounce. – Two bounce rule – the first 2 hits are “friendlies” and get the game started. • During this session it can be useful to move players around courts so that similar level players are on the same court. • You could rotate winners of games off and over to another court. 	<ul style="list-style-type: none"> • You want the serve and return to be as deep as possible. • Remember to use the pendulum swing. • Watch the ball onto the paddle. • Make sure you and your paddle are facing where you want the ball to go. • Always face the ball. • Be balanced when you hit the ball. • Servers remember to call the score with your score said first then the other team score.
Wrap up (5 Minutes)	<ul style="list-style-type: none"> • Discuss the main learnings from the session. • Perform stretches as part of a cool down process. • Maintain a regular warm down routine. 	<ul style="list-style-type: none"> • Quiz on scoring expectations; server positioning; rally scoring; dinking and NVZ rules; serve and return technique. • Students complete warm down stretches while answering questions 	<ul style="list-style-type: none"> • Serve should be hit to the diagonal player. • Serve and return as deep as possible. • Server calls score: person on right starts serving for the team; servers swap positions when they win a point; you keep serving until you lose a rally.



PICKLEBALL FOR SCHOOLS

LESSON 6

Overview: Beginning with a quick drill to develop rallying skills and teamwork, this session focuses on game play and implementation of all three numbers in the pickleball scoring system. Also introduced is positioning on the court for game play and the strategy of moving to the NVL.

Learning Expectations

Most students will be able to:

Demonstrate scoring while serving and starting to use the 3-number scoring system.

Explain the reasons for initial positioning on the court at the start of a point.

Explain the 2-bounce rule.

Some students will have progressed further and will be able to:

Mastering of the three-number scoring system

Effective implementation of strategic movement to the net and playing shots that bounce in the NVZ.

	<u>LEARNING INTENTIONS</u> The students will be able to:	<u>STRATEGIES AND DRILLS</u>	<u>TEACHING POINTS</u>
Warm up (5 minutes)	<ul style="list-style-type: none"> • Complete dynamic activities to gradually warm up. • Develop an awareness of the court dimensions and zones. • Demonstrate movements also used on the court during a game. 	<ul style="list-style-type: none"> • Gentle jog around the court • Walking from the back line of the court to the non-volley line (NVL) rising onto your toes with each step. • Return with a jog to the backline completing leg flicks. • Arm circles – 10 rotations forward and 10 rotations back 	<ul style="list-style-type: none"> • Watch where you are running. • Take it slowly and observe the lines you are running along. • Rise up to warm up your calves • Flick your heels to your bottom. • Rotate arms slowly in big circles
Drills (10 minutes)	<ul style="list-style-type: none"> • Apply the pendulum swing to serving. • Time movement to the ball when served. • Work cooperatively 	<ul style="list-style-type: none"> • Back and Forth • Split participants on a court into 2 teams • Each team is working on one half of the court (see diagram below) <div data-bbox="922 1074 1503 1310" data-label="Diagram"> </div> <ul style="list-style-type: none"> • A rallying drill with partners facing each other over the net. • Start at NVL and after each hit take a step back. 	<ul style="list-style-type: none"> • Remember paddle up after every hit – ready for the next one. • Keep knees bent. • Paddle flat and moving in the direction you want the ball to go. • Remember to follow through. • Watch ball onto the paddle. • Watch the ball coming to you. • Move to where the ball is landing. • Be balanced when you hit the ball. • Anticipate where the ball will bounce.



PICKLEBALL FOR SCHOOLS

		<ul style="list-style-type: none"> • Hits should land in front of their partners on the opposite side of the net. • Activity aim: for both partners to reach the baseline before the partners on the other team playing next to them. • Each time there is an error in the rally a new team member swaps in on the court. • Remind students of pendulum swing, 	<ul style="list-style-type: none"> • To make the ball go further hold the paddle a little more firmly.
Modified Game (10 minutes)	<ul style="list-style-type: none"> • Understand the meaning of the third number in the score. • Demonstrate familiarity with the rotation on court. • Play a modified game of pickleball. 	<ul style="list-style-type: none"> • Game Time • Students have been rotating the service and calling the score in previous lessons. • Time to introduce the third number in pickleball scoring for example 2/4/1 and 2/4/2. • Explain this relates to who is serving – the first person to have a turn serving (1) or the second person (2) in the team. • Also introduce positioning on the court the servers back (A and B) as they must wait for the second shot to bounce and one receiver up (D) the other back waiting for the serve (C). (See diagram) <div data-bbox="896 869 1624 1109" data-label="Diagram"> </div> <ul style="list-style-type: none"> • Have the students play games utilising the serve, return and rallying. • Play to a particular score – 5/7/9 continue with rally scoring. • Rotate players or pairs onto the court • Have the server calling the score including the third number but also encourage the players on the sideline to help with scoring. 	<ul style="list-style-type: none"> • You want the serve and return to be as deep as possible. • Remember to use the pendulum swing. • Watch the ball onto the paddle. • Remember to call the score before you serve (3 numbers) • Remember serving team when you win a point you swap positions. • Keep serving till you lose a rally and then your partner serves (2). • After both have served the other team gets to serve. • When you are receiving try to get to the NVL. • Serving team work to get to the NVL
Wrap up (5 Minutes)	<ul style="list-style-type: none"> • Discuss the main learnings from the session. 	<ul style="list-style-type: none"> • Quiz on scoring expectations, player rotation, the third number in the score. 	<ul style="list-style-type: none"> • The score has 3 number our score/ their score/ who is serving 1 or 2.



PICKLEBALL FOR SCHOOLS

	<ul style="list-style-type: none">• Perform stretches as part of a cool down process.	<ul style="list-style-type: none">• Students complete warm down stretches while answering questions	<ul style="list-style-type: none">• Server calls score: person on right starts serving, servers swap positions when they win a point; you keep serving until you lose a rally.



LESSON 7

Overview: Initial drilling focused on volleying and ready position, this lesson then moves into full games with a focus on positioning, calling scoring and basic strategy. Attention to skill levels and groupings may be required to degrees of success for all students.

Learning Expectations

Most students will be able to:

Play a game of pickleball with rally scoring.
 Demonstrate a degree of purposeful shot selection.
 Position themselves appropriately on the court for the start of each point.
 Demonstrate an understanding of the pickleball scoring system.

Some students will have progressed further and will be able to:

Confidently demonstrate shot selection to win a rally.
 Apply some strategic planning in shot placement.
 Confidently score using the three-number system

	<u>LEARNING INTENTIONS</u> The students will be able to:	<u>STRATEGIES AND DRILLS</u>	<u>TEACHING POINTS</u>
Warm up (5 minutes)	<ul style="list-style-type: none"> • Complete dynamic activities to gradually warm up. • Develop an awareness of the court dimensions and zones. 	<ul style="list-style-type: none"> • Walking from the back line of the court to the non-volley line (NVL) rising onto your toes with each step. • Return with a jog to the backline completing leg flicks. • Arm circles – 10 rotations forward and 10 rotations back 	<ul style="list-style-type: none"> • Watch where you are running. • Take it slowly and observe the lines you are running along. • Rise up to warm up your calves • Flick your heels to your bottom. • Rotate arms slowly in big circles
Drills (10 minutes)	<ul style="list-style-type: none"> • Explain the term volley. • Demonstrate the developing use of the ready position in drills. • Volley with a degree of control 	<ul style="list-style-type: none"> • Holding paddle and standing in ready position all facing the instructor. • Instructor points right or left and students perform a small pendulum swing R or L and then back to ready position. • Move into a discussion about being ready especially for a volley. • Explain a volley is when a ball is hit on the full and discuss why this could be a useful stroke in pickleball. • Keepy Uppy • Standing in a group of 4 facing each other 1 meter apart no net required. • All participants in the group have a paddle and one ball between them. 	<ul style="list-style-type: none"> • Remind them of the frying pan activity and control required. • Explain this is the same for a volley. • Keep knees bent. • Watch ball onto the paddle. • Watch the ball coming to you. • Move to where the ball is. • Be balanced when you connect with the ball.



PICKLEBALL FOR SCHOOLS

		<ul style="list-style-type: none"> • Participants hit the ball to each other without letting it bounce counting the number of volleys they achieve. • This will really test the fine motor skills and reflexes of the participants. • The team must call their score out loud whilst playing. • This drill focuses on a more advanced dinking strategy that will be used during pickleball games. • The participants will automatically utilize both forearm and backhand strokes without realizing. 	<ul style="list-style-type: none"> • Remember push don't hit the ball for control. • Volley only after the 2-bounce rule is completed
Modified Game (10 minutes)	<ul style="list-style-type: none"> • Play a game of pickleball implementing rally scoring and correct score calling. • Demonstrate the various strokes required for pickleball. • Display understanding of positional play and strategy on the pickleball court. 	<ul style="list-style-type: none"> • Game Play • This will be the time when student skill levels may differ dramatically, and you may want to consider grouping students on courts to cater for this. • While circulating as they play, focus on the following: <ul style="list-style-type: none"> ○ Correct positioning of players at the start of a point ○ Correct calling of the score ○ Correct position changes of servers after winning a point. ○ The 2-bounce rule. ○ Moving to the net after the return and why this is a strategic move. ○ Strategy to be employed to help the serving team to move to the net. ○ Being patient rather than trying to win the game immediately. ○ Using the volley as an alternative to waiting for the ball to bounce. • Organisation options: <ul style="list-style-type: none"> • 6 on a court and rotating as players complete games – those off court help with scoring. • Rotation of partners to other courts as they win/ lose. • Games to 5 /7/9/11 dependent on numbers and courts available • OR games for 4 minutes and then rotate. 	<ul style="list-style-type: none"> • Remember deep serve and deep return. • Watch the ball onto the paddle. • Always face the ball • Always expect the ball to come to you. • Ready position after every hit – paddle up. • Move quickly to the NVL. • Try to drop the third shot into the NVZ. • Server remember to call the score. • Focus on placement and control more than power. • Play tricky shots to beat your opponent.



PICKLEBALL FOR SCHOOLS

		<ul style="list-style-type: none"> • Other drills set up away from the courts for those not on court and rotation of participants – mini circuit could be set up including game time. 	
Wrap up (5 Minutes)	<ul style="list-style-type: none"> • Discuss the main learnings from the session. • Perform stretches as part of a cool down process. • Maintain a regular warm down routine. 	<ul style="list-style-type: none"> • Quiz on basic rules and protocols in pickleball – 2-bounce rule, NVZ rules, positioning on court, strategy behind positioning. • Students complete warm down stretches while answering questions 	<ul style="list-style-type: none"> • Why do we move to the net? • Why do the servers need to stay back? • Why is the volley a useful shot? • How do you increase your control of a shot? Hitting softly, focus on placement not power.



PICKLEBALL FOR SCHOOLS

LESSON 8

Overview: As the final session in this lesson series game play is the focus. Included are the final two rules of importance at this level - only the serving team can win points and only one player in team to serve first can serve before the ball is passed to the other team. To be considered is whether some or all of the students have absorbed enough understanding of previous rules to introduce these. This is a decision which must be made by the instructor.

Learning Expectations

Most students will be able to:

Demonstrate some understanding of only winning points on their serve.

Recognise that at the start of a game only one team member gets to serve before the ball is passed to the other team.

Play a full game of pickleball applying all the basic rules of the game.

Some students will have progressed further and will be able to:

Demonstrate a confident understanding of the game, its rules and strategy to be implemented.

Apply strategy during the game and score with accuracy.

	<u>LEARNING INTENTIONS</u> The students will be able to:	<u>STRATEGIES AND DRILLS</u>	<u>TEACHING POINTS</u>
Warm up (3 minutes)	<ul style="list-style-type: none"> • Complete dynamic activities to gradually warm up. • Develop an awareness of the court dimensions and zones. 	<ul style="list-style-type: none"> • Gentle jog around the court • Walking from the back line of the court to the non-volley line (NVL) rising onto your toes with each step. • Return with a jog to the backline completing leg flicks. • Arm circles – 10 rotations forward and 10 rotations back 	<ul style="list-style-type: none"> • Watch where you are running. • Take it slowly and observe the lines you are running along. • Rise up to warm up your calves • Flick your heels to your bottom. • Rotate arms slowly in big circles
Gameplay (25 minutes)	<ul style="list-style-type: none"> • Apply the correct scoring method for pickleball. • Use the correct server allocation for the start of a game. • Enjoy games of pickleball with a partner. 	<ul style="list-style-type: none"> • Explain the final rules to be applied to the game: <ul style="list-style-type: none"> ○ Only one person in the serving team at the start of the game is allowed to serve, then the ball goes to the other team. ○ Begin the scoring with 0/0/2 ○ Points can only be won by the serving team. • This may result in questions and some confusion. • Allocate groups to each court and encourage students to play full games of pickleball to 5 points only – assuming they are using the correct point scoring process. • Partners or players to rotate as instructed after games are finished. 	<ul style="list-style-type: none"> • Watch the ball. • Call the score if you are serving. • Think about each shot you make and where you want to place the shot. • Be patient with your rallies. • Work with your partner – communicate on court. • Control and placement not power.



PICKLEBALL FOR SCHOOLS

Wrap up (2 Minutes)	<ul style="list-style-type: none">• Discuss the various rules of pickleball.• Perform stretches as part of a cool down process.• Maintain a regular warm down routine.	<ul style="list-style-type: none">• Quiz on rules• Celebration of great shots and performances on court• Celebration of collaboration, cooperation, and good partnerships.• Celebration of sporting behaviour.	<ul style="list-style-type: none">• Who saw someone play a good shot today?• What were some examples of sporting behaviour seen on court?
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PICKLEBALL FOR SCHOOLS

EXTRA DRILLS AND MODIFIED GAMES

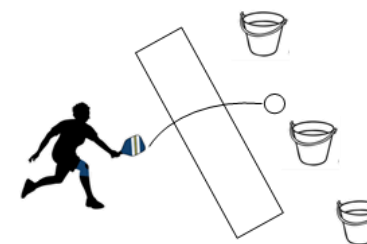
Serving Drill (Hole in One). **This is a fun game with a “team focus” This drill teaches the basics of serving and builds upon the pendulum swing that the participants will already have learnt from previous drills.**

This drill requires 4 hoops and 1 Large sized bucket. The instructor will place the hoops around the bucket in a diamond shape with the bucket in the middle. The participants will stand across from each other in evenly split “teams” with a reasonable distance from the hoops and buckets. The instructor must show the pendulum swing and demonstrate hitting the ball from one side with the aim of hitting it into the bucket or hoop. Each team then has a try with one person hitting a ball each at the same time. If the ball lands a bucket or hoop, they receive one point. If the ball lands in the bucket the scoring players gets another turn to attempt to score again. The team must call out their score and their oppositions before each person attempts a serve. For example, Team A” 3...5...” This sets the foundations for pickleball scoring as you must call your score and the oppositions score. It also gives the participants a chance to practice serving. This drill should take 15 Minutes.



Bucket Blitz. **This is drill works on the hardest stroke in the game, the third shot drop. This activity will create a similar competitive situation as the serving drill the participants have done previously.**

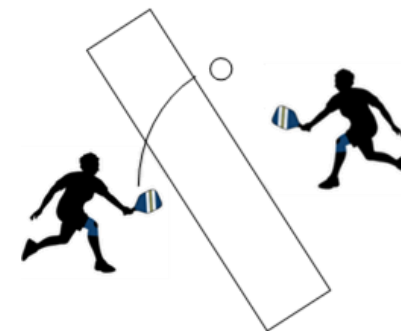
This activity will require 2 nets set up with multiple buckets or hoops on either side of each net in the kitchen area. The participants will be split into 4 even teams with 2 teams on each court facing each other on the baseline across the net. The instructor must show the participants the activity by standing at a baseline and bouncing the ball in front of them. They then must strike the ball using the pendulum swing to create a high arcing shot that floats over the net. The aim is to land the ball in the hoops or buckets in the other team’s kitchen area. Once again when anyone scores their team must call their score out and the oppositions score. This drill will teach the basics of a third shot drop but also enforce the scoring system that pickleball utilizes. This drill should take 15 minutes.





PICKLEBALL FOR SCHOOLS

Scoring Drill. **This drill will assist participants understanding scoring and teach them about the patience required to win a point in pickleball.** 4 people will stand on each court with 4 people waiting next to it. The participants will verse each other with the same format as hit to hit. With 1 versing 1 on their side of the court. There will be two games of this going on each court. The instructor must explain that this drill is different to hit to hit as the intention is to score against your opponent. This drill teaches a key foundation in pickleball, patience. As the individuals will want to score immediately and quickly learn that they will either hit it out or into the net. It is recommended that the instructor waits 5 minutes into the drill to then explain why they are struggling and that they need to be patient and wait for an opportunity to score. Instruct the participants to start a dinking drill and then when they have an opportunity to score that is when they should try and hit it past their opposition. A score will only count if it is on their side of the court. When a player gets scored on, they swap with one of the people watching. This drill should take about 10 Minutes.



USEFUL REFERENCES

Stretches <https://x10therapy.com/stretches-for-pickleball-tennis/>

<https://blog.pickleballcentral.com/2015/05/14/drills-for-pickleball/>

Ready position video - <https://www.youtube.com/watch?reload=9&v=UcKuMvk1SC8>

4 useful tips - <https://www.youtube.com/watch?v=r438PodP5iE>

<https://www.gophersport.com/blog/pickleball-games-skill-development-video/> - great modified games on this site and links to others

[Pickleball Australia](#)

[Pickleball Rule Book](#)