

Skills 1
Putting It Together to PLAY
Class 3 of 4

Equipment:

Ball Caddies, Nametags

Introductions - 5 Minutes

1. Name
2. Share 1 rule or guideline (hints allowed).
3. Answer questions class might have regarding dinking, court placement, footwork, serving, score progression, NVZ, calling in/out balls, etc.
4. Remind participants to drink water when needed.

Today's Line-up - 5 Minutes

Warm-up

Review Dinking & Serving

On court warmup discussion,demo, practice

Review Groundstrokes

Groundstroke practice

Serve and Serve Return Mini game

Court Etiquette

Play

Cool Down

Warm-up Stretches (See separate sheet) - 5 Minutes

Review 5 minutes:

Dinking: "Ready position", light grip, shuffle feet, keep eye on the ball all the way to the paddle, no backing up, shoulder movement - low/high, weight on pads of feet, control, patience.

Serving: Volley and Drop

1. Closed or semi-open stance.
2. Use your whole body. Weight transfer from back foot to front foot.
3. Grip about 8 out of 10
4. Smooth swing with follow through to opposite shoulder.
5. Compact backswing starting at back hip.
6. **Drop serve** – Ball must be dropped, not bounced.
7. Full score must be announced, 0-0-2.

On Court Warmup discussion, demo and practice : 20 minutes

Before starting to play, players usually warmup by dinking across the court with each other and then hitting a few serves and ground strokes.

With 4 people on the court:

1. Dink across to a player, trying to alternate hitting to forehand and backhand 6-8 times total.
2. Dink cross court to a player 6-8 times total.
3. Step back to the service line and serve 6-8 times. Then switch sides and serve 6-8 times from that position.

Review Groundstrokes - Forehand & Backhand

Generally strongest shot. Objective is to hit it deep with some arc – gives more time to get to NVZ.

1. Foot work first – Move the feet BEFORE swinging paddle. Move to where you see the ball coming to.
2. Weight – Weight on balls of feet, with transfer weight from back foot to front foot. Back foot heel comes off of the ground.
3. Grip – A harder grip for a farther return of the ball.
4. Shoulder /Hips – Rotate to be open face to the net as a swinging paddle to return the ball. Rotate hips on contact and follow-through
5. Make contact with the ball in front of you.
6. Follow Through – Swing continues to opposite shoulder as follow through before resetting to paddle ready position.

Groundstrokes Practice - 10 Minutes

1. Instructors/trainers to feed each player 5 forehands and 5 backhands.
2. Next player rotates in and repeat as above.
3. If time allows repeat above so each player gets 2 opportunities to return forehands and backhands.

Serve and Serve Return Mini Game– 4 Players – 15 Minutes

1. Two players serving on one side of the court to two players returning serve on opposite side.
2. Play for 5 minutes or until one player gets 5 points. Points are awarded in this fashion: 1 point for the server if serve is in, 1 point for receiver if return of serve is in. This is a serving and return of serve drill so we do not play out the point. Serve alternates between players after each turn whether the serve was good or not.
3. Players not serving or returning should shag balls to keep them off the court.

During Water Break - Discuss Court Etiquette - 5 Minutes

1. In/Out Balls - No questioning line calls. Only the players on the receiving side should call the ball “in” or “out”. If players can’t agree then the ball is considered “in”
2. Distractions - Avoid talking to players from sidelines during the game.
3. Language - No offensive language.

Play - 30 Minutes (Coach Players to)

1. **Partnering** – Who has the middle, call for balls (“mine”, “yours”, “watch”). **After the serve** is returned, both players move towards the NVZ line.
2. **Paddle ready** – Knees bent, weight over pads of feet, paddles up (no frying pans!).
3. **Ball** – Watch the ball (trace) at all times- not the net or other players.
4. **Footwork** – Footwork first; you can tell where a ball is going to start moving your feet in that direction to meet it; don’t wait, you should always be shuffling your feet as the ball is moving around the court (ALL PLAYERS).

Review/Questions:

Discuss video and answer any questions.

5 most important shots in pickleball

https://youtu.be/aenvZ_3Bof4

Continue to practice and get more consistency with serves, returning serves, and dinking.

Cool Down Stretches (See separate sheet) - 5 Minutes