



# Pickleball

Answer the following questions by highlighting the appropriate answer in the text or provide the answer as directed.

## HISTORY

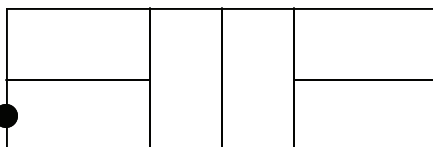
- In which state did the game of Pickelball originate?
- What population of people was the game created for?
- Where did the name "Pickleball" come from?
- Where did families play the game of Pickleball?
- In addition to families playing Pickleball, who else is playing Pickleball and where?

## RULES

- When can you score?
- What is the double bounce rule?
- How many re-serves may occur?
- On a serve, where can the ball NOT land?
- How many points is the game played to?
- If the game is tied 11-11 what does the final score need to be to win? Final Score = \_\_\_\_\_
- After how many bounces can you begin to volley the pickleball?
- What are the four faults?

## SERVING

- What type of serve must you use?
- Shade in the part of the court that the serve cannot land in.
- If "O" serves the ball, place an "X" where the ball should land on a serve.



## Mini-Tennis Game

The mini-tennis game called Pickleball was created during the summer of 1965 on Bainbridge Island—a short ferry ride from Seattle, WA. The original purpose of the game was to provide a sport for the entire family, according to co-inventors U.S. Congressman Joel Prichard, William Bell, and Barney McCallum. How did Pickleball get it's name? Pickles was the family dog that would chase after the missed balls and then hide in the bushes. Pickle's ball was later shortened to the namesake of Pickleball. Initially, families played Pickleball in their backyards on a hard surface, on driveways, and on residential dead-end streets. Since the mid 1970's, Pickleball has grown and expanded from a family activity game to a net court sport with formalized rules. Now, over 20 years later Pickleball is played in thousands of school P. E. programs, parks and recreation centers, YMCA's and cooperate fitness centers.

## RULES

- You can only score when you are serving.
- On the first serve both sides must let the ball bounce once– Double Bounce Rule.
- If the ball hits the net on the first serve of the game a re-serve is performed. Only one re-serves; no other re-serves may occur.
- On the serve the ball may not land in the non-volley zone.
- The game is played to eleven, but the winning team must win by two points.
- Only after the ball has been played off a bounce twice can it then be hit in the air.
- There are four basic faults:
  - a. hitting the ball out of bounds
  - b. not clearing the net
  - c. stepping into the non-volley zone to volley a ball
  - d. volleying the ball before it has bounced once on each side of the net.

### Components of Movement

- Balance
- Coordination
- Core Strength

### Components of Sport

- Agility
- Speed

### Components of Fitness

- Muscular Endurance
- Body Composition

## Face to Face Competition

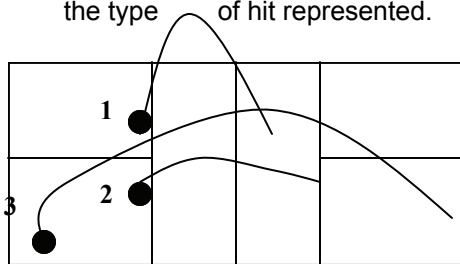
Pickleball is considered to be face to face competition. Face to face competition is when there is of-fense and defense, yet there is no physical contact. Although you do face the opponent during play, this is not why it is called "face to face competition." By hitting the ball into different areas of the court, you are trying to earn the point or the serve.

## OVER THE NET– Serving

- The serve is made underhand.
- The paddle must pass below the waist.
- The serve is made diagonally cross court and must clear the non-volley zone.
- From behind the baseline step in opposition and step towards your target.
- Keep your eye on the ball until you have made contact.
- Grip the paddle as if you where going to shack hands with someone.
- The face of the paddle should be in line with the radius .
- On contact follow through.

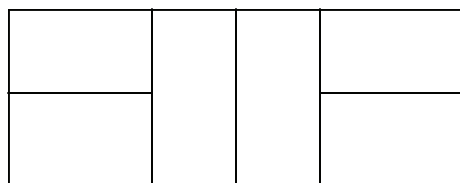
Answer the following questions by highlighting the appropriate answer in the text or provide the answer as directed.

- On the lines provided, label the different arcs with the name of the type of hit represented.



1: \_\_\_\_\_  
 2: \_\_\_\_\_  
 3: \_\_\_\_\_

- Label the court below with the following words:
  - baseline
  - non-volley zone
  - attack position
  - defensive position
  - sideline



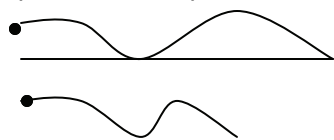
- Draw an arrow pointing to the spot & direction in which the racquet would need to contact the ball to create back spin.



- Draw an arrow pointing to the spot & direction in which the racquet would need to contact the ball to create top spin.



- Label the bounce patterns for top spin and back spin.



## VOCABULARY

- Double Bounce Rule**—Each team must play their first shot off the bounce. The receiving team must play the serve off a bounce and the serving team must let the return serve bounce before returning it.
- Lob Shot**— High arching shot that pushes the opposing player deep in the playing area, behind the baseline.
- Overhead Slam**—“Put-a-away”, a powerful shot where the offensive player drives the ball straight to the ground of the defenders side of the court.
- Drop Shot**— Is a gentle shot just over the net. It is also used to catch the defenders off guard.
- Baseline**—The farthest line from the net on both ends of the court.
- Non-Volley Zone**—Is the zone between the net and the first line. The ball can't be hit into this area on a serve.
- Attack Position**— Is when either team rushes the net and plays for a smash. In a two person game both team members would be side by side in front of the net.
- Defensive Position**— Is when a team forces their opponents to play side by side behind the baseline.
- Serve**— Is an underhand pass from the right side of one court to the right side.
- Drive Shot**—A powerful shot used to catch the defenders off guard. The ball is hit as hard as possible straight at the defender.
- Volley**—Means to hit the ball back and forth without letting the ball hit the ground. All volley shot must be hit beyond the non-volley zone.

## Principles of Spin, Rebound and Rotation

- Spin results when force is applied away from an object's center of gravity
- The object will spin in the direction the force is applied
- Force below the center of gravity causes backward rotation (back spin) which results in the ball staying in the air longer, bouncing higher but shorter width and rolling a shorter distance
- Force applied above the center of gravity causes forward rotation (top spin) which results in a quick drop with a longer but lower bounce and lengthened roll
- Force should be applied away from the center of gravity if the object is to rotate
- Direction of rotation is determined by the specific location where force is applied to the object

## Skill Development

### Forehand volley

- Shake hands with the racquet.
- Pivot and step towards your target.
- Step in opposition.
- Keep your eye on the ball.
- Swing through the ball with a firm wrist.

### Grip

- Shake hands with racquet.
- Form a V on top on racquet handle
- Line the edge of the

### Ready Position

- Standing with good balance.
- Weight on the balls of the feet not on the toes or heels.
- Knees bent.
- Lower Center of Gravity
- Shoulders upright, not hunched over.
- Eyes on opponent and or target.

### Backhand volley

- Shake hands with the racquet.
- Step towards your target.
- Step with same foot as racquet hand.
- Keep your eye on the ball.
- Swing through the ball with a firm wrist.