

WEEK ONE: INTRODUCTION TO PICKLEBALL + BASIC FOREHANDS

STAGE 1: BALL SKILLS

(5mins)

All students receive a pickleball and paddle.

Exercise 1: Hit ups. Children work individually hitting the ball up, letting it bounce and repeating. Challenge the children to see how many they can get in a row. They are encouraged to keep the ball below head height for control.

Exercise 2: Tap Downs. Now children must pat the ball down. Again, challenge the children to count how many they can get in a row.

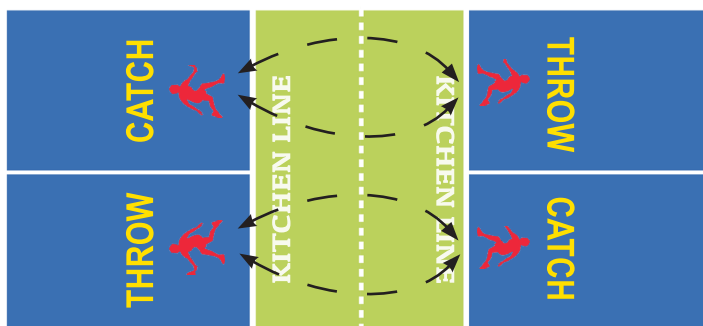
Exercise 3: Flip the pancake. Children must try to hit the ball up and turn the paddle over before the next hit. This can be done with or without a bounce.

Note: These are simple and effective ways to increase a child's ball sense and get them used to the weight and feel of the paddle and pickleball.

STAGE 2: THROW AND CATCH

(10mins)

Exercise 1: With children in pairs and standing either side of the net just behind the 'kitchen line' (diagram) they must throw the ball to each other and catch after one bounce. Emphasis should be on underarm throws that bounce before the kitchen line.



Exercise 2: Now encourage children to keep count of how many they can do in a row. Ask them to count out loud.

Exercise 3: A friendly competition in pairs to see which team can get to 20 catches first.

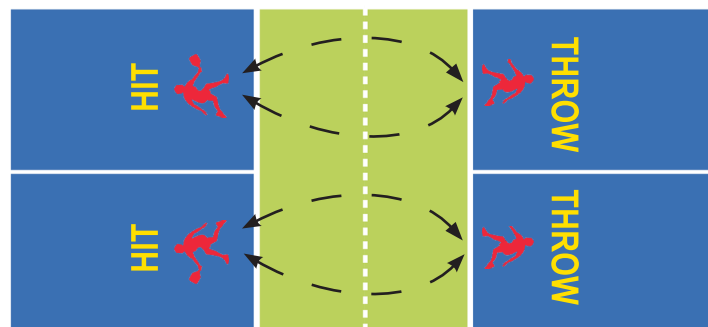
Note: These are great ways to engage every child at once, increase ball sense as well as receiving skills.

STAGE 3: FOREHAND. ONE THROW ONE HIT

(10mins)

Exercise 1: One child throws underarm to their partner who has a paddle. The partner must gently tap the ball back over the net. (diagram). Emphasis should be on control with the throw and the hit both landing inside the kitchen line. Swap over every 10 hits.

Exercise 2: Children can compete to see who can get the most hits over the net in an allotted time swapping every 10 shots.

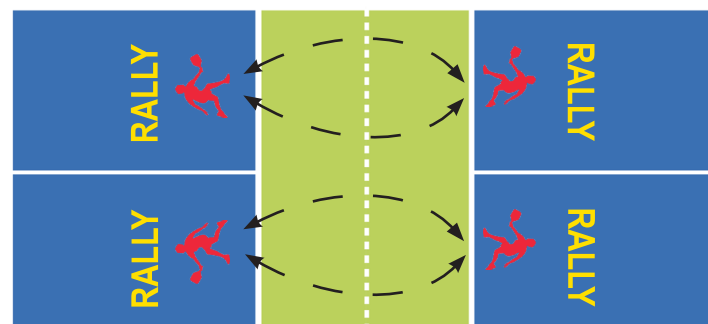


Note: Demonstrate the forehand. From a 'ready position' demonstrate the forehand by standing sideways with the left foot forward (for right handers) and swinging the paddle with a smooth low to high action. Get the students to stand in space behind and practice shadow swings.

STAGE 4: TAP RALLY - ALL CHILDREN HAVE PADDLES

(10mins)

Exercise 1: Standing just behind the kitchen line one child will drop the pickleball and after one bounce tap it over the net to their partner. The partner must then tap it back (diagram).



Exercise 2: Children are encouraged to count their rally.

Note: You can use a 'carry on the count' method. This way students feel they are achieving as it is likely to be a difficult exercise at this age.

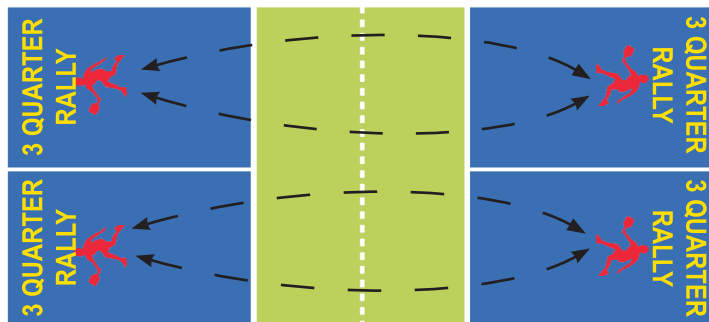
END LESSON.



STAGE 5: THREE QUARTER COURT RALLY

(15mins)

Exercise 1: Children must stand halfway between the kitchen line and the baseline and try to hold a rally (diagram).



Note: Remind the students that a rally is anything over 1 shot. Let them have some free play and use the 'carry on the count' method if you see fit.

END LESSON.