

WEEK TWO: BACKHANDS

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 week challenge them not to let it bounce in-between.

Note: Any ball skills are a great way to focus a students mind at the start of a lesson. Make them fun and be creative.

STAGE 2: THROW AND CATCH

(5mins)

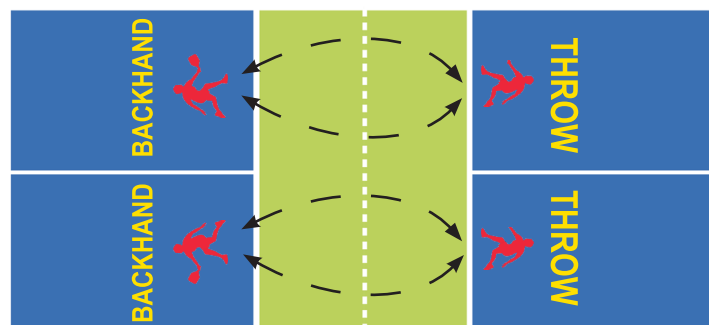
Exercise 1: With children in pairs and standing either side of the net just behind the kitchen line, they must throw the ball to each other and catch after one bounce.

Exercise 2: A friendly competition in pairs to see which team can get to 20 catches first.

STAGE 3: BACKHANDS. ONE THROW ONE HIT

(15mins)

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



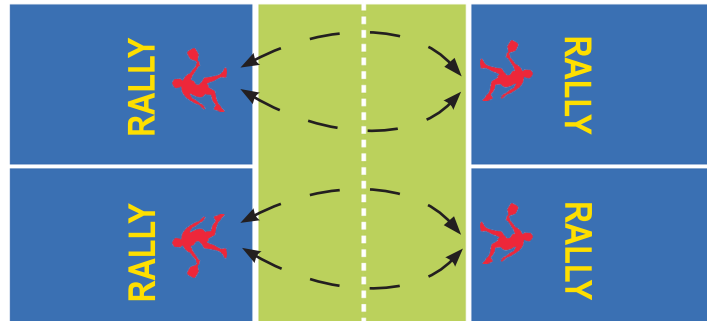
Exercise 2: Children can compete to see who can get the most hits over the net in an allotted time swapping every 10 shots.

Note: Demonstrate the Backhand. From a 'ready position' demonstrate the backhand by turning sideways with the right foot forward (for right handers), reaching across your body and swinging the paddle with a smooth low to high action. Get the students to stand in space behind and practice shadow swings. As the backhand is usually a bit more difficult for the children, let them use two hands if it feels more comfortable.

STAGE 4: TAP RALLY - ALL CHILDREN HAVE PADDLES

(15mins)

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 and should use either forehands or backhands.

Exercise 3: Now see who can get the most shots over the net in an allotted time. Tell the Children to 'carry on the count' after missing a shot.

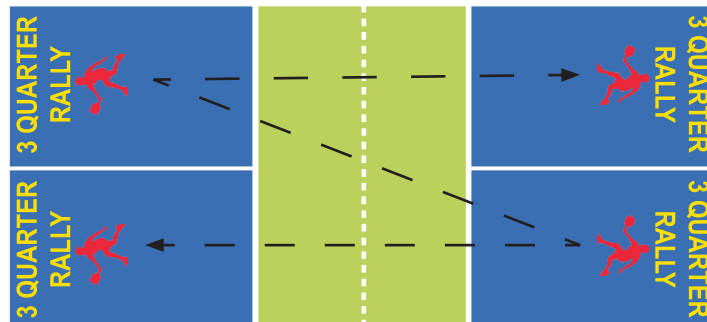
Note: it is Likely difficult for the children to get a long rally. Remind them anything more than one shot is a rally. Also using the 'carry on the count' method helps the student to feel more successful.

STAGE 5: THREE QUARTER COURT RALLY

(10mins)

OPTIONAL - if you feel students are capable.

Exercise 1: Children must stand halfway between the kitchen line and the baseline and try to hold a rally. This can be done on half court in pairs or full court with all four children (diagram).



Note: Let them have free play whilst encouraging them to use their backhands as well as forehands.

END LESSON.