

## WEEK ONE: CONTROLLED SHOTS AND 'DINKING'

### STAGE 1: BALL SKILLS (OPTIONAL)

(10mins)

All students receive a pickleball and a paddle. (For the purpose of every ball skill and every shot in pickleball it is advised to use a 'continental' grip (pictured).

**Exercise 1:** Hit ups. Students bounce the ball up on the paddle.

**Exercise 2:** Hit downs. Students bounce the ball down on the floor.

**Exercise 3:** Flips. Students hit the ball up and turn the paddle over before next hit.

**Exercise 4:** Hammer ups. Using the edge of the paddle students hit the ball up.

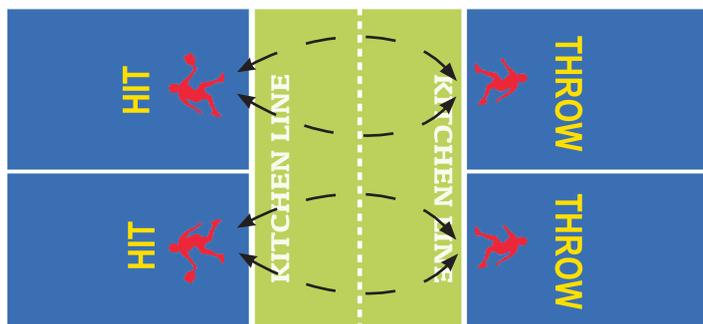
*Note: These are optional depending on time frame but are a great way of getting children used to the weight and feel of both paddle and pickleball. There are many different ball skills so get creative!*



### STAGE 2: ONE THROW ONE HIT IN PAIRS

(10mins)

**Exercise 1:** Standing just behind the 'kitchen line' one student throws the ball underarm to their partner. Their partner must tap the ball back over the net using a low to high forehand motion ensuring it bounces before the kitchen line (10 hits then swap).



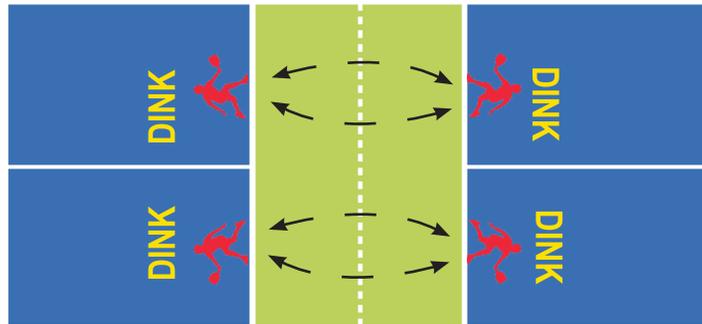
**Exercise 2:** Competition. Which pair can get the most in a row.

*Note: children can be encouraged to use their 'backhand' as well as their forehand. A short backswing and a short follow through will be sufficient on both forehand and backhand sides.*

### STAGE 3: DINKING PRACTICE

(15mins)

When a ball is hit softly and bounces before the kitchen line (diagram) it is called a 'dink'.

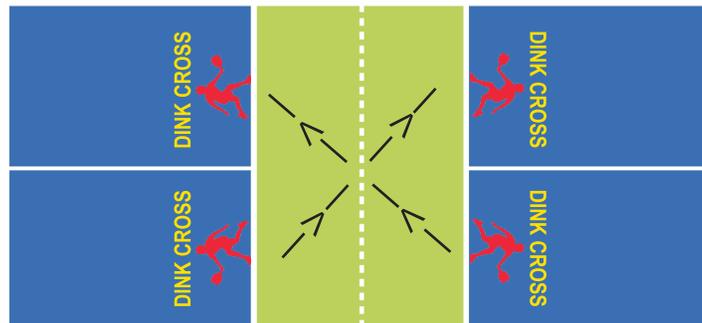


**Exercise 1:** In pairs each student stands just behind the 'kitchen line'. They must try to tap the ball to each other ensuring the bounce lands before the kitchen line.

**Exercise 2:** Counting dinks. Students are encouraged to count how many dinks in a row they can get.

**Exercise 3:** Dink cross court. Now students dink diagonally or 'cross court' (diagram) 2minutes each side.

*Note: Dinking is perhaps the most important shot in pickleball since your opponent is not permitted to step inside the kitchen line to volley. By starting the rally close to the net helps the children with control.*

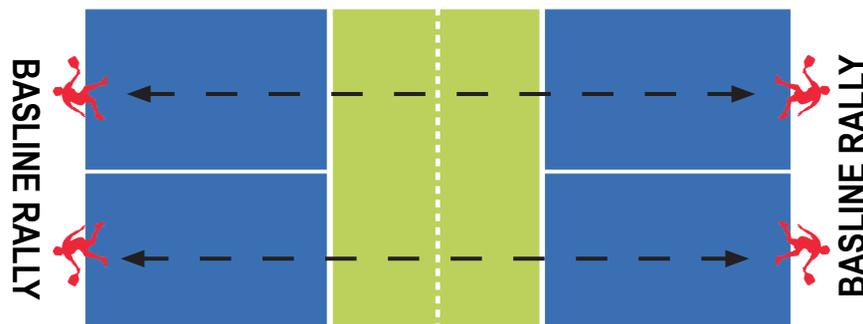


### STAGE 4: BASELINE RALLY IN PAIRS

(10mins)

**Exercise 1:** In pairs and on half of the court, students will try to hold a groundstroke rally from the back of the baseline.

**Exercise 2:** Students see how many shots they can get in a row.





## STAGE 5: BASELINE DOUBLES RALLY

(10mins)

**Exercise 1:** Now all four students rally together with each other and count their rally.

**Exercise 2:** Friendly points. Any student starts the point. As long as the ball bounces in court the point is live.

*Note: it is important not to overwhelm the children with all the different rules. These can be introduced throughout the weeks once they have the basics.*

**END LESSON.**