

## WEEK TWO: GROUNDSTROKES

### STAGE 1: BALL SKILLS

(5mins)

**Exercise 1:** As with week one, certain ball skills can be a great way to help students with their co-ordination. The same ball skills can be used or new ones made up.

*Note: whatever age ball skills can be a great way to focus the child's mind at the beginning of any session*

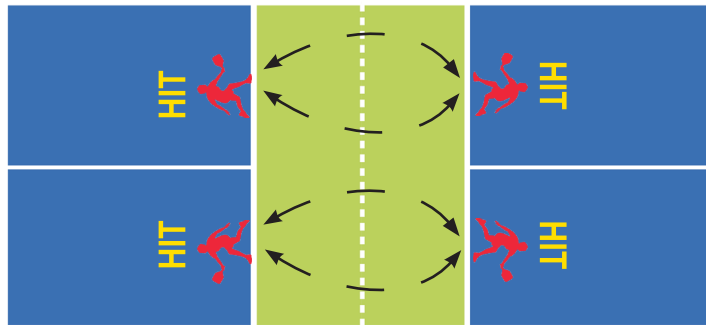
### STAGE 2: DINKING RE-CAP AND PRACTICE

(10mins)

**Exercise 1:** In pairs each student stands just behind the kitchen line (diagram) they must try to tap the ball to each other ensuring the ball bounces before the kitchen line. Students count the rally.

**Exercise 2:** Now all four students on one court will play a point where the ball must bounce in the kitchen only. Play first to 6 points.

*Note: Remember to emphasise that no volleys are allowed to be played inside the kitchen line.*

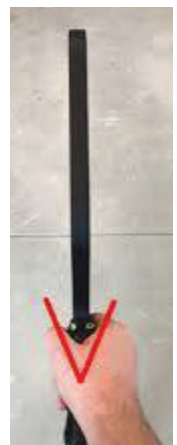
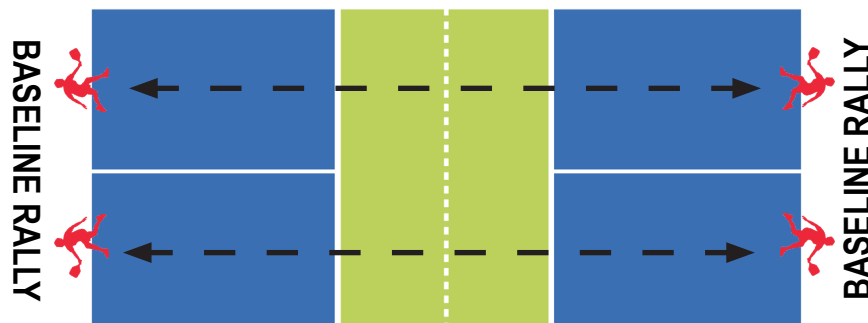


### STAGE 3: FOREHAND AND BACKHAND TECHNIQUES

(15mins)

**Exercise 1:** In pairs and on half the court. Students will now rally from the baseline (diagram below). They should be encouraged to hold the paddle in the continental grip (pictured right) and swing smoothly with a low to high action on both forehand and backhand sides.

Right handers should also try to step in with their left foot for forehands and right foot for backhands. This is reversed for left handers.



**Exercise 2:** Let the students count the rally.

**Exercise 3:** Let the students play points on their half of the court or 'skinny singles'.

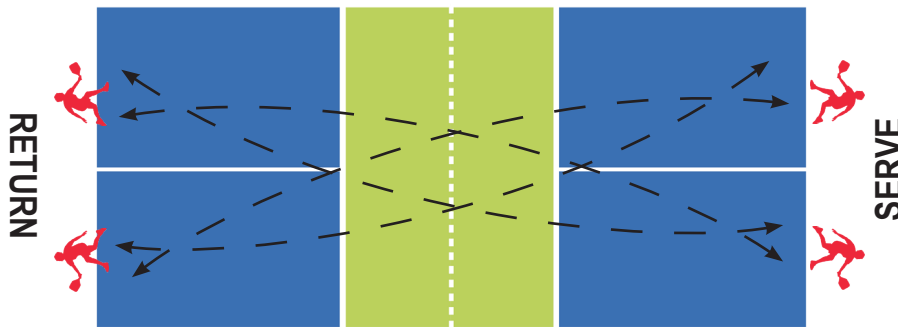
*Note: Playing on half court only, let's the children concentrate on how they are hitting the pickleball as opposed to how quick they are. This helps them to work solely on technique. Encourage the children to try and get the ball deep toward the baseline as this promotes a more fluid stroke.*

### STAGE 4: INTRODUCTION TO SERVE AND RETURN

(5mins)

**Exercise 1:** One side of the court will serve the pickleball from behind the baseline diagonally. The pickleball must clear the kitchen line and bounce inside or on the side lines and centre service line to be deemed in (diagram).

The other side must try to return the ball back crosscourt and deep.



*Note: As with the forehand groundstroke, the serve should be hit with a smooth low to high swing stepping in with the left foot for right handers and right foot for left handers. The ball can be hit before the bounce with the paddle staying below wrist height and the ball being struck below hip height, or after a drop bounce.*

*There are no lets, so if a serve hits the net but clears the kitchen line the point should continue.*

### STAGE 5: RALLY POINTS WITH SERVE

(15mins)

**Exercise 1:** One side will start serving. If the serve goes in, the point will continue between all four players. Whenever someone misses a serve, a fault is called and their partner will serve (there are no second serves). When one team have both served faults the service goes to the other side. This is called a 'side out'. Play points to 11.

*Note: During this open play it is a good time to remind children that they are not allowed to volley inside the kitchen line. If this happens their team loses the point.*

**END LESSON.**