



WEEK FOUR: TACTICS AND MATCHPLAY

STAGE 1: DINKING WARM UP

(5mins)

Exercise 1: Any of the previous lessons dinking warm up drills will suffice.

STAGE 2: GROUNDSTROKE WARM UP

(10mins)

Exercise 1: On half court in pairs from the baseline, students must rally the ball using forehand and backhand strokes.

Exercise 2: Count the rally

Note: Technical emphasis again should be on long fluid strokes swinging from low to high on both forehand and backhand using the 'continental' grip. Encourage the children to step into the ball transferring their weight forward each time.

STAGE 3: VOLLEY WARM UP

(5mins)

Exercise 1: In pairs standing just behind the kitchen line students practice volley to volley making sure they do not cross the kitchen line before or during the volley motion.

STAGE 4: SERVE AND RETURN WARM UP

(5mins)

Exercise 1: One side of the court will serve the pickleball from the baseline diagonally. The ball must clear the kitchen line and bounce inside or on the sidelines and centre service line to be deemed in. The other side must try to return the ball back cross court and deep.

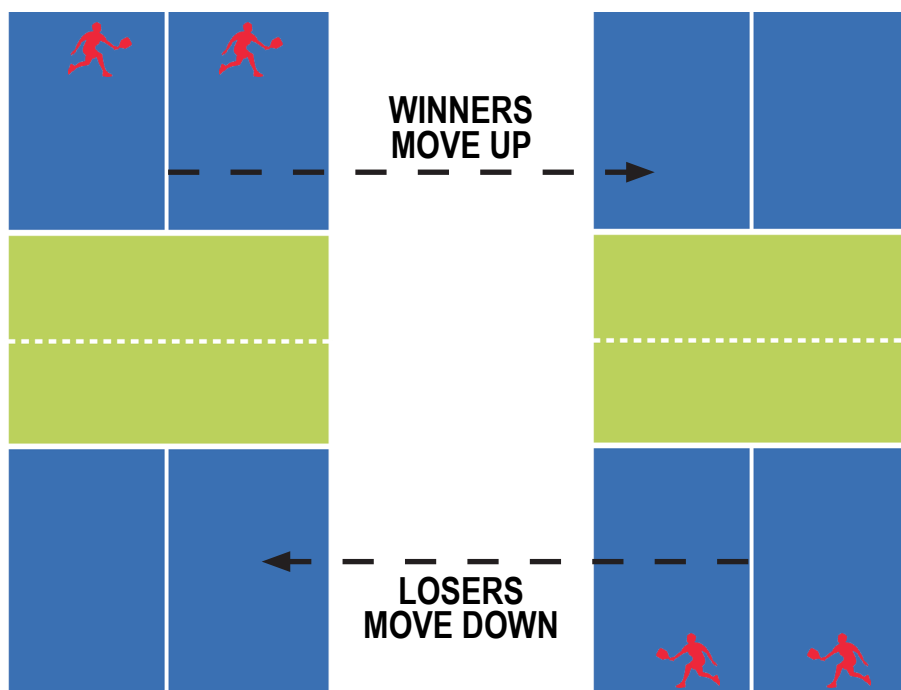
Note: As with the forehand groundstroke the serve should be hit with a smooth low to high swing stepping in with the left foot for right handers and right foot for left handers. The ball can be hit before the bounce with the paddle staying below wrist height and the ball being struck below hip height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

(25mins)

Exercise 1: Teams can play doubles matches for 5 minutes each round. Assign a top court and a bottom court. When time is up, whichever team is winning should move up a court towards the top court. If a team is losing they should move down a court towards the bottom court. This ensures everyone can mix in and enjoy friendly completion.



Note 1: At this stage the rule that a team can only score a point on their serve is enforced. The server, after winning a point must switch sides of the court with their partner for the next service. After losing serve their team mate will serve also switching sides until losing a point. Now a 'sideout' occurs and service is passed to the other team. The servers score is always called first.

Note 2: The third shot rule: In matchplay the ball must bounce once on each side of the court before a volley is allowed. This means the serve must bounce in court, the return must also bounce in court and from the third shot onwards the volley is permitted.

END LESSON.