

WEEK SEVEN: TOURNAMENT TIME

STAGE 1: WARM UPS

(5mins)

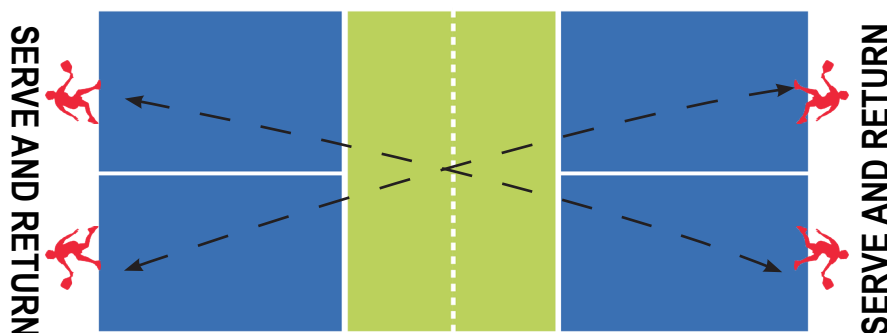
Exercise 1: Start with some dinking and then progress to the baseline.

Note: By now children should be familiar with all aspects of the warm up so tell them they have five minutes to practice and get ready for matches.

STAGE 2: SERVE AND RETURN WARM UP

(2mins)

Exercise 1: One student will practice serving cross court and deep whilst the other will practice returning cross court and deep (diagram).



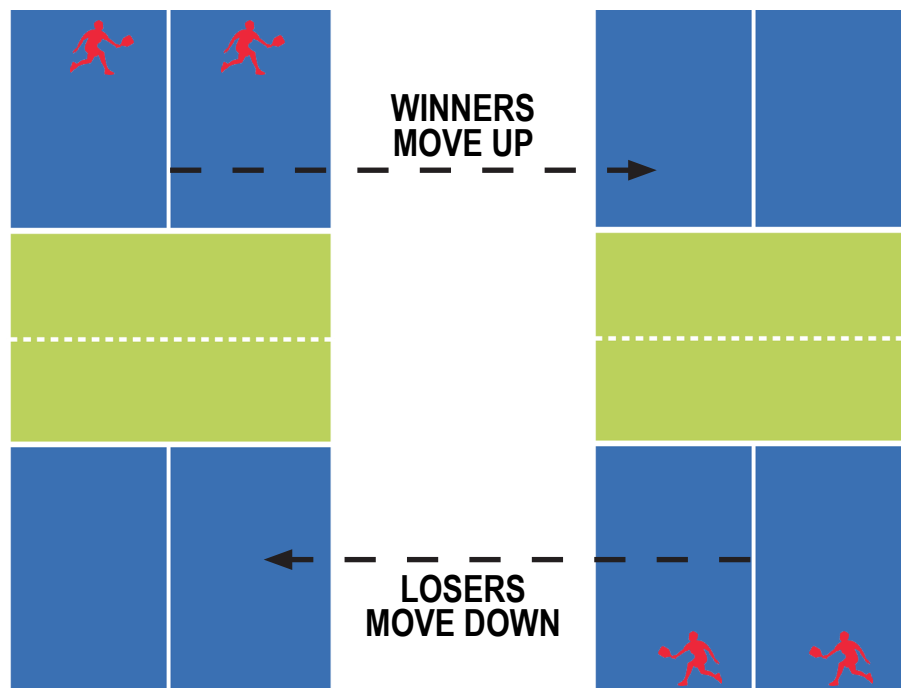
Note: Again children should be familiar this exercise by now. Let them get on with it whilst encouraging good techniques such as swinging with a low to high forehand motion for the serve and the same for the return whether it is forehand or backhand.

STAGE 3: TOURNAMENT 'WINNERS UP'

(15mins)

Exercise 1: Assign a top court and a bottom court. Let the students pick their partners or organise partners how you see fit. Let students play a doubles match for five minutes. When time is up, the winning pair will move up a court and the losing pair will move down a court.

Each time a pair wins they get a point. The team with the most points at the end of the session wins the tournament. Alternatively the top two teams can play a final (diagram overleaf).



Note: Children have learnt a number of different rules, tactics and techniques over the term so its time to put it all into practice!

END LESSON.

Further information

As with any sport there are many rules and strategies. It is best not to overwhelm the children with too many at once but to gradually introduce them as you go. This can depend on the child's skill and engagement levels. The full set of rules can be found online.

Pickleball is an amazing sport which is easy for most children to play. It is great for P.E. lessons as all children in a class are active at once.

We hope your school loves it as much as we do!