

WEEK ONE: INTRODUCTION TO PICKLEBALL

STAGE 1: BALL SKILLS

(5mins)

All students receive a pickleball.

Exercise 1: Children work individually throwing the ball up, letting it bounce and catching.

Exercise 2: Using the fingertips children must pat the ball down.

Note: These exercises can vary and are simple ways to familiarise the children with the weight and feel of the pickleball.

STAGE 2: BALL AND PADDLE SKILLS

(10mins)

All students receive a paddle and a pickleball.

Exercise 1: Hit ups. Children gently hit the ball up letting it bounce inbetween and repeating. For control, children are encouraged to keep the ball below head height.

Exercise 2: Tap downs. Children gently hit the ball down with a bounce inbetween.

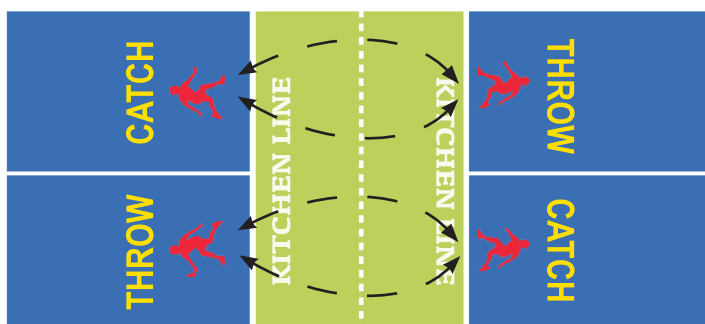
Exercise 3: Repeat both exercises without a bounce if the children are capable.

Note: This is a simple way to get the children used to the weight and feel of a pickleball paddle

STAGE 3: THROW AND CATCH

(10mins)

Exercise 1: With children in pairs and standing either side of the net just behind the 'kitchen line' (Diagram) they must throw the ball to each other and catch after one bounce. Emphasis should be on underarm throws that bounce before the kitchen line.



Exercise 2: Now encourage children to keep count of how many they can do in a row. Ask them to count out loud.

Exercise 3: pairs can compete against each other to see who can get to 10 catches in a row first.

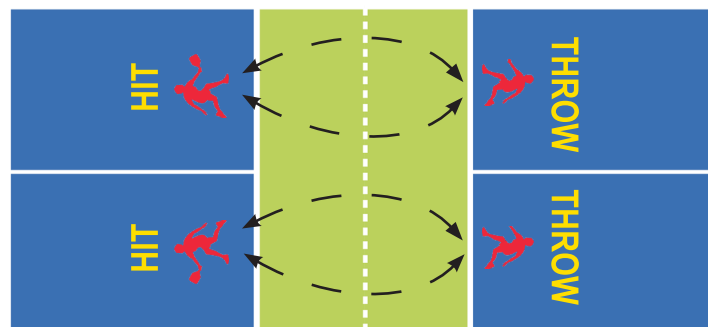
Note: These are great ways to engage every child at once, increase ball sense as well as receiving skills.

STAGE 4: ONE THROW ONE HIT IN PAIRS

(10mins)

Exercise 1: One child throws underarm to their partner who has a paddle. The partner must gently tap the ball back over the net. (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: At this stage children are most likely using a 'forehand' as it is usually most comfortable for them. Let them find their own way with little technical advice.

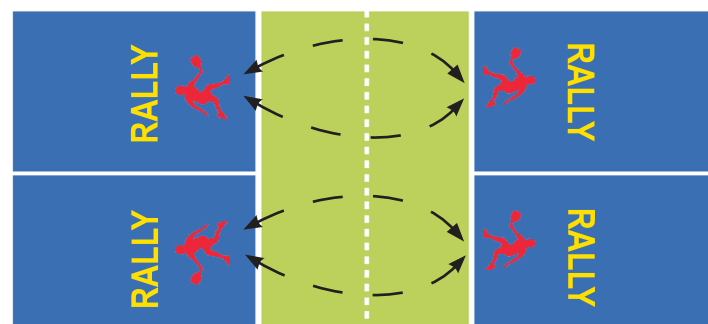
STAGE 5: TAP RALLY - ALL CHILDREN HAVE PADDLES

(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.

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

Emphasis is always on as much control as possible and getting the ball to bounce inside the kitchen line. This is known as a 'dink'.



Note: This may be tough for the students at this age so gauge throughout lesson if you feel they are capable.

END LESSON.