

WEEK TWO: THE FOREHAND

STAGE 1: BALL SKILLS

(10mins)

All students receive a pickleball.

Exercise 1: Hit ups. Children gently hit the ball up letting it bounce in-between.

Exercise 2: Tap downs. Children gently hit the ball down with a bounce in-between.

Exercise 3: Balance the ball. Children go from baseline to net and back with the Pickleball balanced on their paddle

Note: There are many different warm up exercises that will focus a students mind at the start of a lesson so be creative!

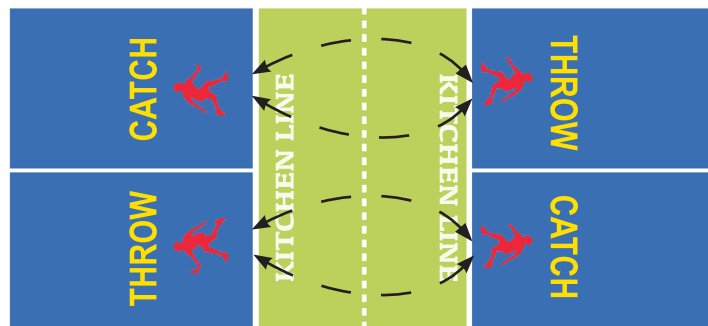
STAGE 2: THROW AND CATCH

(10mins)

Exercise 1: With children in pairs and standing either side of the net just behind the 'kitchenline' (diagram) they must throw the ball to each other and catch after one bounce.

Exercise 2: As with week one, encourage the children to count how many they can get in a row.

Exercise 3: pairs can compete against each other to see who can get to 15 catches in a row first.



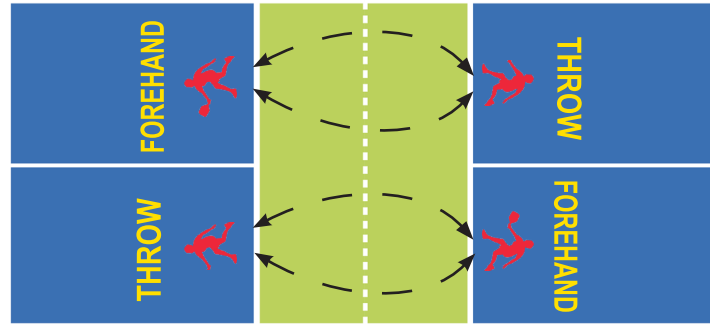
STAGE 3: FOREHAND TECHNIQUE

(15mins)

Exercise 1: Forehand shadow swings. Have the children spaced out behind you. Demonstrate a forehand swing. (From a ready position, turn sideways and swing using a low to high motion). Get the children to copy.

Exercise 2: Forehand practice (diagram). In pairs and standing either side of the net just behind the kitchen line, one child will throw the ball underarm to thier partner. Already in a side on forehand position and using a low to high swing the player tries to hit the ball back with as much control aspossible. Swap every 10 forehands.

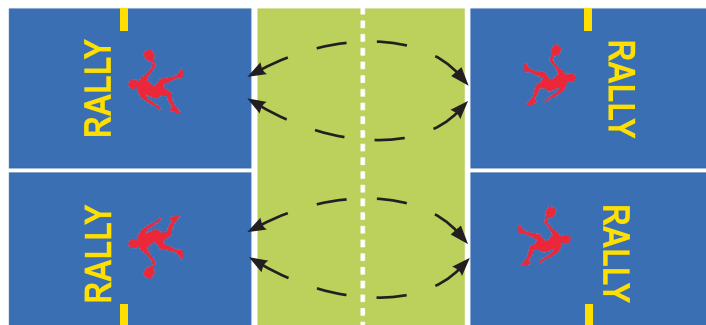
Note: You could put a cone down between the kitchen line and baseline for the hitter since forming a swing will likely hit the ball a bit harder.



STAGE 4: TAP RALLY

(10mins)

Exercise 1: Standing behind the kitchen line (or no further back than a marker between the kitchen and baseline), children can now try to have a rally (diagram).



Note: Let the students have some free play with a little technical help along the way. Remember to try and encourage a sideways stance with a low to high motion.

STAGE 5: FRIENDLY COMPETITION

(5mins)

Exercise 1: Now challenge the children to see how many forehands they can make. If the ball hits the net they can carry on the count.

Note: It's very hard for students of this age to achieve a rally. Letting them continue the count even when the ball has hit the net means that no one feels they can't do it.

END LESSON.