

WEEK THREE: THE BACKHAND

STAGE 1: BALL SKILLS

(10mins)

All students receive a pickleball.

Exercise 1: Hit ups. This week see how many children can get in 1 minute.

Exercise 2: Tap downs. Again see How many children can do in a minute.

Exercise 3: Flip the pancake. Children must try to hit the ball up and turn the paddle over before the next hit. This can be done with or without a bounce in-between.

Exercise 4: Walking the dog. Have the students line up and dribble the ball to the net and back along the floor using their paddle.

Note: Cones can be used to zig zag between and children can be put in lines for a relay race.

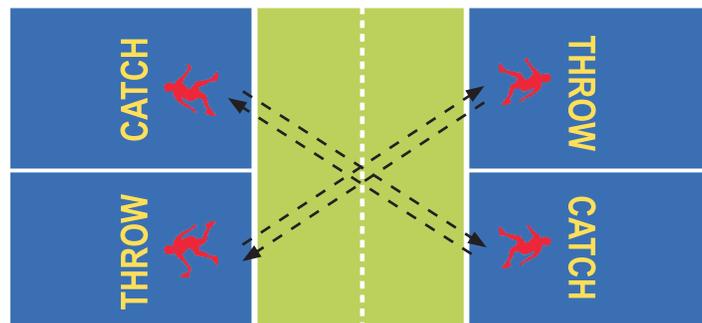
STAGE 2: THROW AND CATCH 'CROSS COURT'

(10mins)

Exercise 1: Standing just behind the kitchen line in pairs, children will now try to throw the ball in a diagonal line to each other 'cross court' (diagram).

Exercise 2: Now children swap sides and repeat.

Exercise 3: Competition. First pair to reach 20 catches. This doesn't have to be in a row.

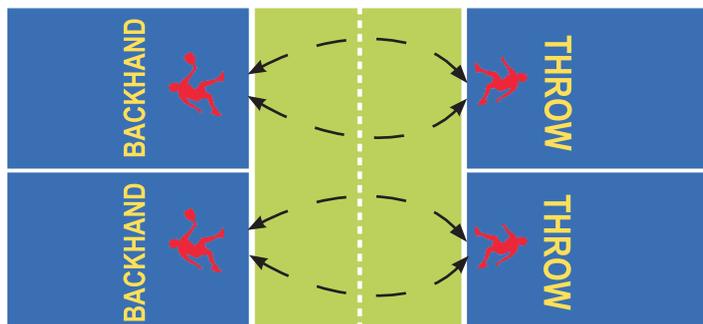


STAGE 3: THE BACKHAND

(15mins)

Exercise 1: Backhand shadow swings. Have the children spaced out behind you. Demonstrate a backhand swing. (From a ready position, turn sideways reaching across the body and swing using a low to high motion).

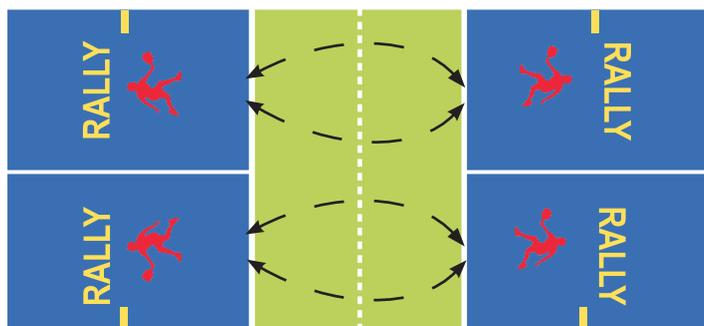
Exercise 2: Backhand practice. In pairs and standing either side of the net just behind the kitchen line, one child will throw the ball underarm to their partner. Already in a side on backhand position and using a low to high swing, the player tries to hit the ball back with as much control as possible. Swap every 10 backhands.



Note: Since the backhand is usually less natural than the forehand side, let the students use two hands if they feel more comfortable.

STAGE 4: TAP RALLY (15mins)

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



STAGE 5: FRIENDLY COMPETITION (5mins)

Exercise 1: Now challenge the children to see how many shots they can make. If the ball hits the net they can carry on the count. Let them use whichever shot feels easiest, forehands or backhands.

Note: Again rallying at this age is not easy so just let the students have some free play. If you feel rallying is too difficult then finish with any games you wish.

END LESSON.