# WEEK FOUR: VOLLEYS

## STAGE 1: BALL SKILLS
(5mins)

**Exercise 1:** Any of the previous ball skills lessons.

## STAGE 2: FOREHAND AND BACKHAND RECAP
(10mins)

**Exercise 1**: Throw and hit from ready position. In pairs and standing either side of the net just behind the kitchen line, one child will throw the ball underarm to their partner. The partner is now standing in a 'ready position' and will hit either a forehand or backhand depending on which sidethe ball lands.

*Note: It would be a good time for a demonstration. Have the children sitting down by the side of the court and show them a 'ready position'. Then show them the difference when turning for a forehand or backhand. During the actual exercise let the student hit whichever shot feels comfortable.*

## STAGE 3: THE VOLLEY
(15mins)

**Exercise 1:** Throw and Volley. One child stands on the kitchen line with the pickleball. On the other side, their partner stands an arms length away form the net holding the paddle up in a 'highfive' position. One child must throw the ball underarm trying to aim for the partners paddle.Using a simple 'high five' motion with little or no backswing or follow through thier partner must try to tap the ball back over the net. Swap every 10 volleys.

**Exercise 2:** Friendly competition. Now the children can have a race to see which team can get 20 volleys over the net swapping after 10 volleys.
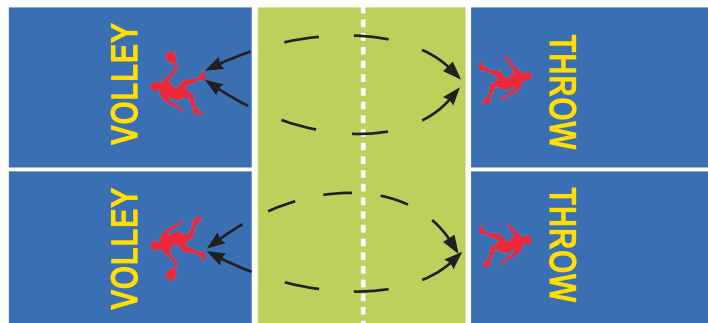


*Note: Challenge the students to try and hit thier volley softly enough to bounce once before the kitchen line so thier partner can catch the ball.*

## STAGE 4: TAP RALLY
(15mins)

**Exercise 1:** Standing behind the kitchen  line the children can now try to have a rally. Swap thechildren round at intervals.

*Note: Remind the students that a rally is anything more than one shot. Let them have some freeplay with little technical advice.*

*End notes: At such a young age some exercises like holding a rally would likely be difficult. Please adjust the lesson plan how you see fit to include more or less rallying depending on age and capability.*

### *END LESSON.*