

PHYSICAL LITERACY THROUGH PICKLEBALL

ELEMENTARY SCHOOL LESSON PLAN



Pickleball Lesson Plan

Elementary School

A series of lesson plans has been created to assist you, the teacher, in teaching the sport of pickleball to students in the primary, junior and intermediate elementary grades.

The lesson plans are progressive: each builds on prior skills learned, and ultimately enables the students to play a meaningful, fun game of pickleball.

Students in the primary grades, and possibly some intermediates, may not progress through all eight lesson plans.

The lesson plans include the following:

- Safety video
- Movement preparation (warm-up)
- Skill to be learned
- Video showing proper technique, and associated drills
- Extra challenges
- Variations and activities using the lesson skill
- Things to watch for
- Explanation of importance and relevance to the game of pickleball
- Space to record reflection, what worked well, etc.

Hope you enjoy learning and teaching the game, as much as we do playing it.

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Here are links to videos describing:

[Intro to Pickleball](#)

[History](#)

[Equipment](#)

[Safety](#)

[Ladder exercises](#)



Here are some links describing the rules:

[Basic Rules](#)

[Detailed Rules](#)

(68 pages, may take a while to open)



If you are reading from a paper version, please go to the following website for the above links.

<http://pickleballontario.org/elementary-school-8-week-lesson-plans/>

Hope you enjoy learning and teaching the game, as much as we do playing it.

Pickleball & Physical Literacy

What Is Physical Literacy?

Physical literacy has been defined as having the competence, confidence and motivation to move effectively. It includes having fundamental movement skills, fundamental sport skills, and the ability to read the environment and make appropriate decisions.

Individuals with well-developed physical literacy:

- move confidently and with control in a wide range of physical activities;
- have the knowledge and motivation to be physically active;
- build a foundation for their future health and wellbeing.

Why Is This Important?

Children don't develop movement skills spontaneously—they need opportunities, supportive instruction, and good role models. If the ability, confidence and desire to move isn't developed early, children risk being left out of play, sports and games, and choosing a path of sedentary behavior leading to ill-health.

Today, over 90% of Canadian kids aged 5 – 17 don't get enough physical activity—but kids who develop good movement skills early are more likely to be active as adults.

Development of physical literacy is a gateway to a healthy active lifestyle as well as a foundation for success in sport.

Movement Preparation

Beginning the lesson with a movement preparation warm-up prepares the body for movement while improving the way participants move. This reduces the risk of injury, while developing skills and helping participants get ready to take part in unfamiliar activities.

Why Pickleball?

Pickleball is a perfect way to learn the skills required for all racquet sports.

The equipment is lighter and the pace of the game slower to enable participants to gain confidence, competence and motivation. Participants will learn different types of movement skills and concepts, movement strategies and increase their movement competencies.

Connecting to the Ontario Curriculum

Movement skills must be taught in a way that shows how they will be used within and across a variety of physical activities so that students can apply and transfer their skills to specific activities. The following are curriculum elements:

Movement Skills

Stability Skills: weight transfer, bending, stretching, twisting and turning.

Locomotion: chasing, running, lateral movements.

Manipulation: striking, sending, returning, catching.

Movement Concepts

Body Awareness: What body parts move in what ways; body parts, body shape and body actions.

Spatial Awareness: Where does the body move; location, direction, level, pathway, plane and extensions.

Effort Awareness: How does the body move? Fast/slow, strong/light, flow.

Movement Principles

Application of these principles becomes more refined as movement competency improves.

Centre of gravity, laws of motion and force; summation of joints, maximum velocity, applied impulse and law of reaction.

Movement Strategies

The ability to devise and apply strategies and tactics requires an understanding of the game.

Encourage students to think strategically and make connections between different games and game components.

The movement strategy expectations give them an opportunity to use their critical and creative thinking skills, build confidence and enhance their physical literacy.

Unit
1

Learning Goal:

Paddle & Ball Coordination & Control

**40 minutes****Grades:**
All**Curriculum Element:**
Movement Competence:
Skills, Concepts and
Strategies (B1.3, 1.4)**Facility:**
Gym**Equipment:**
• Safety glasses
• Pickleball paddles
• Balls
• Agility ladder**Pickleball
Connection**

Grip, and hand/paddle coordination is critical to hitting predictable and accurate shots. Focus on ball trajectory is critical to returning shots over the net in a game.

**Reflection**

What was challenging/easy? What was fun? Why was it fun?

**Safety/Materials/Resources/Handouts****Video:** Safety**Warm Up/Movement Prep****Video:** Ladder Exercises
Ladder Activities jumping,
hopping left and right foot,
lateral movement sequences**Video:** Gopher Ball**Action (Skill/Drill)****x 10**

Stand still, bounce ball on floor with one hand. Catch with other hand

x 10Walk, bounce ball on floor with one hand. Catch with other hand
Grip paddle with dominant hand, using hammer grip**10 seconds**

Stand still, balance ball on paddle, forehand

10 seconds

Stand still, balance ball on paddle, backhand

1 lap

Walk, balance ball on paddle, forehand, around whole court

1 lap

Walk, balance ball on paddle, backhand, around whole court

**Video Describing Skill****Video:** Paddle Grip
Also called Continental grip**Video:** Grip Exercises**Challenges**

- Use non-dominant hand, repeat above
- Slow run and bounce. Spin around and bounce.
- Roll ball on paddle forward and backward, and sideways.
- Relay race around court while balancing ball on paddle.

**Look For:**

- Preservation of hammer grip, throughout each exercise
- Eye on ball, ie. always watch the ball.

**Variations**

Bounce Ball Tag.

Need to balance ball on paddle (or hand) while tagging someone. Tagged person sits. Last person standing while balancing ball wins.

Repeat with freeze in position instead of sit.

Team balance tag: Member of own team can tag sitting or frozen player to unfreeze.

Learning Goal: Paddle & Ball Coordination & Control

Unit
2



Safety/Materials/Resources/Handouts

 **Video:** Safety



40 minutes



Grades:
All



Curriculum Element:
Movement Competence:
Skills, Concepts and
Strategies (B1.3, 1.4)



Facility:
Gym



Equipment:

- Safety glasses
- Pickleball paddles
- Balls
- Agility ladder



Pickleball Connection

Grip, and hand/paddle coordination is critical to hitting predictable and accurate shots.




Reflection

What was challenging/easy? What was fun? Why was it fun?



Warm Up/Movement Prep

 **Video:** Ladder Exercises
Ladder Activities jumping, hopping left and right foot, lateral movement sequences
Balance ball on paddle as in PB Lesson 1



Action (Skill/Drill)

- x 10** Bounce ball: paddle to hand, using dominant hand on paddle, and catch with non-dominant hand
- x 10** With paddle, bounce ball in air, with dominant hand
- x 10** With paddle, bounce ball on floor, forehand with dominant hand
- x 10** With paddle, bounce ball on floor, backhand with dominant hand
- 1 lap** Walk and repeat above, around whole court
- 1 lap** Slow run and repeat above, around whole court



Video Describing Skill

 **Video:** Grip Exercises

Bounce ball, paddle to hand
Bounce ball in air
Bounce ball on floor
Bounce ball on paddle while moving
Bounce ball on paddle, alternating forehand/backhand
Additional challenges
Grip rationale



Challenges

- Use non-dominant hand and repeat above.
- With paddle, bounce ball to partner, and partner catches with non-paddle hand. Partner bounces ball back. Repeat.
- Bounce ball on paddle, alternating forehand and backhand.



Look For:

- Preservation of hammer grip.
- Eyes on ball, and aware of surroundings.
- Arm and wrist to be stiff during hitting motion to bounce ball on floor.



Variations

Bounce Ball Tag.
Need to bounce ball with paddle (or hand) while tagging someone. Tagged person sits. Last person standing while bouncing ball wins.

Repeat with freeze in position instead of sit.

Team bounce tag: Member of own team can tag sitting or frozen player to unfreeze.

Unit
3Learning Goal:
Forehand Strokes**40 minutes****Grades:**
All**Curriculum Element:**
Movement Competence:
Skills, Concepts and
Strategies (B1.3, 1.4)**Facility:**
Gym**Equipment:**
• Safety glasses
• Pickleball paddles
• Balls
• Agility ladder**Pickleball
Connection**

Closed stance allows for harder hits to back of court. Stiff arm allows for better control.
Low to high swings allows for most shots to go above the net and to the opponent's side.

**Reflection**

What was challenging/easy? What was fun? Why was it fun?

**Safety/Materials/Resources/Handouts****Video:** Safety**Warm Up/Movement Prep****Video:** Ladder Exercises

Ladder Activities jumping, hopping left and right foot, lateral movement sequences
Balance ball on paddle as in PB Lesson 1 – 2
Bounce ball on floor, forehand with non-dominant hand

**Action (Skill/Drill)**

- x 10** Forehand stroke against wall (3 m away) with dominant hand
- x 10** Forehand stroke against wall (3 m away) with non-dominant hand
- x 10** Partner bounces ball to player, player hits forehand against wall per above

**Video Describing Skill****Video:** Forehand Stroke**Challenges**

- Increase distance from wall to 5 m, repeat above
- Increase distance from wall to 7 m, repeat above
- Put targets on the wall to aim at.

**Look For:**

- Preservation of hammer grip.
- Eyes on ball, and aware of surroundings.
- Closed stance, paddle head above wrist, swing with whole arm (minimal elbow and wrist bending)
- Swing back, swing low to high when contacting ball.
- Contact ball in front of body
- Weight transfer from back foot to front foot.

**Variations**

Partners across the net, player hits forehand stroke to partner, partner lets ball bounce and catches with hand.

Repeat back

Aim to have 10 consecutive hits across net.

Learning Goal: Backhand Strokes

Unit
4




Safety/Materials/Resources/Handouts

 **Video:** Safety



Warm Up/Movement Prep

 **Video:** Ladder Exercises
Ladder Activities jumping, hopping left and right foot, lateral movement sequences
Balance ball on paddle as in PB Lesson 1 – 2
Bounce ball on floor, forehand with non-dominant hand



Action (Skill/Drill)

- x 10** Backhand stroke against wall (3 m away) with dominant hand
- x 10** Backhand stroke against wall (3 m away) with non-dominant hand
- x 10** Partner bounces ball to player, player hits backhand against wall per above.



Video Describing Skill

 **Video:** Backhand Stroke



Challenges

- Increase distance from wall to 5 m, repeat above
- Increase distance from wall to 7 m, repeat above
- Put targets on the wall to aim at.



Look For:

- Preservation of hammer grip.
- Eyes on ball, and aware of surroundings.
- Closed stance, paddle head above wrist, swing with whole arm (minimal elbow and wrist bending)
- Swing back, swing low to high when contacting ball.
- Contact ball in front of body
- Weight transfer from back foot to front foot.



Variations

Partners across the net, player hits backhand stroke to partner, partner lets ball bounce and catches with hand.

Repeat back

Aim to have 10 consecutive hits across net



40 minutes



Grades:
All



Curriculum Element:
Movement Competence:
Skills, Concepts and Strategies (B1.3, 1.4)



Facility:
Gym



Equipment:

- Safety glasses
- Pickleball paddles
- Balls
- Agility ladder



Pickleball Connection

Closed stance allows for harder hits to back of court. Stiff arm allows for better control. Low to high swings allows for most shots to go above the net and to the opponent's side.



Reflection

What was challenging/easy? What was fun? Why was it fun?

Unit
5Learning Goal:
Soft Shots**40 minutes****Grades:**
All**Curriculum Element:**
Movement Competence:
Skills, Concepts and
Strategies (B1.3, 1.4)**Facility:**
Gym**Equipment:**
• Safety glasses
• Pickleball paddles
• Balls
• Agility ladder**Pickleball
Connection**

Low to high swings allows for most shots to go above the net and to the opponent's side. Controlled lift when hitting ball so ball doesn't go too high and sets up opponent for an overhead winner.

**Reflection**

What was challenging/easy? What was fun? Why was it fun?

**Safety/Materials/Resources/Handouts****Video:** Safety**Warm Up/Movement Prep****Video:** Ladder Exercises

Ladder Activities jumping, hopping left and right foot, lateral movement sequences
Balance ball on paddle as in PB Lesson 1 – 2
Bounce ball on floor, forehand with non-dominant hand

**Action (Skill/Drill)**

- x 10 Forehand soft shot against wall (3 m away) with dominant hand
- x 10 Forehand soft shot against wall (3 m away) with non-dominant hand
- x 10 Partner bounces ball to player, player hits forehand against wall per above.
- x 10 Backhand soft shot against wall (3 m away) with dominant hand
- x 10 Backhand soft shot against wall (3 m away) with non-dominant hand
- x 10 Partner bounces ball to player, player hits backhand against wall per above.

**Video Describing Skill****Video:** Forehand Soft Shot**Video:** Backhand Soft Shot**Challenges**

- Decrease distance from wall to 2 m, repeat above
- Add line on wall, and have shot hit close to the line as ball is coming down.
- As students become more competent, use net with students on each side at kitchen line, hitting soft shots back and forth.

**Look For:**

- Preservation of hammer grip.
- Eyes on ball, and aware of surroundings.
- Closed stance, paddle head above wrist, swing with whole arm (minimal elbow and wrist bending)
- Swing back, swing low to high when contacting ball.
- Contact ball in front of body
- Weight transfer from back foot to front foot.

As a beginner, use closed stance (as shown in video) for soft shot. As player becomes more advanced, progress to full open stance for forehand soft shot, and full open to slightly closed stance for backhand soft shot.

**Variations**

Partners across the net, player hits soft shot stroke to partner, partner lets ball bounce and catches with hand. Repeat back

Aim to have 10 consecutive hits across net.

Repeat above but hit soft shot back instead of catching. First team to 10 consecutive soft shots across net wins.

Soft shot game with 2 players per side. All shots must land in kitchen.

Learning Goal: Volley

Unit 6



Safety/Materials/Resources/Handouts

 **Video:** Safety



40 minutes



Grades:
All



Curriculum Element:
Movement Competence:
Skills, Concepts and
Strategies (B1.3, 1.4)



Facility:
Gym



Equipment:

- Safety glasses
- Pickleball paddles
- Balls
- Agility ladder



Pickleball Connection

Volleys are excellent for reflex development, also for gaining advantage during rally by hitting volley and catching opponents off guard.




Reflection

What was challenging/easy? What was fun? Why was it fun?



Warm Up/Movement Prep

 **Video:** Ladder Exercises
Ladder Activities jumping, hopping left and right foot, lateral movement sequences
Balance ball on paddle as in PB Lesson 1-2
Bounce ball on floor, forehand with non-dominant hand



Action (Skill/Drill)

- x 10** Forehand volley against wall (3 m away) with dominant hand
- x 10** Forehand volley against wall (3 m away) with non-dominant hand
- x 10** Backhand volley against wall (3 m away) with dominant hand
- x 10** Backhand volley against wall (3 m away) with non-dominant hand



Video Describing Skill

 **Video:** Volleys



Challenges

- Increase distance from wall to 5 m, repeat above
- Decrease distance from wall to 2 m, repeat above
- Alternate forehand and backhand.



Look For:

- Preservation of hammer grip.
- Eyes on ball, and aware of surroundings.
- Open stance, paddle head above wrist, swing with whole arm (minimal elbow and wrist bending)
- Start with paddle at midsection, contact ball with a push action.
- Hit ball in front of body, Swing is mainly horizontal, and if close enough to net usually slightly downward.



Variations

Partners across the net, player hits volley to partner, partner catches with hand, no bounce. Repeat back

Repeat above but hit volley back instead of catching.

Volley game with 2 players per side. All shots must not bounce, be within reach of players.

Unit
7Learning Goal:
Lob Shots**40 minutes****Grades:**
All**Curriculum Element:**
Movement Competence:
Skills, Concepts and
Strategies (B1.3, 1.4)**Facility:**
Gym**Equipment:**
• Safety glasses
• Pickleball paddles
• Balls
• Agility ladder**Pickleball
Connection**

Lobs are excellent ways to get opponents to retreat to the back of the court and losing positional advantage. Lobs also used when your team is in trouble and you want to buy time to get into a better position.

**Reflection**

What was challenging/easy? What was fun? Why was it fun?

**Safety/Materials/Resources/Handouts****Video:** Safety**Warm Up/Movement Prep****Video:** Ladder Exercises

Ladder Activities jumping, hopping left and right foot, lateral movement sequences
Balance ball on paddle as in PB Lesson 1 – 2
Bounce ball on floor, forehand with non-dominant hand

**Action (Skill/Drill)**

- x 10** Forehand lob shot against wall (3 m away) with dominant hand
- x 10** Forehand lob shot against wall (3 m away) with non-dominant hand
- x 10** Backhand lob shot against wall (3 m away) with dominant hand
- x 10** Backhand lob shot against wall (3 m away) with non-dominant hand

**Video Describing Skill****Video:** Lob Shots**Challenges**

- Increase distance from wall to 5 m, repeat above

**Look For:**

- Preservation of hammer grip.
- Eyes on ball, and aware of surroundings.
- Closed stance, paddle head above wrist, swing with whole arm (minimal elbow and wrist bending)
- Swing back, swing low to high when contacting ball.
- Contact ball in front of body
- Weight transfer from back foot to front foot.

**Variations**

Partners across the net, player hits soft shot stroke to partner, partner lobs ball to land in back of court, within 1 m of baseline.

Partner retrieves ball. Change roles, and repeat.

Aim to have 10 consecutive hits across net.

Learning Goal: Successful serves

Unit
7B




Safety/Materials/Resources/Handouts

 **Video:** Safety



Warm Up/Movement Prep

 **Video:** Ladder Exercises
Ladder Activities jumping, hopping left and right foot, lateral movement sequences
Balance ball on paddle as in PB Lesson 1 – 2
Bounce ball on floor, forehand with non-dominant hand



Action (Skill/Drill)

x 10 Forehand serve against wall (3 m away) with dominant hand

x 10 Forehand serve against wall (3 m away) with non-dominant hand



Video Describing Skill

 **Video:** Forehand Serve



Challenges

- Increase distance from wall to 5 m, repeat above
- Decrease distance from wall to 7 m, repeat above
- Put targets on the wall to aim at



Look For:

- Preservation of hammer grip.
- Eyes on ball, and aware of surroundings.
- Closed stance, paddle head below wrist, swing with whole arm (minimal elbow and wrist bending)
- Swing back, swing low to high when contacting ball, and contact ball below navel



Variations

Partners across the net, player hits forehand stroke to partner, partner lets ball bounce and catches with hand. Repeat back

Focus on serves landing inbounds.

Add some spin to the serve (top, side, and very difficult back), however this is difficult and accuracy is more difficult to achieve.



40 minutes



Grades:
Junior, Intermediate



Curriculum Element:
Movement Competence:
Skills, Concepts and Strategies (B1.3, 1.4)



Facility:
Gym



Equipment:

- Safety glasses
- Pickleball paddles
- Balls
- Agility ladder
- Nets



Pickleball Connection

Successful serves are needed in order to continue rally, win rally and score points. Closed stance allows for harder hits to back of court. Stiff arm allows for better control. Low to high swings allows for most shots to go above the net and to the opponent's side.



Reflection

What was challenging/easy? What was fun? Why was it fun?

Unit
7CLearning Goal:
Overhead Shot/Smash**40 minutes****Grades:**
Junior, Intermediate**Curriculum Element:**
Movement Competence:
Skills, Concepts and
Strategies (B1.3, 1.4)**Facility:**
Gym**Equipment:**
• Safety Goggles
• Pickleball paddles
• Balls
• Agility ladder
• Nets**Pickleball
Connection**Overhead shots are
used for finishing the
rally. The overhead
is usually
non-returnable.**Reflection**What was challenging/
easy? What was fun?
Why was it fun?**Safety/Materials/Resources/Handouts****Video:** Safety

Safety goggles

**Warm Up/Movement Prep****Video:** Ladder ExercisesLadder Activities jumping, hopping left and right foot, lateral movement
sequences
Balance ball on paddle as in PB Lesson 1 – 2
Bounce ball on floor, forehand with non-dominant hand**Action (Skill/Drill)**

- x 10** Forehand lob shot against wall (3 m away) with dominant hand
- x 10** Forehand lob shot against wall (3 m away) with non-dominant hand
- x 10** Backhand lob shot against wall (3 m away) with dominant hand
- x 10** Backhand lob shot against wall (3 m away) with non-dominant hand

**Video Describing Skill****Video:** Overhead Shot**Challenges**

- Increase distance from wall to 5 m, repeat above

**Look For:**

- Preservation of hammer grip.
- Eyes on ball, and aware of surroundings.
- Start with elbow up and paddle "scratching" back
- Use non-paddle hand to point up at ball before hitting shot.

**Variations**

At 5m away from wall, lob ball, and hit overhead smash on the return wall bounce.

Learning Goal: Forehand 3rd shot — drop shot

Unit
7D



Safety/Materials/Resources/Handouts



Video: Safety

Safety goggles



40 minutes



Grades:

Junior, Intermediate



Curriculum Element:

Movement Competence:

Skills, Concepts and Strategies (B1.3, 1.4)



Facility:

Gym



Equipment:

- Safety Goggles
- Pickleball paddles
- Balls
- Agility ladder
- Nets



Warm Up/Movement Prep



Video: Ladder Exercises

Ladder Activities jumping, hopping left and right foot, lateral movement sequences

Balance ball on paddle as in PB Lesson 1 – 2

Bounce ball on floor, forehand with non-dominant hand



Action (Skill/Drill)

- x 10 Forehand 3rd shot against wall (5 m away) with dominant hand
- x 10 Forehand 3rd shot against wall (5 m away) with non-dominant hand
- x 10 Forehand 3rd shot against wall (7 m away) with dominant hand
- x 10 Forehand 3rd shot against wall (7 m away) with non-dominant hand



Video Describing Skill



Video: Forehand 3rd Shot Drop



Pickleball Connection

3rd shot drop shot is a very effective shot to enable players to get to kitchen line, and thus not be at a disadvantage during the rally.



Challenges

- Player at baseline, other player on opposite side at kitchen line. Kitchen line player hits ball to baseline player's forehand side, baseline player hits 3rd shot.
- If ball lands in kitchen, score a point. Change positions and repeat.



Look For:

- Preservation of hammer grip.
- Eyes on ball, and aware of surroundings.
- Limited backswing, and use lifting action.
- Highest point of ball arc should be at own kitchen line, then ball drops into opponent kitchen.



Reflection

What was challenging/easy? What was fun? Why was it fun?



Variations

Person at kitchen line hits harder shots to baseline player's forehand side.

Unit
7E

Learning Goal:

Backhand 3rd Shot – Drop Shot**40 minutes****Grades:**
Junior, Intermediate**Curriculum Element:**
Movement Competence:
Skills, Concepts and
Strategies (B1.3, 1.4)**Facility:**
Gym**Equipment:**
• Safety Goggles
• Pickleball paddles
• Balls
• Agility ladder
• Nets**Pickleball Connection**

Overhead shots are used for finishing the rally. The overhead is usually non-returnable.

**Reflection**

What was challenging/easy? What was fun? Why was it fun?

**Safety/Materials/Resources/Handouts****Video:** Safety

Safety goggles

**Warm Up/Movement Prep****Video:** Ladder ExercisesLadder Activities jumping, hopping left and right foot, lateral movement sequences
Balance ball on paddle as in PB Lesson 1 – 2
Bounce ball on floor, forehand with non-dominant hand**Action (Skill/Drill)**

- x 10** Backhand 3rd shot against wall (5 m away) with dominant hand
- x 10** Backhand 3rd shot against wall (5 m away) with non-dominant hand
- x 10** Backhand 3rd shot against wall (7 m away) with dominant hand
- x 10** Backhand 3rd shot against wall (7 m away) with non-dominant hand

**Video Describing Skill****Video:** Backhand 3rd shot drop shot**Challenges**

- Player at baseline, other player on opposite side at kitchen line. Kitchen line player hits ball to baseline player's backhand side, baseline player hits 3rd shot.
- If ball lands in kitchen, score a point. Change positions and repeat.

**Look For:**

- Preservation of hammer grip.
- Eyes on ball, and aware of surroundings.
- Start with elbow up and paddle "scratching" back
- Use non-paddle hand to point up at ball before hitting shot.

**Variations**

At 5m away from wall, lob ball, and hit overhead smash on the return wall bounce.

Learning Goal: Pickleball Skills Review

Unit
8



Safety/Materials/Resources/Handouts

 **Video:** Safety



40 minutes



Grades:
All



Curriculum Element:
Movement Competence:
Skills, Concepts and
Strategies (B1.3, 1.4)



Facility:
Gym



Equipment:


- Safety goggles
- Pickleball paddles
- Balls
- Agility ladder
- Nets



Reflection
What was challenging/
easy? What was fun?
Why was it fun?



Warm Up/Movement Prep

 **Video:** Ladder Exercises
Ladder Activities jumping, hopping left and right foot, lateral movement sequences
Balance ball on paddle as in PB Lesson 1 – 2
Bounce ball on floor, forehand with non-dominant hand



Action (Skill/Drill)

Review skills taught. Higher grades and competency levels over net instead of against wall.

- Drop ball, bounce and catch
- Bounce ball to partner and partner catches
- Handshake, hammer grip
- Balance ball on paddle, forehand
- Balance ball on paddle, backhand
- Bounce ball on paddle, forehand
- Bounce ball on paddle, backhand
- Bounce ball on floor, forehand
- Bounce ball on floor, backhand
- Forehand stroke against wall
- Backhand stroke against wall
- Forehand serve against wall
- Soft shot against wall, forehand
- Soft shot against wall, backhand
- Volley against wall, forehand
- Volley against wall, backhand
- Lob against wall, forehand
- Lob against wall, forehand, with overhead shot
- Forehand overhead shot
- Game rules and game

Unit
8BLearning Goal:
Pickleball Rules & Game Play**40 minutes****Grades:**
Junior, Intermediate**Curriculum Element:**
Movement Competence:
Skills, Concepts and Strategies (B1.3, 1.4)**Facility:**
Gym**Equipment:**

- Safety Goggles
- Pickleball paddles
- Balls
- Agility ladder
- Nets

Pickleball Connection

Knowing rules is paramount to playing fair and safe game. Appropriate shots, positioning are key enablers for an enjoyable game.

**Reflection**

What was challenging/easy? What was fun? Why was it fun?

**Safety/Materials/Resources/Handouts****Video:** Safety

Safety goggles

**Warm Up/Movement Prep****Video:** Ladder Exercises

Ladder Activities jumping, hopping left and right foot, lateral movement sequences

Balance ball on paddle as in PB Lesson 1 – 2

Bounce ball on floor, forehand with non-dominant hand

**Action (Skill/Drill)**

- Review court lines and basic rules
- Pick doubles teams and start games
- Have one knowledgeable observer beside each court for assistance as needed.

**Video Describing Skill****Video:** Kitchen**Video:** Serve Position**Video:** Court**Video:** Basic Rules**Video:** Ready Position**Challenges**

Observers to add positional play strategies as players progress and develop their rallies and game.

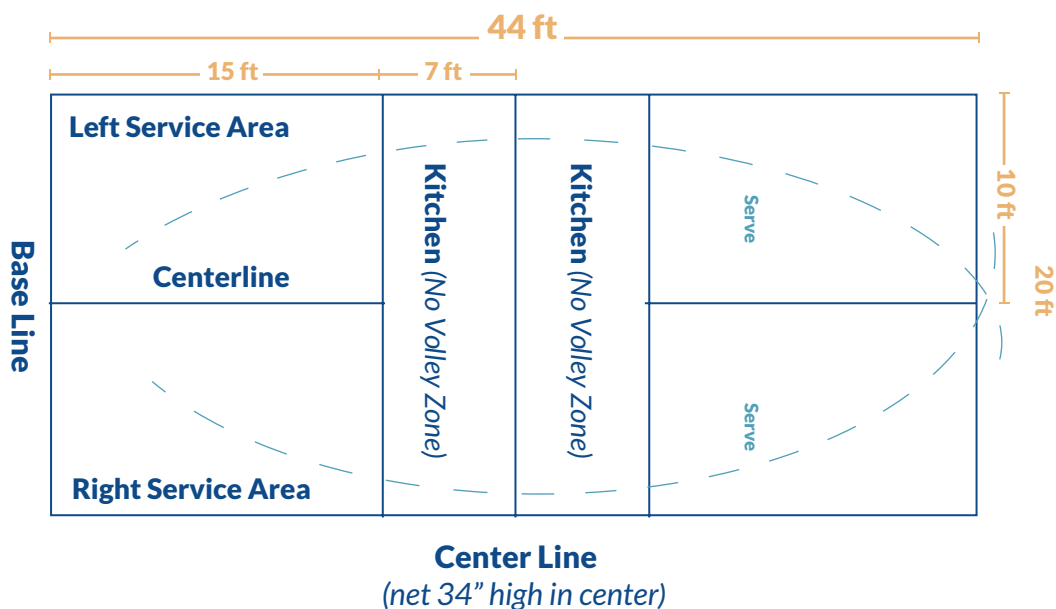
**Look For:**

- Correct positioning on serve
- Getting to the kitchen line to gain advantage.
- Using learned shots appropriate for the game situation.

**Variations**

At 5m away from wall, lob ball, and hit overhead smash on the return wall bounce

Pickleball Court & Markings



SEQUENCE	DESCRIPTION	VIDEO
0	Safety Talk	Watch Video
0	Ladder exercises	Watch Video
1	Gopher Ball Game	Download PDF
1	Drop ball, bounce and catch	
2	Bounce ball to partner and partner catches	
3	Handshake, hammer grip	Watch Video
4	Balance ball on paddle, forehand	Watch Video
5	Balance ball on paddle, backhand	Watch Video
6	Bounce ball on paddle, forehand	Watch Video
7	Bounce ball on paddle, backhand	Watch Video
8	Bounce ball on floor, forehand	Watch Video
9	Bounce ball on floor, backhand	Watch Video
10	Forehand stroke against wall	Watch Video
11	Backhand stroke against wall	Watch Video
12	Forehand serve against wall	Watch Video
13	Soft shot against wall, forehand	Watch Video
14	Soft shot against wall, backhand	Watch Video
15	Volley against wall, forehand and backhand	Watch Video
16	Lobs, forehand and backhand	Watch Video
17	Forehand overhead shot	Watch Video
18	Forehand 3rd shot drop shot	Watch Video
19	Backhand 3rd shot drop shot	Watch Video
20	Kitchen	Watch Video
21	Court	Watch Video
22	Ready position	Watch Video
23	Serve position	Watch Video
24	Example of game	Watch Video

Terms & Videos

SHOT	SITUATION IN WHICH TO USE
Serve	When it is your turn to serve
Forehand	When receiving a shot on your forehand side and you want to send the ball into the back half of opponent's court
Backhand	When receiving a shot on your backhand side and you want to send the ball into the back half of opponent's court
Forehand soft shot	When receiving a shot on your forehand side while you are close to the net (at kitchen line) and you want to hit ball to bounce in opponent's kitchen.
Backhand soft shot	When receiving a shot on your backhand side while you are close to the net (at kitchen line) and you want to hit ball to bounce in opponent's kitchen.
Forehand 3rd shot drop shot	When receiving a shot on your forehand side and you are in the back half of your court, your opponents are approaching the kitchen line.
Backhand 3rd shot drop shot	When receiving a shot on your backhand side and you are in the back half of your court, your opponents are approaching the kitchen line.
Lob shot	When both you and opponent are at kitchen line hitting soft shots, use on occasion to send opponents to back of court. Also used when your team is in trouble and you want to buy time so you can get into a better position.
Overhead shot	When receiving a high shot from opponents that is mid-court or at kitchen line, and can hit a winner into opponent's court.
Volley	When receiving a shot from opponent that is too close to you to let bounce, or use to catch opponent off guard and reduce their reaction time.

SEQUENCE	DESCRIPTION	VIDEO
1	Drop ball, bounce and catch	
2	Bounce ball to partner and partner catches	
3	Handshake, hammer grip	
4	Balance ball on paddle, forehand	
5	Balance ball on paddle, backhand	
6	Bounce ball on paddle, forehand	
7	Bounce ball on paddle, backhand	
8	Bounce ball on floor, forehand	
9	Bounce ball on floor, backhand	
10	Forehand stroke against wall	
11	Backhand stroke against wall	
12	Forehand serve against wall	
13	Soft shot against wall, forehand	
14	Soft shot against wall, backhand	
15	Volley against wall, forehand	
16	Volley against wall, backhand	
17	Lob against wall, forehand	
18	Lob against wall, forehand, with overhead shot	
19	Forehand overhead shot	
20	Game rules and game	

Credits



MARKHAM IN *M*OTION



RBC
Learn to Play
Project



PAO Pickleball Pilot Ambassadors

Andrew Ling

Stephen Phinney

Merrie Lee

Edwin Maryuen

Karen Nageleisen

Joseline Sikorski

JoAnne Boehlke

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