

Pickleball Physical Education

Introduction

Combination of tennis, badminton, and table tennis

Fastest growing sport in America

Game is named after a dog named “pickles” because the dog would pick up plastic wiffle balls in its mouth

Many teachers are teaching pickleball because students quickly succeed in it

Grip

Palm mostly behind paddle grip

V shape

Don't want super tight grip

Forehand/Backhand Topspin

Pivot and step

Swing low to high

Turn wrist over

Forehand/Backhand Backspin

Swing high to low

Cut flat under ball

Volley

Turn shoulders

Short swing and limit follow through

Smash

Get behind ball

Volleyball spike

Drop Shot (3rd shot drop)

Slide paddle under ball

Loosen grip
Push, lift, nudge

Serving

Lob serve: like pitching horseshoes
Drive serve: similar to forehand stroke

Serve diagonal/crosscourt
Must hit ball below waist
Can hit ball out of air or bounce

Gameplay/Rules

Kitchen/non-volley zone: cannot volley if inside kitchen
Can let ball bounce then step in

Bounce-bounce/Double bounce rule

Play games to 11 win by 2

Can only score when serving

Singles Scoring

Serve on right side when score is even/left side when score is odd

Doubles Scoring

Each player on team gets to serve with an exception of the first serve of the game

When serving team wins the point, the serve continues to serve and switches sides

Three numbers you call out when saying the score

Server always starts on the right hand side