

Pickleball: Middle/High School

Equipment: pickleball- nets, rackets, balls and a lined court for boundaries

2-3 mins. Warm-up with stretches

2-3 mins. Brief introduction to planned activities.

8 mins. (4 min for each skill) Activity 1: Basic/Fundamental skills: Presenters will take participants through a pedagogically appropriate teaching sequence on a few basic skills (for beginners or intermediate levels).

Serves

Backhand & Forehand strokes

8 mins. (4 min for each skill) Activity 2: Intermediate to Advanced skills: Presenters will take participants through pedagogically appropriate sequencing for more skillful shots.

Drop Shots (Forehand, Backhand, Straight & Across)

Smash (Front court, Mid court & Back court)

6 min per game Activity 3: Modified games

- 1. Modified games (1v1, 2v2, 3v3).** Participants will play mini games using only the fundamental or intermediate skills **directed from the Presenters** (without a net, over the net, or using a wall).

Game/Application: King of the Court

Two teams will start on opposite sides of the net. One side will be the Kings side and other side will be the challengers side. On the challenger side, teams who are not playing will wait in line behind in the challengers for their turn.

To start the game, one of King's player's will hit the ball or serve the ball to the challenger's side. If the ball is hit into the net the Kings can reserve until it goes over the net and in the court. After the serving team hits the ball over the net and in, play is continuous. Teams will hit the ball over the net and in play trying to win points. Once a ball is hit out of bounds or into the net the opposing team has won the point. If the challenging team is the team that loses play, then they exit and another team steps on the court and the process is repeated. If the King's team loses play, then they exit their position. The challengers are the new King's. A new challenger team then steps onto the court and play resumes. You can only "score" points as King. Once a team gets to 21 the game is over.

Up or down the river

Can be played either singles or doubles.

Player(s) will play against an opponent(s). Players will serve the ball and try to win the point against their opponents(s). Play will continue until a team/player wins 11 points. Once player(s) win 11 points they yell, STOP. This way everyone in class knows the game is over. Player(s) who are winning, or have won, move up a court and player(s) who have lost, or were losing, move down a court. This up or down the river will continue until the teacher says time.