

Pickleball: Review/Skill Sheet

Grading

Name _____

Class _____

Participation	/24
Skill development and application	/6
Use of strategy	/6
Knowledge	/12

Skill 1: Serve

- Weight on back foot
- Paddle arm back
- Hold ball in other hand at waist height
- Drop ball, shift weight forward
- Contact ball below waist and follow through upward



Skill 2: Forehand/Backhand

- Eastern forehand grip, Eastern backhand grip, Continental grip
- Paddle waist high
- Shift weight
- Step into contact & tighten grip
- Contact with flat face surface
- Follow through



Skill 3: Lob

- Open paddle face on contact
- Follow through high
- Carry ball up with paddle

Skill 4: Volley

- Step to meet the ball in front and side of body
- Transfer weight forward
- Angle to open space
- Follow through



- ✓ Is able to use skills in practice situations
- ✓ is able to use skills in defensive game situations
- ✓ is able to use skills in offensive game situations

Total skill development and application _____ /6 _____

- ✓ Applies defensive/offensive strategy in positioning
- ✓ Applies defensive strategy in game play
- ✓ Applies offensive strategy in game play

Total game strategy _____ /6 _____

Vocabulary:

Volley: To hit the ball in the air without first letting it bounce. All volleying must be done with the player's feet behind the non-volley zone line.

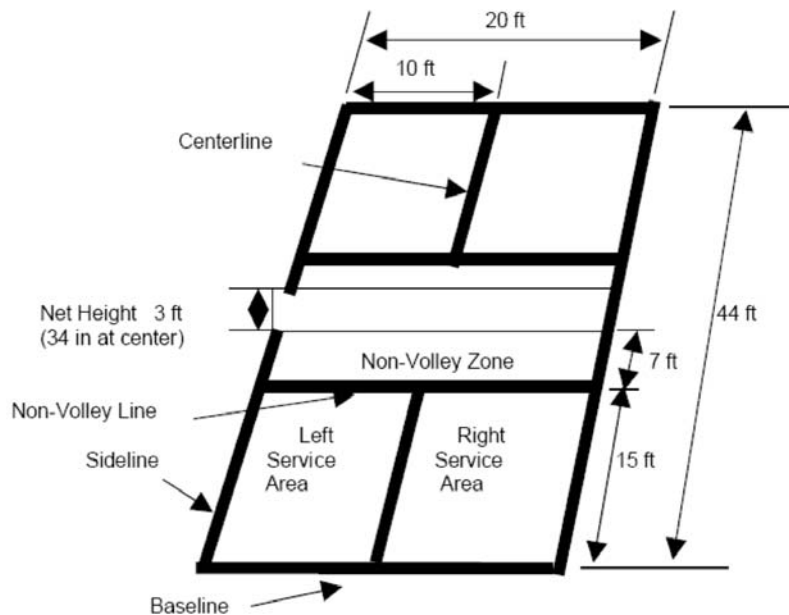
Double Bounce Rule: Each team must play their first shot off the bounce. That is, the first receiving team must let the served ball bounce, and the serving team must let the return of serve bounce before playing it. After the two bounces have occurred, the ball can be either volleyed or played off the bounce.

Faults: Hitting the ball out of bounds, not clearing the net, stepping into the non-volley zone and volleying the ball before it has bounced once on each side of the net.

Non-Volley Zone: Is the 7-foot zone on both sides of the net. No volleying is permitted within the non-volley zone, preventing players from executing smashes from a position within the zone. When volleying the ball, the player may not step on or over the line. It is a fault if the player's momentum carries him into the zone while the ball is still in play. A player may be in the non-volley zone at any other time. The non-volley zone is sometimes referred to as the kitchen.

Let: The ball touches the net on the serve, but lands in the proper service court.

The Court:



Court Dimensions: The court dimensions are identical to a doubles badminton court. The court dimensions are 20' x 44' for both doubles and singles

Net Height: The net is hung 36" on each end of the court and 34" in the middle

Non-Volley Zone: A non-volley zone extends 7' on each side of the net

Rules:



- **The Serve**

- Players must keep one foot behind the back line when serving.
- The serve must be underhand
- The paddle must pass below the waist.
- The server must hit the ball in the air on the serve; it is not allowed to bounce and then be hit.
- The serve is made diagonally across court and must clear the non-volley zone.
- Only one serve attempt is allowed, except in the event of a "let".
- In the event of a let, the serve may be taken over.
- At the start of each new game, the first serving team is allowed only one fault before giving up the ball to the opponents.
- Thereafter, both members of each team will serve and fault before the ball is turned over to the opposing team.
- When the receiving team wins the serve, the player in the right-hand court will always start the play.

- **The Volley**

- Hit the ball in the air without first letting to bounce
- All volleying must be done with the player's feet behind the non-volley zone line.

- **Double-Bounce Rule**

- Each team must play its first shot off the bounce
- The receiving team must let the serve bounce, and the serving team must let the return of the serve bounce before playing it.
- After the two bounces have occurred, the ball can either be volleyed or played off the bounce.

- **Faults**

- Hitting the ball out of bounds
- Not clearing the net
- Stepping into the non-volley zone and volleying the ball
- Volleying the ball before it has bounced once on each side of the net.

- **Scoring**

- A team can score a point only when serving
- A player who is serving shall continue to do so until such time as their team makes a fault.
- The game is played to 11 points; but must win by 2.

- **Determining Serving Team**
 - Players rally until a fault is made.
 - A minimum of 3 hits must be made for the rally to be valid.
 - The winner of the volley has the option of serving first or receiving first.
- **Doubles Play**
 - The only variation in this type pertains to serving.
 - If a fault is made by the receiving team, a point is scored by the serving team
 - When the serving team wins a point, its players will switch courts and the same player will continue to serve.
 - When the serving teams makes it first fault, players will stay in the same court and the second partner will then serve.
 - When the serving team makes its second fault, it will stay in the same court and turn the ball over to the other team.
 - Players only switch courts after scoring
 - A ball landing on any line is considered 'GOOD'

History:

- Pickleball originated at the home of Joel Pritchard in the Seattle, Washington area in 1965.
- The original purpose of the game was to provide a sport for the entire family. Pritchard and his houseguests, William Bell and Barney McCallum discovered that there wasn't enough good badminton equipment for all of the families to play.
- Pickles was the family dog that would chase after the errant balls and then hide in the bushes, thus Pickle's ball which was later shortened to the namesake of Pickle-Ball.
- Initially, families played Pickle-Ball in their backyards on a hard surface, on driveways, and on residential dead-end streets.
- Since the mid-1970's, Pickle-Ball has grown and expanded from a family activity game to a paddle court sport with formalized rules. Now, over 20 years later Pickle-Ball is played in thousands of school P.E. programs, parks and recreation centers, correctional facilities, camps, YMCA's and retirement communities.