

# Pickleball Day 1

What

I am learning how to play a game of Pickleball.

Why - One of the best aspects of pickleball is that anyone can learn how to play. Whether you have zero athletic experience or you're a multi-sport athlete.

Studies show that an increased amount of pickleball activity can lead to improved blood pressure and cardiorespiratory fitness. It offers aerobic exercise, giving players the chance to move around on the court at any level of intensity they'd like.

How

I can perform various skills such as the forehand shot , backhand shot, and serve.

I can state three pickleball rules.



## History of Pickleball

- Combination of skills from tennis, badminton, and ping-pong.
- Invented in 1965 in Bainbridge Island, WA by a U.S. Congressman (Joel Pritchard) and his friends.
- Developed as a family game that could be played in the back yard or driveway.
- Named after Pickle, Pritchard's Cocker Spaniel named Pickle.



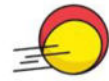


## Forehand Shot Cues –

1. Handshake grip
2. Rotate body so that non-dominant side shoulder is facing target
3. Step forward with opposite foot
4. Keep eye on the ball especially at contact
5. Follow through – finish over the shoulder

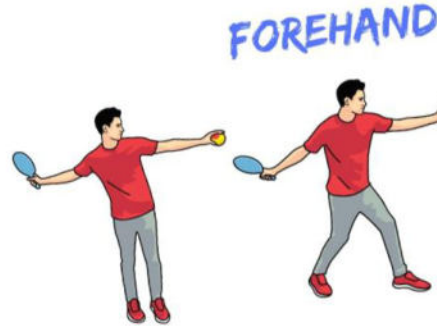
# STRIKING WITH PADDLES CUES

A STRIKE IS "A HIT THAT HAS CONTROL"



## THE SWING

SIDE TO TARGET  
PADDLE BACK  
STEP, SWING AND FOLLOW THROUGH



## READY POSITION



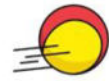
BACKHAND - KNUCKLES

## Backhand Shot Cues –

1. Paddle side shoulder faces target
2. Step forward with paddle side foot
3. Keep eye on the ball especially at contact

# STRIKING WITH PADDLES CUES

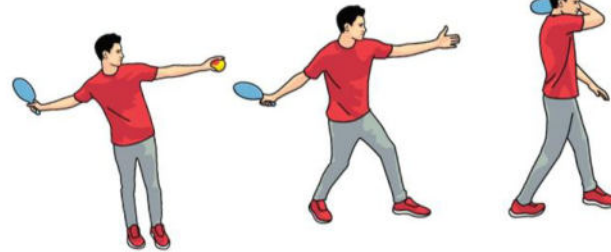
A STRIKE IS "A HIT THAT HAS CONTROL"



## THE SWING

SIDE TO TARGET  
PADDLE BACK  
STEP, SWING AND FOLLOW THROUGH

### FOREHAND



### BACKHAND



FOREHAND - FINGERNAILS



READY  
POSITION



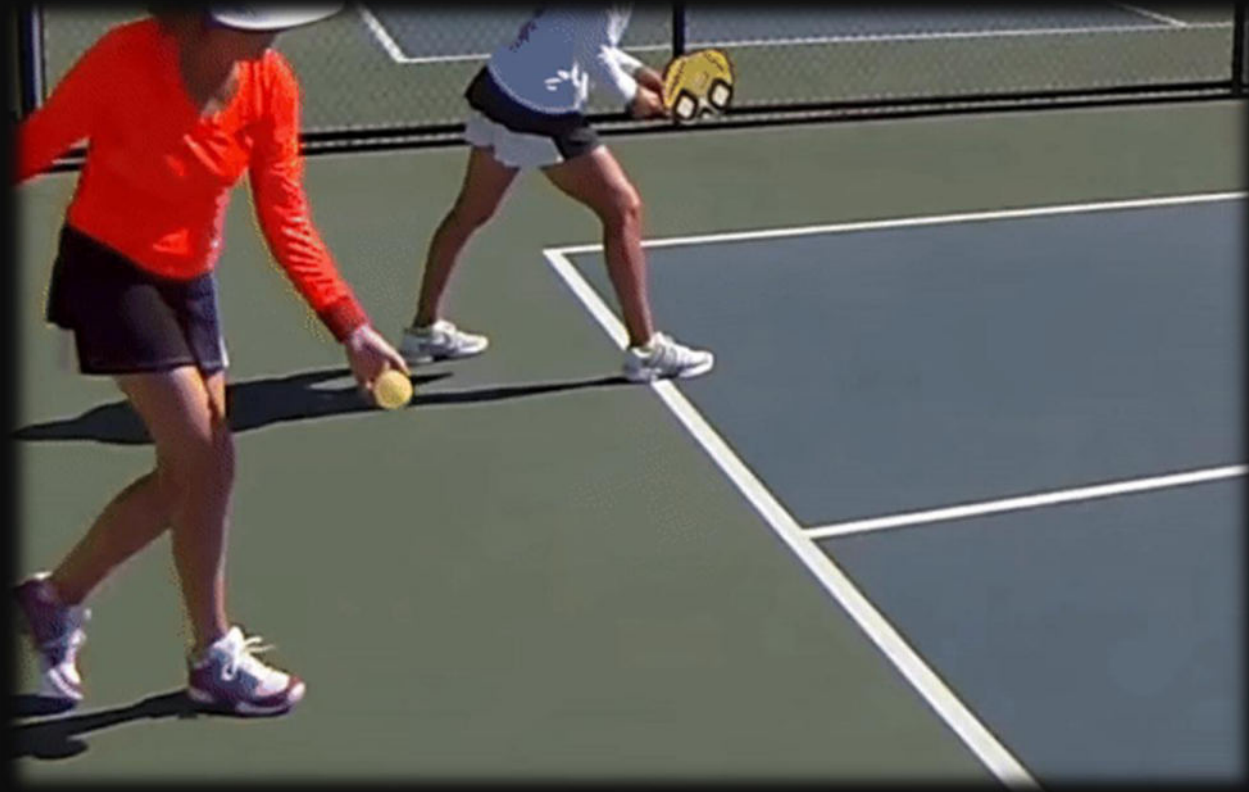
BACKHAND - KNUCKLES



## Serve Cues

---

- Grip your paddle correctly (Dominant Hand)
  - 2. Hold Pickleball in non-dominant hand
  - 3. Staggered Stance (non-dominant foot forward)
  - 4. Begin backswing w/Dominant Hand)
  - 5. Step forward w/Non-dominant foot
  - 6. Drop the pickleball from waist level
  - 7. Swing Racquet down to contact ball
  - 8. Follow through over non/dominant shoulder
- 



# Pickleball Rules



## SERVING

- Game begins with a serve (must be made behind the service line & underhand)
- Serve the ball diagonal (right side serve to the right court/left side serves to the left court)
- When serving, you must follow the Double Bounce Rule.
- **Double Bounce Rule** – the ball must bounce once on each side before either team may start volleying the ball in the air.
- If the ball bounces twice on your side, it is a fault.
- Only the serving team scores
- Serving team scores a point if the other fails to return the ball or hits the ball out of bounds

## What happens win you win a rally?

Serving Team = 1 point

Non-Serving Team = Wins next serve





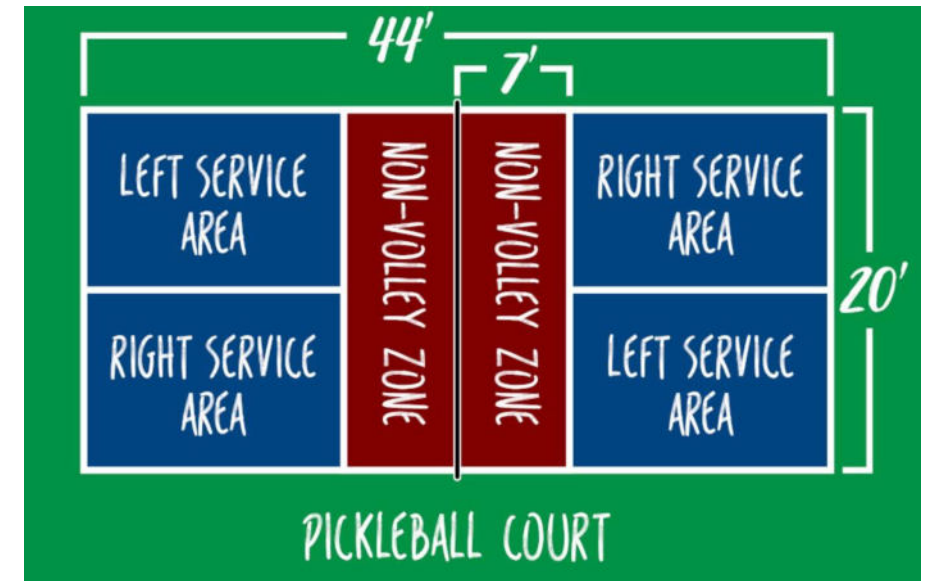
## Pickleball Rules

### *Non-Volley Zone A.K.A The Kitchen*

If you are standing in the non-volley zone, must let the ball bounce once before hitting it.

Failure to let the ball bounce within the non-volley zone will result in a fault.

The serve must go beyond the Non-Volley Zone.



## Scoring

Only the serving team scores points

Serving team receives 1 point for each rally that they win

First team to 11 points wins

Must win by 2 points

---

.

.

