

1. Demonstrate mature technique of striking using a forehand drive.
2. Identify and describe key elements of a forehand drive.
3. Explain and demonstrate the concept of spin and rebound.

Pickleball

Name _____

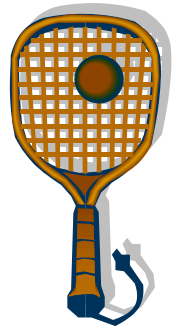
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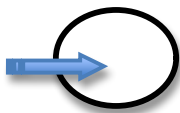
1. Cite specific examples of demonstrating the mature technique of a forehand drive from practice, assessment and/or games.

2. Describe the four key elements of the forehand drive.

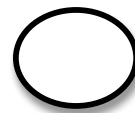
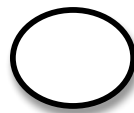
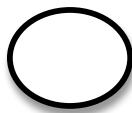
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3. Use the circles below to **label** and **draw** the spin lines.



No Spin



4. What are the advantages of using spins in game of pickleball?

Pickleball Study Guide

The Game: Pickleball may be played with two (singles) or four (doubles) players on the court. A net divides the court. The object of the game is to hit the pickleball with a paddle to score points.

Scoring: The person or team must be serving to score a point. A game is either to 11 points and be 2 points ahead to win or a timed game which will end on a whistle.

Serve:

- Both feet behind the line on a serve
- The serve is underhand
- Paddle makes contact with the ball below the waist
- There is no bounce on a serve
- Serve diagonally across the court
- Must clear the non-volley zone area
- One attempt per serve with the exception of a “Let”
- “**Let**” is when the ball is served and hits the net and goes into the correct service court

Hand: A term used to designate which player is serving

Volley: Hitting the ball before a bounce. All volleys must be hit from behind the non-volley zone line.

Double Bounce Rule-

Each team must play their first shot off the bounce. Both receiving and serving teams must let it bounce.

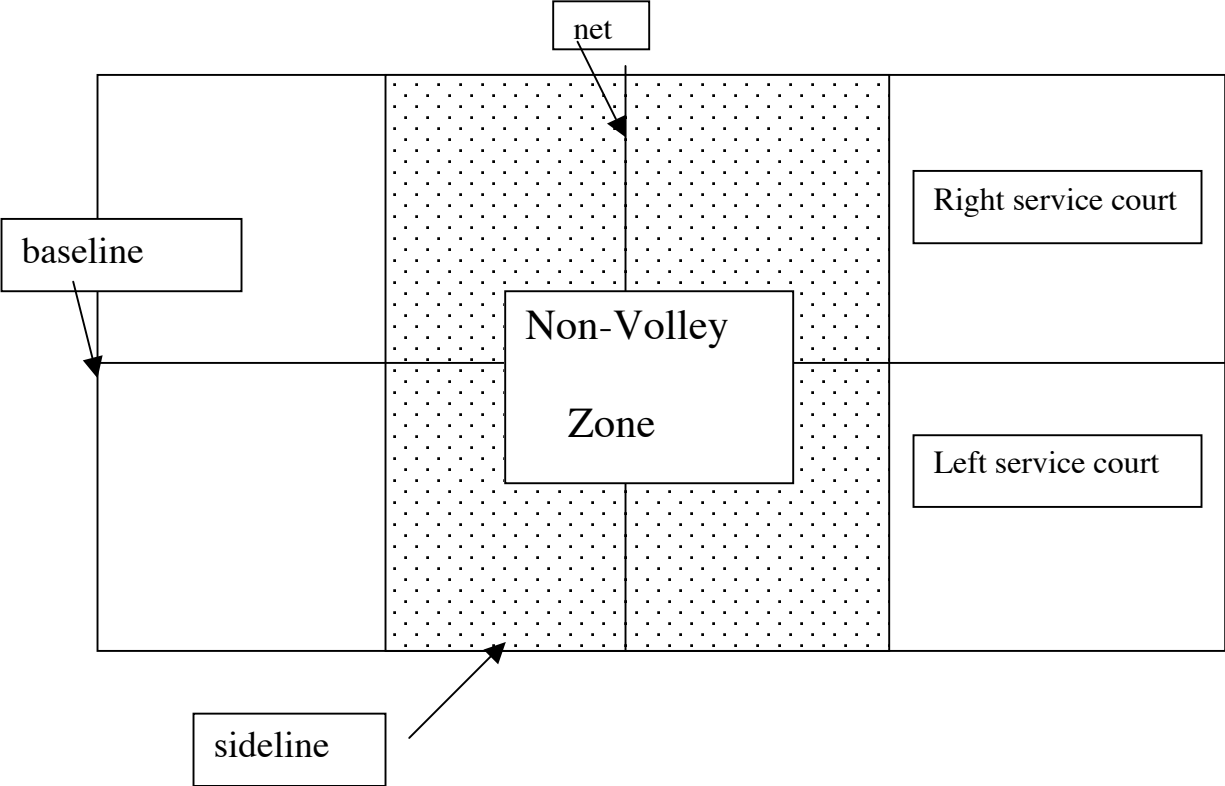
Faults:

- Hitting the ball out of bounds
- Not clearing the net
- Stepping in to the non-volley zone to volley the ball
- Hitting the first ball with a volley
- Letting the ball bounce twice on your side of the net
- Having more than one foot in the court on a serve called a “**foot fault**”

Doubles Play:

- Right hand court serves first (**first hand**)
- Play continues until a fault or point is scored
- When a point is won, the serving team switches sides and the same player serves the next point
- When the serving team faults, they stay in their same court and the second partner serves (**second hand**)
- When the second fault occurs, they lose the serve and the opponents have their turn at serve
- Teammates only switch sides after they have earned a point from a serve

The Court



Name _____
 Period _____

THE FOREHAND DRIVE PRE-TEST

1. Were you able to consistently use the proper technique for the forehand drive?

Forehand Technique	Yes /No
Held with a handshake grip	
Step with shoulder to target	
Contact at front foot	
Swing low to high	

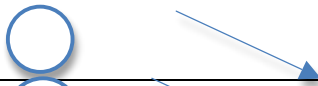
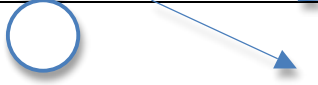

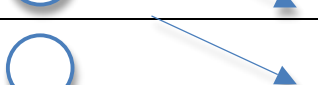
2. Circle your current level.

“Ready to move on”

“Need more practice”

“I do not get it!”

3. Were you able to produce a spin on the forehand drive? Diagram the spin and the rebound.

Spin and Rebound	Yes /No
Top spin 	
Back spin 	
Side spin 	
No spin 	

4. Circle your current level.

“Ready to move on”

“Need more practice”

“I do not get it!”

Pickleball Skill Assessment

Name _____

Date _____ Period _____

THE SERVE

Each group consists of 3 students; a server, a recorder and a retriever.

- The server will serve 3 from the right service court and 3 from the left service court.
- The recorder will “X” out the successful trials . Record the total score.
- The retriever will gather and return served balls.

Serve Technique	Right #1	#2	#3	Left #1	#2	#3	Total Score
Contacted below the waist							
Both feet behind line							
Served without a bounce							
Ball cleared the net							
Landed in diagonal service court							
Produce spin on the serve							

THE FOREHAND DRIVE

Each group consists of 3 students; a hitter, a recorder and a tosser.

- The hitter will perform 5 forehands over the net
- The recorder will “X” out the successful trials. Record the total score.
- The tosser will underhand toss the ball to the hitter’s forehand side.

Forehand Technique	#1	#2	#3	#4	#5	Total Score
Held with a handshake grip						
Step with shoulder to target						
Contact at front foot						
Swing low to high						
Produce spin on the forehand						

Summary of Skills- Circle your current skill level in Pickleball.

Beginner

Intermediate

Advanced