

Pickleball 101 (Day 1)

- I. While Gathering** (5-10 min)
 - Introductions/Bounce Balls on Paddles
 - Confirm all participants have completed the waiver
 - History of Pickleball

- II. Review Safety/Fun** (5 min)
 - Purpose is to have fun but be safe
 - Stretch before play
 - Balls on court protocol, i.e. stop play
 - Don't back up to make a shot
 - Eye protection is recommended

- III. Review Court Layout and Basics** (5-10 min)
 - Differences from other net sports
 - Court size...44' x 20'
 - Non Volley zone...7'
 - Scoring...Zero-Zero-Start, etc.
 - Paddle Grip, Strokes, Ready Position

- IV. Discuss the Three D's and the Purpose of Each** (10-15 min)
 - Deep Serves
 - Deep Returns
 - Drop Shots

- V. Practice Dinks in the NVZ** (10 min)

- VI. Practice Serves and Returns** (10 min)

- VII. Play as remaining time allows**
 - Pickleball Play at VCC...signing the board, arranging groups, taking down/setting up nets, etc.

- IX. Offer Resources for Additional Information** (Handout)
 - pickleballchannel.com
 - pickleballcentral.com
 - pickleballiowa.com
 - usapa.com

Pickleball 101 (Day 2)

I. While Gathering (10 min)

- Introductions
- Stretching/Bounce Balls on Paddles
- Rules on USAPA website
- Review 1st Session Key Points...3 D's

II. Pickleball Ethics (10 min)

- Treat everyone with respect and fairness
- Have FUN
- Line Calls...always in favor of opponent; show situations using ball and line
- Returning errant balls to opponent
- Returning balls to other courts

III. Introduce Third Shot Drop (10 min)

- Purpose of Third Shot Drop
- Be able to hit it from anywhere on the court
- Practice this skill

IV. Drills (15 min)

- Net out...Dinks, Serves, Returns, 3rd Shot Drop

V. Team Play (10 min)

- Importance of Communications
- Move Together
- Forehand in the Middle Takes Precedence
- Receiving Serve Positioning
- Strategies, i.e. divide and conquer

VI. Team Play as time permits

VII. Wrap up

- Review all key points
- Ask for review needs from those that have participated and if another session is needed