

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

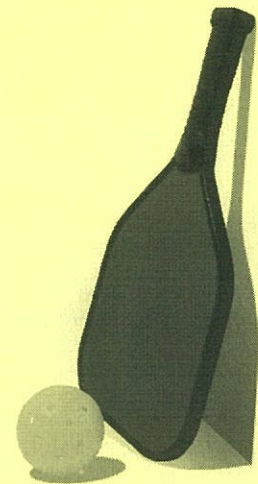
The text describes a particular sport or physical activity and relates to its history, rules, playing techniques, scoring and popularity.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Pickleball is a racket game that is easy to learn and can be played either indoors or outdoors. The pickleball net is about three feet tall and players hit a perforated plastic ball similar to a wiffle ball with a wood or composite paddle. The game has elements of ping-pong, badminton, and tennis, and begins with an underhand serve.

This unique sport has been around for decades but has gained great popularity in recent years. It is easy for beginners to learn, but can develop into a fast-paced competitive game for experienced players. It is great for people of all ages and makes a fun family activity.

**HISTORY OF THE GAME**

Pickleball was created during the summer of 1965 near Seattle, Washington. The inventors of the game, the family of U.S. Congressman Joel Pritchard, were attempting to have a family badminton game but did not have a birdie. A wiffleball was substituted for the birdie.

The game is said to have been named after the family dog since it was said that their dog would lie and watch the game from a distance, and when a loose ball would come in his direction, he would take it and run off. The Pritchard's Cocker Spaniel was named Pickles.

But Pritchard's daughter Peggy Pritchard-Olson has given her own version of the story. "It was not named after the dog because we didn't get the dog until years after the game started. The dog was named after the game. Not the other way around."

However, Frank Pritchard, Joel Pritchard's son, said the name might have come from his mother, Joan, who was a competitive rower on the island. She sometimes referred to the 'pickle boat,' the slowest vessel in a race.

PE SPORTS AND ACTIVITIES

PICKLEBALL

As you can see even the Prichard's aren't quite sure where the name Pickleball came from. But regardless of how the sport was named, pickleball has expanded from a backyard family activity to a net court sport with formalized rules that is currently played in thousands of schools, parks, recreation centers, health clubs, and corporate fitness centers.

HOW THE SPORT IS PLAYED

Overview

The game is played on a badminton-sized court: 20' x 44,' and is played either as doubles (two players per team) or singles; doubles is most common. The same size playing area and rules are used for both singles and doubles. In singles the server serves diagonally from the right-hand court when his or her score is even and from the left when the score is odd. The side that serves can only score points.

Players on each side must let the ball bounce once before volleys are allowed, and there is a seven-foot no-volley zone on each side of the net, to prevent "spiking."

The server continues to serve, alternating service courts, until he or she faults. The first side scoring eleven points and leading by at least two points wins.

The Serve

Players use a coin toss to determine who will serve first. The winner of the coin toss will have the option to choose side or to serve or receive. Players must announce the score prior to serving. Always call the server's score first!

The ball is served underhand (paddle below the waist), without bouncing it from the court. If the ball touches the net but still lands within the appropriate service court, the serve may be taken over.

The player's feet must be seven feet behind the net and the serve must clear the seven-foot non-volley-zone in front of the net. The serve is initiated with at least one foot behind the baseline; neither foot may contact the baseline or court until after the ball is struck.



Double-Bounce Rule

The ball must bounce twice before volleying is permitted. The ball takes the first bounce on the serve to the opposing team, and when the opposing team returns the serve, the ball must bounce one more time on the service side of the court. Once both bounces have been made, the ball can be volleyed or played off a single bounce until a fault has occurred.

Volley

To “volley” means to hit the ball directly in the air without allowing the ball to bounce. This is permitted after the first two bounces and as long as you are outside of the “no volley zone”.

Fault

A fault is committed when the ball:

- Is hit out of bounds
- Does not clear the net
- Is volleyed from the non-volley zone
- Is volleyed before a bounce has occurred on each side

Skills and Techniques

Serve—With practice, players should be able to vary the speed of their underhand serves. Players should try to make their serves land deep in the opposite court. A slice serve will call for extra concentration by the returnee.

Return of Serve—The player’s goal is to keep the ball in play and then to advance to the net area. The best returns are either high and slow or hard and low.

Ground Stroke—Players should be able to sustain long rallies and to place the ball deep and in the corners of the court. Cross-court shots and shots down the line are valuable weapons.

Dink—The most effective short shots, or dinks, are those that bounce in front of the no-volley line (the area 7 feet out from the net where volleying is not allowed). Dinks should be short and low.



Drop Shot—Similar to the dink, the drop shot from the base line or mid-court goes far enough to clear the net, but not far enough to give the opponent the chance for a return volley.

Volley—A good way to develop volleying skills is for two players to stand across the net from each other, at the no-volley line, and hit the ball back and forth without bouncing it.

Lob—The lob can be highly effective, especially against players with weak overhead skills. The successful lob is usually hit fairly high, over the opponent's head. The defensive lob allows a player time to return to his optimum position on the court. If the opponent is close to the net, a player can score by hitting an offensive lob that goes over the opponent's head and lands inside the base line.

Overhead—After a player learns to lob, she or he is ready to learn hitting overhead shots (returning lobs) down the middle and to both corners. The overhead stroke is nearly identical to the tennis serve (i.e., a throwing motion, with the arm fully extended above).

Strategy—The game of Pickleball involves many strategies including unique serves, lobbing the ball, slamming on volleys, dinks (drop shots) at the net, and quick volley exchanges. Typically, the majority of the game is played close to the net, where both teams engage at the “No Volley Zone” waiting for the other team to hit into the net or hit the ball high enough for a volley.



Here are a few tips:

Try to return serves to the deepest part of the court, as the opposing team has to let the ball bounce a second time, which allows time for you and your partner to get positioned close to the net.

A good lob may also have an advantage, making players move out of position at the net, giving your team the advantage.

EQUIPMENT AND CLOTHING

The basic equipment needed for Pickleball is a paddle, a vented plastic ball (often called a wiffle ball), a badminton sized court (it can be indoors or outdoors) and a lowered tennis net (36" at the ends and 34" in the middle).

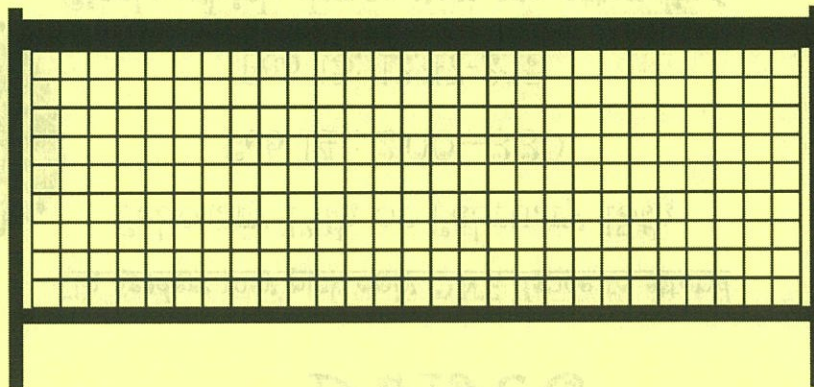
PE SPORTS AND ACTIVITIES

PICKLEBALL

The paddle hitting surface can't contain holes, indentations, rough texturing, tape, features that are reflective, or any objects or features that allow a player to place additional or increased spin on the ball.

The standard ball is made of durable plastic material molded with a smooth surface and free of texturing. The official ball is between 2 and 3/4 inches (6.99cm) to 3 inches (7.62 cm) in diameter. The ball shall weigh between 0.8 and 1.02 oz (21 and 29 grams).

Pickleball players wear what is comfortable but it is recommend you wear a good pair of tennis shoes because you are going to be moving about and relying on your foot work for game play.



PICKLEBALL NOTES

Pickleball, like other racquet sports, involves a lot of multi-directional and multi-planar movements involving both the upper and lower limbs. This makes pickleball a great cross-training option for those individuals who primarily perform exercises that are largely done in one plane, such as running or biking. Cross-training is a great way to keep the body balanced.

Currently, the sport of pickleball is exploding in popularity. The number of places to play has nearly doubled since 2010. There are now well over 2,000 locations to play. The spread of the sport is attributed to its popularity within community centers, PE classes, YMCA facilities and even retirement communities. The sport continues to grow worldwide with many new international clubs forming and national governing bodies now established in Canada and India.

In addition to the websites that are listed below you can also visit YouTube and type in Pickleball to find out more about this sport. Here you will be able to see players in action as they explain some of the basics and more of Pickleball.

Check out these websites for more information about this fast growing sport:

www.usapa.org

www.pickleball.com

STUDENT RESPONSE PACKET**PICKLEBALL**

NAME

DATE

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of pickleball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. Pickleball has elements of what other games?

2. When and where was the game of Pickleball created?

3. What is Peggy Prichard-Olsen's account of the family dog's influence on naming the game?

STUDENT RESPONSE PACKET**PICKLEBALL**

4. How is it decided who will be the first to serve?

5. What are the best returns?

6. The lob can be highly effective against what type players?

7. What is the double bounce rule?

STUDENT RESPONSE PACKET

PICKLEBALL

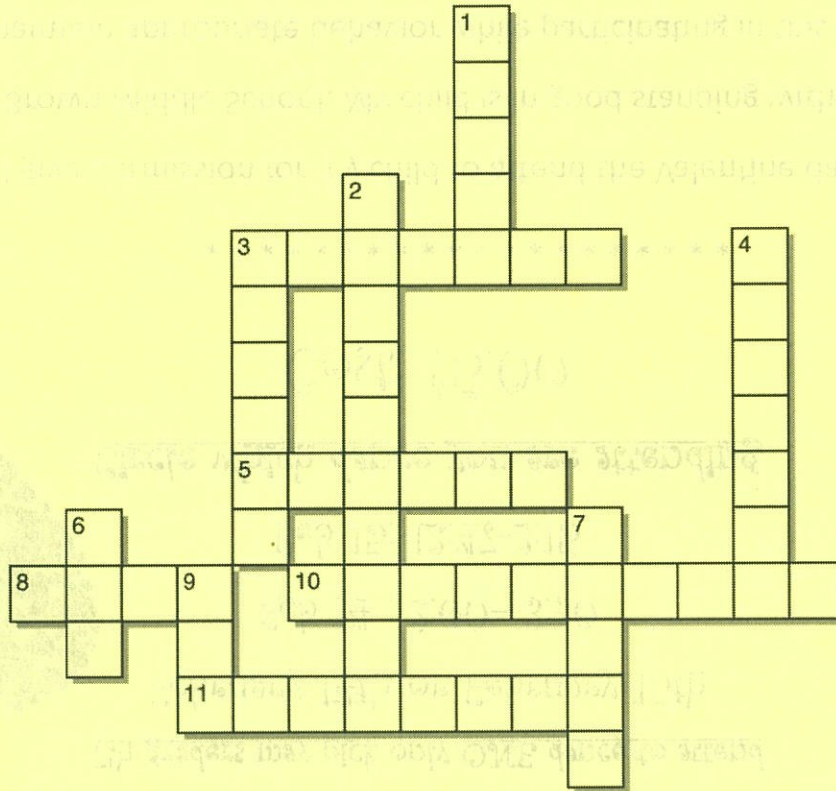
8. Describe the standard ball that is used in this game.

9. How is a ball served?

10. What clothing and shoes are recommended for this game?

CROSSWORD**PICKLEBALL**

Name: _____ Date: _____

**Across**

3. The ball is made out of this material
5. A racket game that is not Pickleball
8. Frank Pritchard's father
10. The game of Pickleball involves many of these
11. The ball is served without doing this

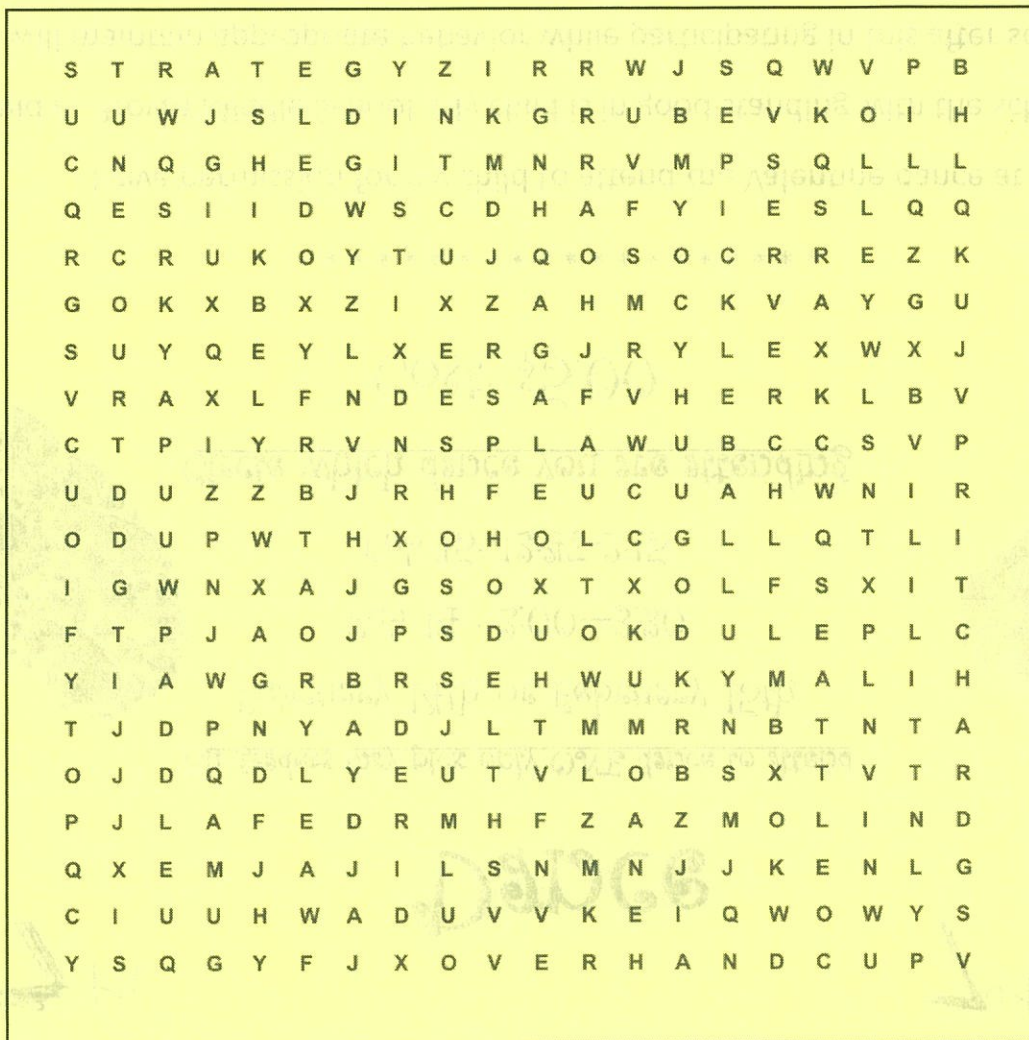
Down

1. This is created when the ball is hit out of bounds
2. The state where Pickleball was created
3. The side that serves can only score these
4. The city where Pickleball was created
6. The best returns are either high and slow or hard and _____
7. Frank Pritchard's sister
9. This shot can be effective against players with weak overhead skills

WORD SEARCH

PICKLEBALL

Name: _____ Date: _____



Find these words in the above puzzle. Circle the words.

SERVE

PADDLE

FAULT

STRATEGY

LOB

PICKLEBALL

SEATTLE

DINK

COURT

PRITCHARD

VOLLEY

OVERHAND