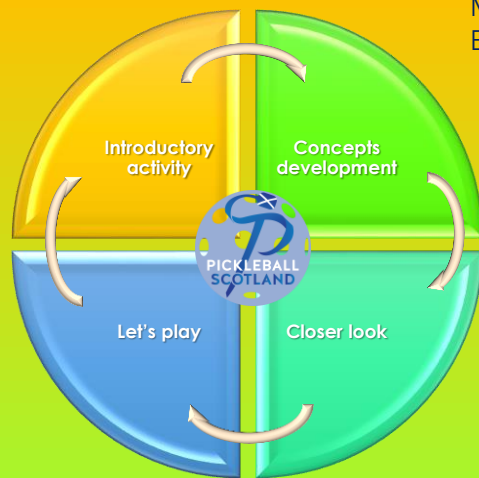


Many thanks to the pupils and staff of Cleveden Secondary School, Glasgow; and to Elaine Livingstone Photography for their enthusiastic contributions to this resource.



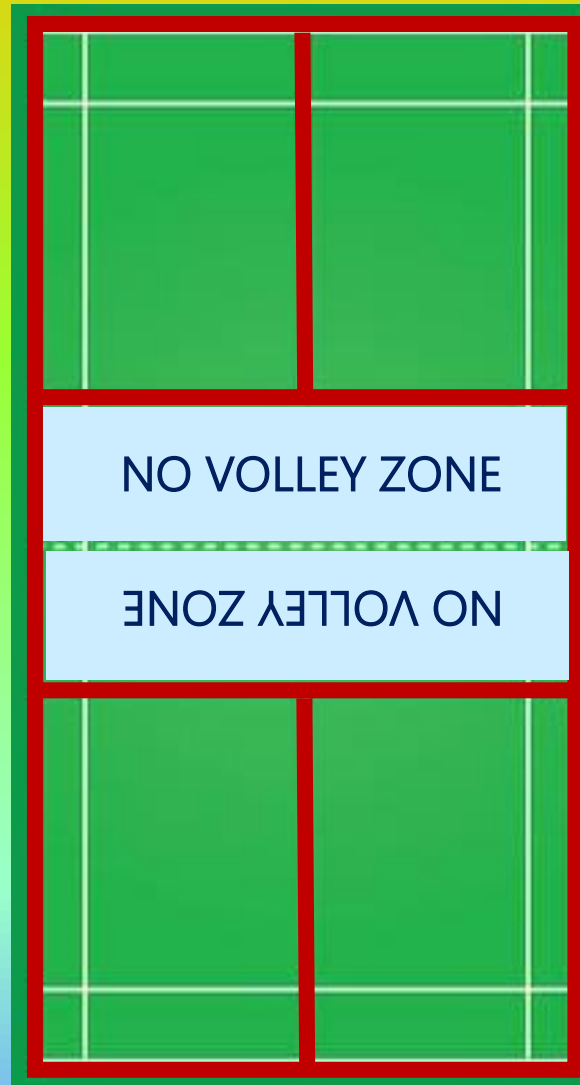
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This BGE resource comprises 12 lessons for you to use and amend as you wish. We fervently believe that games should be taught using a concepts-based approach that develops game-related problem-solving and decision making skills. Ultimately, we want our young people to be successful in playing this fantastic sport, and what better way to do that than give them lots of opportunities to play the game!

Each lesson comprises an introductory activity; then into a concepts development activity; followed by a closer look at a particular concept, before finishing with a concept-related game.

Where possible we try to use conditioned games and problem-solving activities to build an understanding of the game.

The first 8 lessons focus on singles, and the final 4 lessons introduce the basics of playing doubles.



BASIC RULES FOR SCHOOLS

In Scotland we play pickleball on a badminton court. We use the **doubles sidelines** and **base line** (outside lines) for singles and doubles – we never use the inside tramlines. Drop the badminton net to approximately 1m high.

The front service line is called the **kitchen line**. The area between the kitchen line and the net is called the **kitchen/no volley zone**. Players are not allowed to volley the ball from inside this area. They are allowed inside the kitchen but they must let the ball bounce before playing it.

The **scoring system** used is the same as the old badminton scoring system – a player can only score a point if they served the rally; and the winner of a rally serves to start the next rally.

In doubles, each pair have a second serve if they lose the rally. The exception to this is at the start of the game, in which the serving pair start on their second serve.

Similar to badminton, the server serves to the opponent diagonally opposite them (full-court singles and doubles).

In order to enable a rally to get underway there is a rule called the **double-bounce rule**. The server plays an **underarm serve** from the back of the court; the receiver must let the ball bounce once before returning it; and the server/serving team must also let this service reception bounce once before playing it. After that, players are allowed to play a volley.

Please visit www.pickleballscotland.org for more information and support to play this fabulous game. Please also join Pickleball Scotland (free) to help us become recognised as the national governing body.

PICKLEBALL 1

KEEPIE-UPS

On your **own**, and then with a partner, **practise keepie-ups** with a paddle & ball.

Work in a space, then against a wall; then across the net.

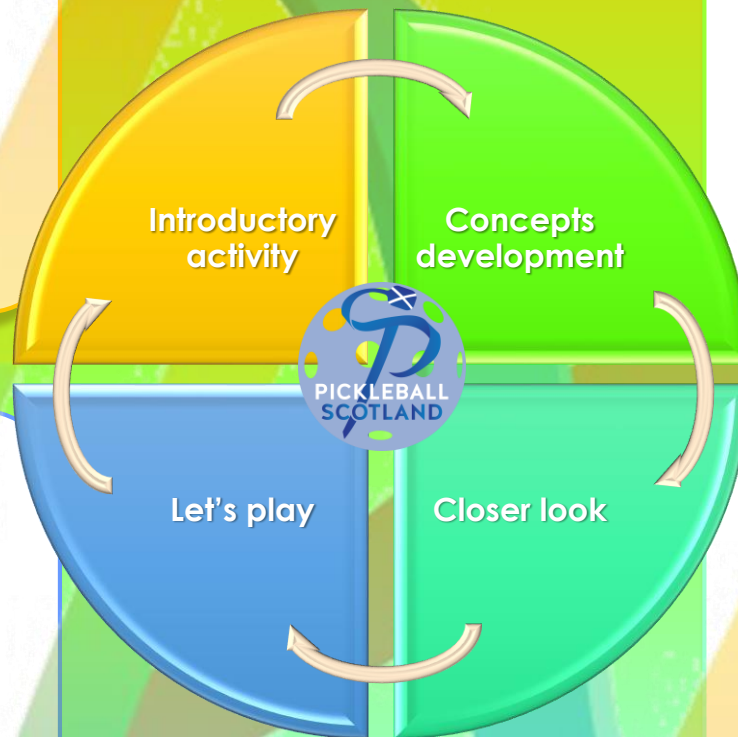
Start with **small** keepie-ups; then **increase** the height (on own) & space (between you & wall or you & partner).

HALF-COURT SINGLES

Play games to 7 points with these rules:

- **Underarm serve** from **anywhere** behind kitchen line
- Rally-point scoring
- First 2 shots after serve must bounce (called the **double-bounce rule**)

Play 7-up, or ladder league matches



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OWN THE SPACE

With a **partner**, start close to the net, **practise keepie-ups** with a bounce across the net.

Move further back from the net to play from the **kitchen line**.

Move further back to the middle of the court, and then back to the **base line**.

Race against another pair: 3 shots at net; 3 at kitchen line; 3 from mid-court; 3 from base line.

BACK TO FRONT

With a partner, one player to **hand-feed** from **kitchen line** to partner at **base line**.

Underarm hand-feed high for partner to **strike** the ball back to feeder.

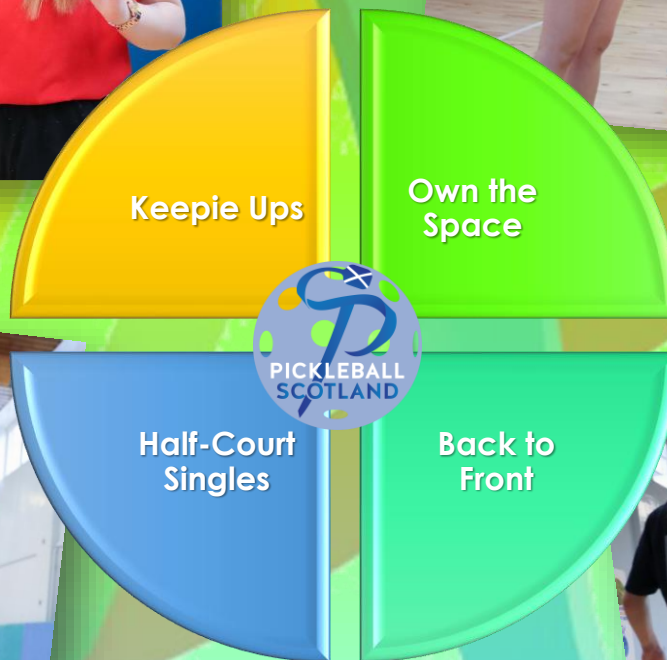
Striker focus: be **stable** as you strike the ball & **follow-through** with paddle towards feeder.

Feeder focus: **move early** to be **stable** when catching the strike.

Swap over after 10 shots.

This session introduces you to the basics of PB: court lines; and playing to/from the front & back of the court.

BUZZ WORDS : KITCHEN LINE . DOUBLE BOUNCE RULE



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PICKLEBALL 2

OWN THE SPACE

With a **partner**, start close to the net, practise **keepie-ups** with a bounce across the net.

Move further back from the net to play from the **kitchen line**.

Move further back to the middle of the court, and then back to the **base line**.

Race against another pair: 3 shots at net; 3 at kitchen line; 3 from mid-court; 3 from base line.

Introductory activity

Concepts development

Let's play

Closer look



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HALF-COURT SINGLES

Play games to 7 points with these rules:

- Underarm serve from **anywhere** behind kitchen line
- Rally-point scoring
- First 2 shots after serve must bounce (the **double-bounce** rule)

Aim the serve & service return to the **base line** to **create time & space**

HALF-COURT SINGLES

Play games to 7 points with these rules:

- Underarm serve from **behind the base line**
- Rally-point scoring – **rally winner to serve**
- **Double-bounce** rule

Play 7-up, or ladder league matches

SERVING SNAKES & LADDERS

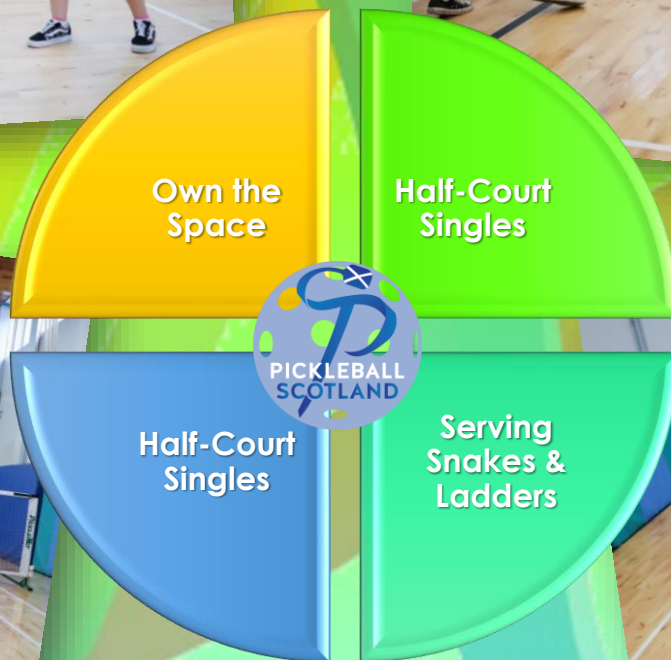
With a **partner**, play a serving game. First to reach **30 points** is the winner:

Take **turns** to serve from the **base line**. Score points when the ball bounces:

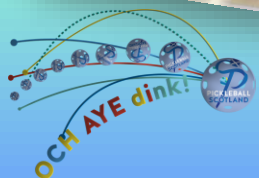
- Score **10 points** if it bounces in the **back tramline**
- Score **5 points** if it bounces inside the **service box**
- Lose **5 points** if it bounces **outside** the court
- Lose **5 points** if it bounces inside the **kitchen**

You will learn to create space & time for your next shot, by serving and returning high to the base line.

BUZZ WORDS : BASE LINE . SERVE - SERVICE RETURN



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PICKLEBALL 3

BALL TRACKERS

With a **partner**, take turns to **roll** the ball for partner to **run ahead** of it & **stop** it with different **body parts**, e.g. **nose**, **foot**, **elbow** etc. Start standing **side-by-side**.

Move quickly ahead of the ball so you are **stable** when you stop it.

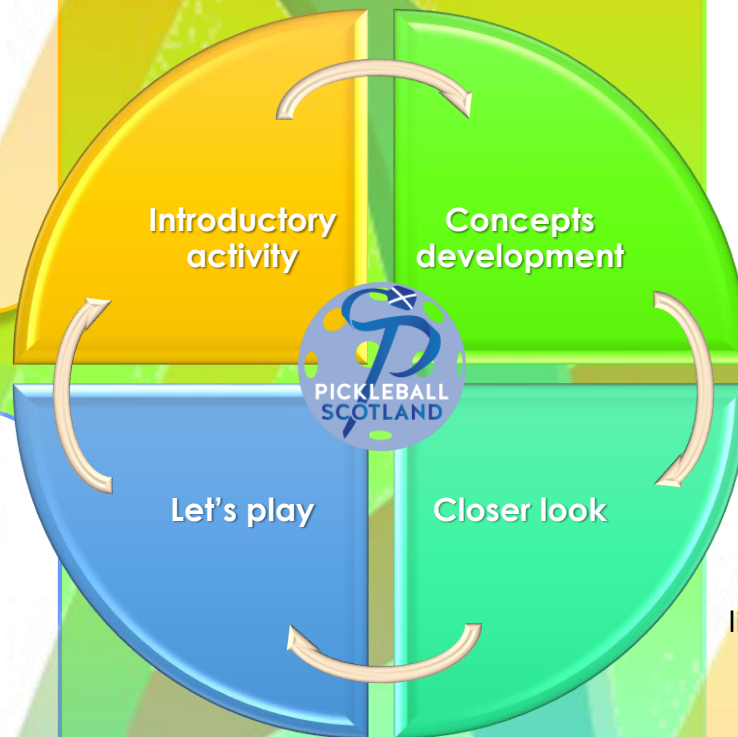
This time, instead of rolling the ball, **throw** the ball **high** into the air for partner to **run quickly** and be **stable** to catch it.

HALF-COURT SINGLES

Play games to 7 points with these rules:

- **Pickleball scoring** – rally winner to serve - **ONLY SCORE A POINT IF YOU SERVED**. Underarm serve from **behind** the base line. **Double-bounce** rule

Play **7-up**, or ladder league matches



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TRAMLINE BATTLES

Play games to 7 points with these rules:

- **Underarm serve** from **behind** kitchen line
- Rally-point scoring – rally winner to serve
- **Double-bounce** rule

Score a **bonus** point if you win the rally with a ball that bounces **inside** your **opponent's tramlines**.

THREE'S A CROWD

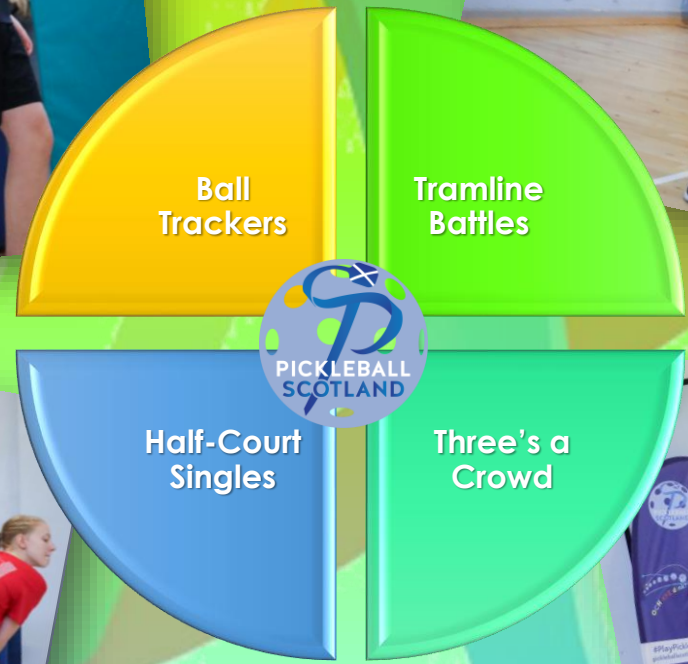
In groups of 3, set up this game-related practice:

Underarm feeder at the **kitchen** line **across the net** from the **hitter** who is at the **tramline**. **Feeder** throws ball **high** to **hitter** to play the ball **high over the feeder's head** for a **catcher** to **track & catch** at the **opposite tramline**.

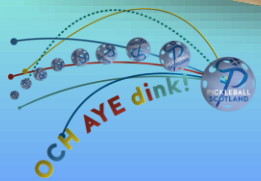
Hitter score a point if **catcher** is **inside tramlines** when catch is made. **Switch roles every 5 feeds**.

You will learn to create space & time for your next shot, by returning the ball high to the base line.

BUZZ WORDS : STABILITY - BALL TRACKING



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PICKLEBALL 4

BALL TRACKERS

With a **partner**, play rallies, **BUT...**

Each shot must be **different** from the **previous** shot, e.g. if you play a forehand high shot, the next shot might be a low shot just over the net.

Think about **changing** the **height, speed, direction, forehand/backhand** & **distance**.

How many shots in a row can you & your partner get?

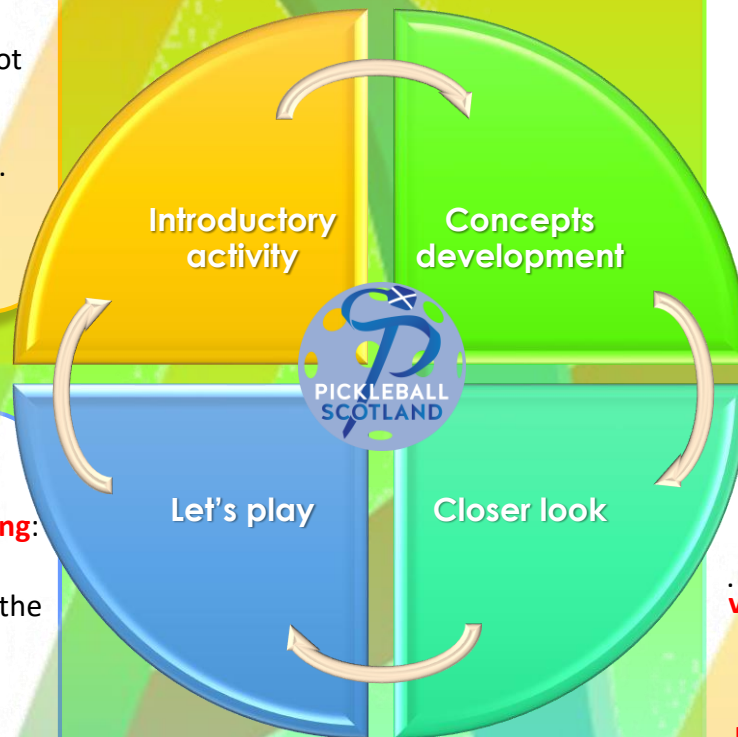
HALF-COURT SINGLES

Play games to 7 points with **pickleball scoring**:

As you play, **think** about your **tactics**.
How will you **move your opponent** around the court?

What shots will you play?
How will you **win** the rally?

Play **7-up**, or ladder league matches



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WHAT NEXT?

Play half-court singles games to 7 points with **pickleball scoring**.

As you play, **think** about **how** you can **win the rally**.

What will be your **third-shot** of the rally? **Why?**

Share your **tactics** on your **third-shot** with your opponent after each match.

WE'RE NOT MIDLIN'!

Play rallies with your partner

Practise hitting the ball from the **very back & the very front** of the court.

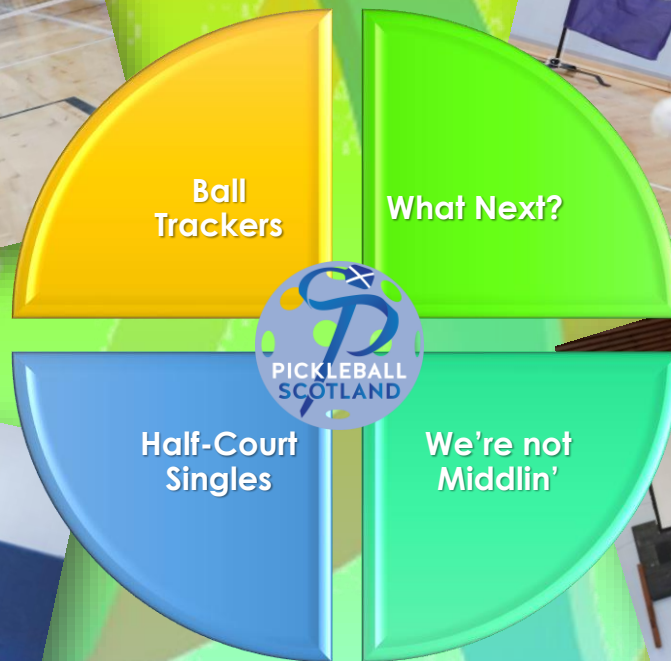
Try to **stay away** from the **middle** of the court.

How many shots can you play from **the back & front?**

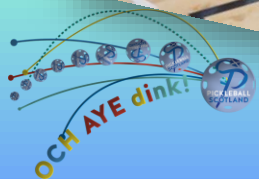
What shots do you play to be **successful?**

You will learn to create space to move your opponent around the court, by playing the ball to the front & back of the court.

BUZZ WORDS : THIRD SHOT - TACTICS - NO MIDDLE



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PICKLEBALL 5

SUPER SUBS

Play **1 rally** against an opponent. Whoever **wins** the rally **shouts 'SUB!'**. The player that **lost** the rally **moves off** the court and runs to find a **new** challenger, and their space is taken up by a new challenger.

Each rally **must start** with a high **serve** and the **double-bounce** rule.

Score 1 point for each win.

Take care when **running** to find a challenger – **move behind** the courts.

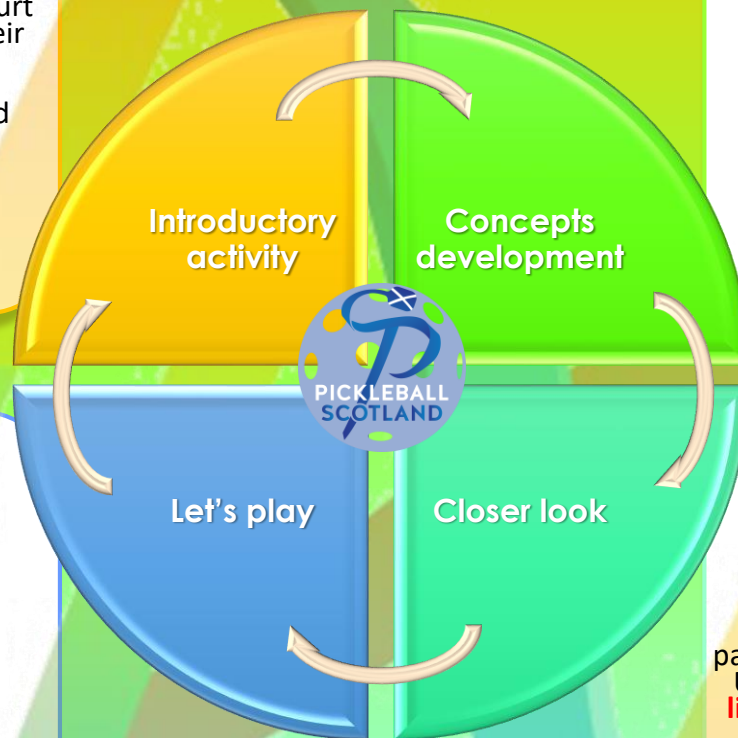
STILL IN THE KITCHEN

Play half-court singles games to 7 points with **pickleball scoring**.

Score a **bonus** point if you **win** the rally by **playing** the ball **into the kitchen**.

As you play, **think** about **how** you can **win the rally**.

How will you **defend** the **kitchen**?



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IN THE KITCHEN

Play half-court singles games to 7 points with **pickleball scoring**.

Score a **bonus** point if you **win** the rally by **playing** the ball **into the kitchen**.

As you play, **think** about **how** you can **win the rally**.

What will be your **third-shot** of the rally? **Why**?

RACE IN THE KITCHEN

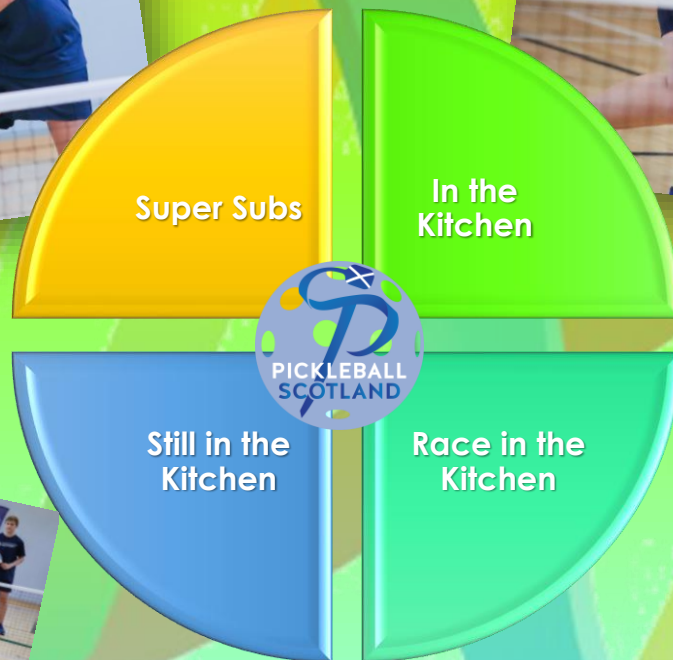
Work with your partner, against the other pairs. First pair to score 7 points are the winners.

1 player at the baseline, with partner across the net on the kitchen line. **Underarm feed** the ball high to the **base line** for player to **hit** the ball over the net (drop shot) for **feeder to catch**.

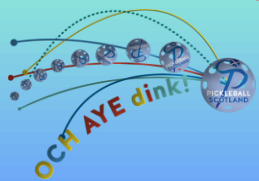
Score **1 point** if **feeder** can **catch** the ball **anywhere**. Score **3 points** if feeder can catch the ball **inside the kitchen**.

You will practise playing a drop shot to land in the kitchen. You will think about how to use the front & back of the court to win a rally.

BUZZ WORDS : DROP SHOT - KITCHEN



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PICKLEBALL 6

DINK-TASTIC

With a **partner**, stand across the net from each other to **practise** rallies of **dinks** – small, low, net shots that land **inside** the **kitchen**.

Stand on the **kitchen line** to **step forward** to play a **dink**.

How many dinks can you and your partner do in a row?

DINKS IN THE KITCHEN

Play half-court singles games to 7 points with **pickleball scoring**.

The **kitchen line** will be the **base line** for this **adapted** game.

Start behind the kitchen line to play a **short serve** – **all shots** must land **inside** the **kitchen**.

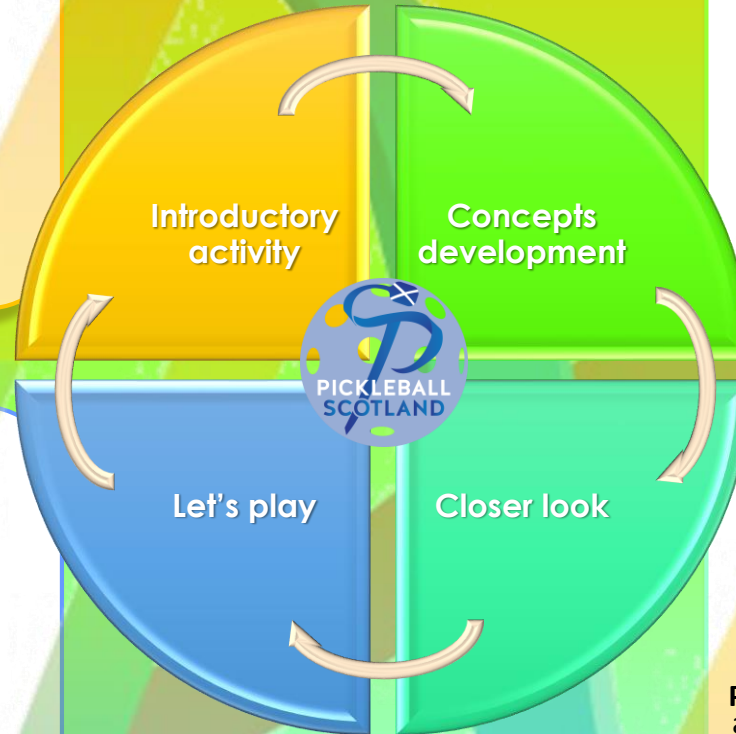
NO VOLLEY ZONE

Play half-court singles games to 7 points with **pickleball scoring & normal court lines**.

Score a bonus point if you **win** the rally by **playing** the ball **into the kitchen**.

As you play, **think** about **how** you can **win the rally**.

How will you **defend** the **kitchen**?



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HERE'S THE TWIST

NEW PICKLEBALL RULE ALERT

If you **step inside** the kitchen or if your foot goes **onto** the kitchen line you **MUST** let the ball **bounce** before you play it. So, **no volleys from the kitchen**.

Play the same 'Dinks in the Kitchen' game as you've just played, but this time, **add** in this **new rule**.

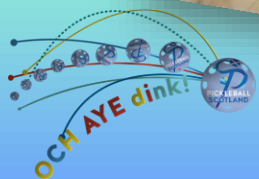
The kitchen's proper name is the **No Volley Zone (NVZ)**.

You will learn about playing dinks from the kitchen. You will learn about the No Volley Zone rule.

BUZZ WORDS : DINKS - NO VOLLEY ZONE



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PICKLEBALL 7

VOLLEY KEEPIE-UPS

With a **partner**, stand across the net from each other to **practise** rallies of **dinks**.

Stand **on** the **kitchen line** to **step forward** to play a **dink**.

Now stay **behind** the **kitchen** line. Try to **play** the **ball** **before** it **bounces**. This is called a **volley**.

How many **volleys** can you and your partner do in a row?

VOLLEY-BALL WINS

Play half-court singles games to 7 points with **pickleball scoring & normal court lines**.

Score a **bonus** point if you **win** the rally by playing a **volley**. Remember the **NVZ**!

As you play, **think** about **how** you can **win** the rally.

How will you **create** a chance to **play** a **volley**?



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VOLLEYS TO WIN

Play half-court singles games to 7 points with **pickleball scoring**.

The **kitchen line** will be the **base line** for this **adapted** game.

Start **behind** the kitchen line to play a **short serve** – all shots must land **inside** the **kitchen**.

Score a **bonus** point if you win by playing a **volley** – but remember the **NVZ rule**!

CHAOS

Work with your partner to race against the other pairs.

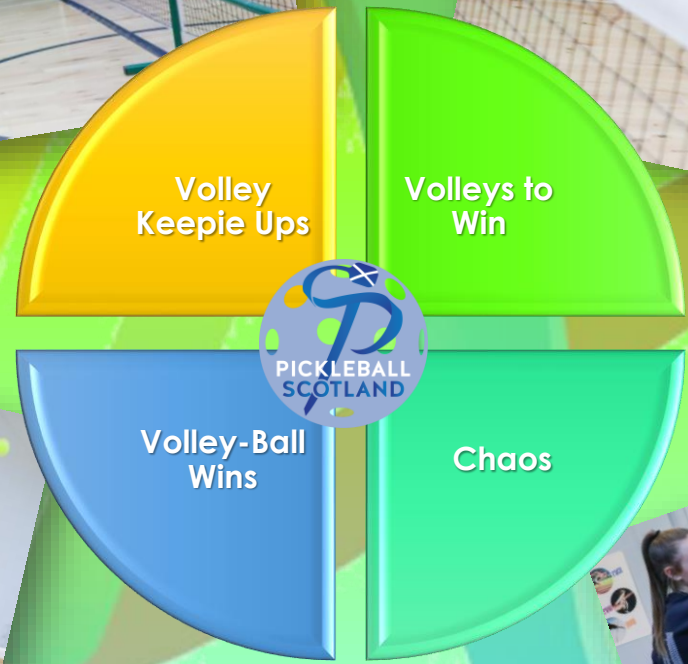
Start facing your partner on opposite **kitchen lines**. Play **10 volleys** back & forth. **1st pair** to reach 10 shouts '**CHAOS!**'.

When a pair shouts '**CHAOS!**', **quickly** run to your **base line**, then run to the kitchen line and start **volleying** from **0** again.

The **pair** that shouted '**CHAOS!**' must now get **12** to win again.

You will learn about playing volleys from behind the kitchen line.

BUZZ WORDS : VOLLEY - NO VOLLEY ZONE



Volley
Keepie Ups

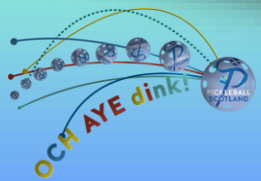
Volleys to
Win

Volley-Ball
Wins

Chaos



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PICKLEBALL 8

LET'S DRILL

With a **partner**, practise this drill:

High serve – high return – drop – dink

Now, **add this** to the drill:

Dink – lift to base line

It looks like this:

High serve – high return – drop – dink – dink – lift

Work **together** to be successful.
Take **turns** at **serving**.

LOBS TO WIN AGAIN

Play half-court singles games to 7 points.

Score a **bonus** point if you **win** the rally by **playing a lob**.

How will you **create** a chance to **play** a **lob**?

How will you **defend** a **lob**?



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LOBS TO WIN

When you are at the **kitchen line**, sometimes playing a **lift** (known as a **lob**) is a great way of **forcing** your **opponent** into **defence**.

Play half-court singles games to 7 points..

Score a **bonus** point if you win by playing a **lob**.

When did a **lob** **work**? **When** did it **not** work? **Share ideas** with your partner.

FAST FEET CHALLENGE

Work in 3's – 2 players & 1 referee.

2 players stand on their **kitchen line**, facing each other. **Paddles & ball** at the **net** on the **floor**.

Referee shouts '**READY!**' – **players** do **fast feet** (e.g. running on spot). **Referee** now shouts '**GO!**' – **players sprint** to their **base line** & do a **task** (e.g. 3 x star jumps) then **race** to **collect** their **paddle** & the **ball**. **Short serve** for **1 rally** – **must** start with **2 dinks**. **Bonus** point for a **win** with a **volley** or **lob**.

You will learn about playing lobs to force your opponent into defence.

BUZZ WORDS : LOB - DEFENCE



Let's Drill

Lobs to Win

Lobs to Win
Again

Fast Feet
Challenge



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PICKLEBALL 9

LET'S DRILL

With a **partner**, practise this drill:

High serve – high return – drop – dink

Now, **add this** to the drill:

Dink – lift to base line

It looks like this:

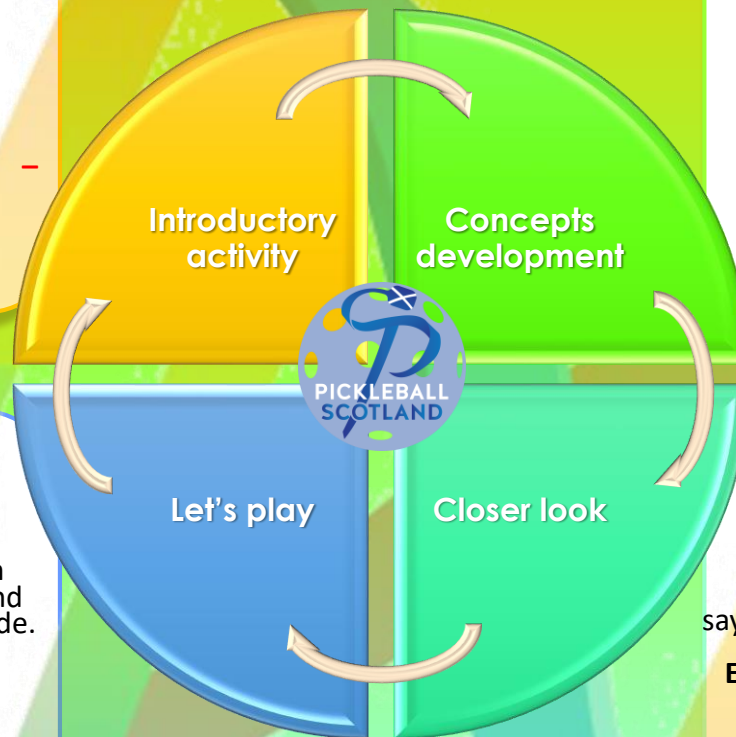
**High serve – high return – drop – dink –
dink – lift**

Work **together** to be successful.
Take **turns** at **serving**.

A FEW MORE RULES!

Play another game. This time, **add** the following scoring rules:

- At the start of each game, **decide** which player starts on the **RIGHT** court side and which player starts on the **LEFT** court side.
- You can **move freely** around the court **during** rallies, but to serve and receive serve you **must** be on the correct court side – if YOUR TEAM'S score is an **EVEN** number (e.g. 0, 2, 4, 6 etc.) the **RIGHT** court side player must be on the **RIGHT** court side. If YOUR TEAM'S score is an **ODD** number you must be the **opposite** way around.



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INTRODUCTION TO DOUBLES

Play a game of doubles. Use these doubles rules:

- Serve diagonally across the court (like badminton).
- Serve from the **RIGHT** court side to start.
- If the serving team wins the rally, the **SAME** player serves again, but this time from the **LEFT** court side.
- If the serving team lose the rally, they have a **SECOND SERVE**.
- If they lose the rally again, the serve is given to the **OPPOSITION**.

DOUBLES SCORING

Play another game, this time focusing on **keeping the score**.

Always say the **serving** team's score **first**, then the receiving team's score. Then you say either **ONE** (if it's the first server) or **TWO** (if it's the second server).

E.g. The serving team are losing by 5 points to 9 and it's the second server – **shout** the score loudly **before** the serve "**5-9-2**".

At the **START** of the game, the serving team **DON'T** get a second serve. The starting score is "**Zero-zero-2**". When they lose a rally, the opposition get to serve. After that, both teams get first and second serves.

You will learn to keep the score in doubles.

BUZZ WORDS : ZERO ZERO TWO - EVEN & ODD SIDES



Let's Drill

Introduction to Doubles



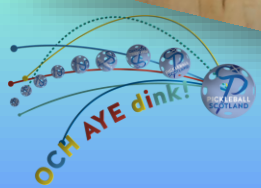
A Few More Rules!

Doubles Scoring



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PICKLEBALL 10

LET'S CROSS-COURT DRILL

With a **partner**, stand diagonally opposite each other to **practise** this drill:

High serve – high return – drop – dink

Now, **keep dinking cross-court** to each other.

Work **together** to be successful.
Take **turns** at **serving**.

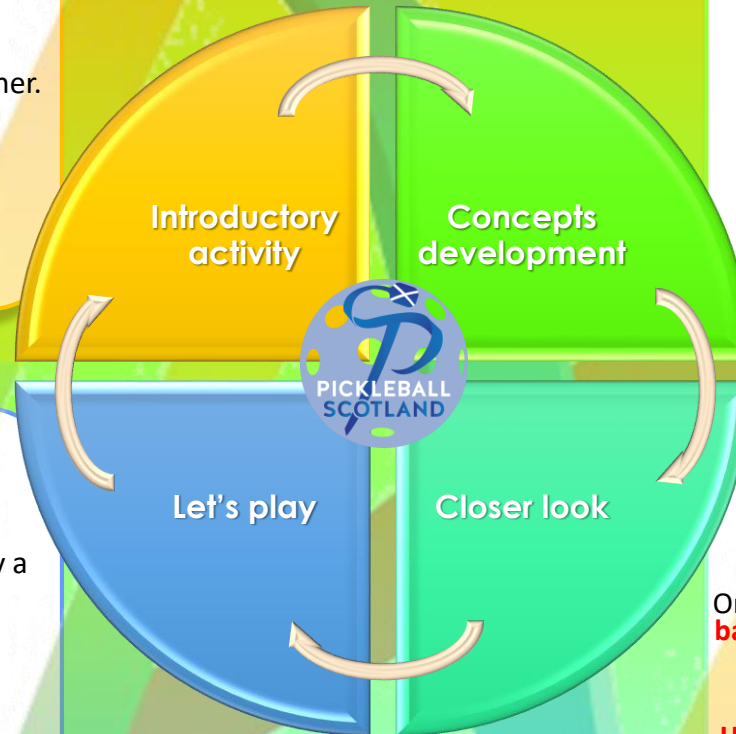
SERVING CONDITIONED GAME

Play another game.

For this game, the **serving team MUST** play a **third-shot drop**.

How does this **affect** the **receiving team's tactic** for playing the **service reception**?

How does it **affect** the **receiving team's FORMATION** for **receiving serve**?



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SERVING TEAM FORMATION & PLAY

Play a game of **doubles**. The serving team is to focus on their **serving formation** and play:

- **BOTH** players on the serving team stand at the **back** of the court to serve **and** to play the service reception (**double-bounce rule**).
- Play the third-shot and **BOTH run** in **quickly** to the **kitchen line**.

What is the most **effective** third-shot to **enable** you both to run to the kitchen line?

THIRD-SHOT DROP

In **groups of 4**, 2 players stand in the **serving formation** at the back of the court, ready to **serve diagonally** across court from **RIGHT** court to **RIGHT** court.

On opposite side, **receiving player** to stand at **back** of court. **Partner** to stand at the **kitchen line** on **SAME** court side as receiver.

The drill goes like this:
High serve – high return – drop for receiving partner to CATCH the ball.

Make this **harder** by adding an **underarm FEED** from the **receiving partner** – can the **serving team** reach it **quickly** to play a **dink**?

You will learn about where the serving team should stand when serving and transitioning to attack.

BUZZ WORDS : SERVING FORMATION - THIRD SHOT DROP



Let's Cross-Court Drill

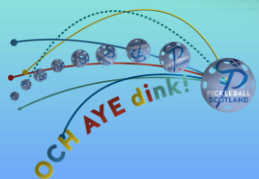
Serving Team Formation & Play

Serving Conditioned Game

Third-Shot Drop



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PICKLEBALL 11

SUPER SUBS - DOUBLES

You and a **partner** play **1 rally** against another pair. Whomever **wins** the rally shouts '**SUBS!**'. The pair that **lost** the rally **moves off** the court and runs to find **new** challengers, and their space is taken up by a new pair.

Each rally **must start** with a high **serve** and the **double-bounce** rule.

Score 1 point for each win.

Take care when **running** to find a challenge – **move behind** the courts.

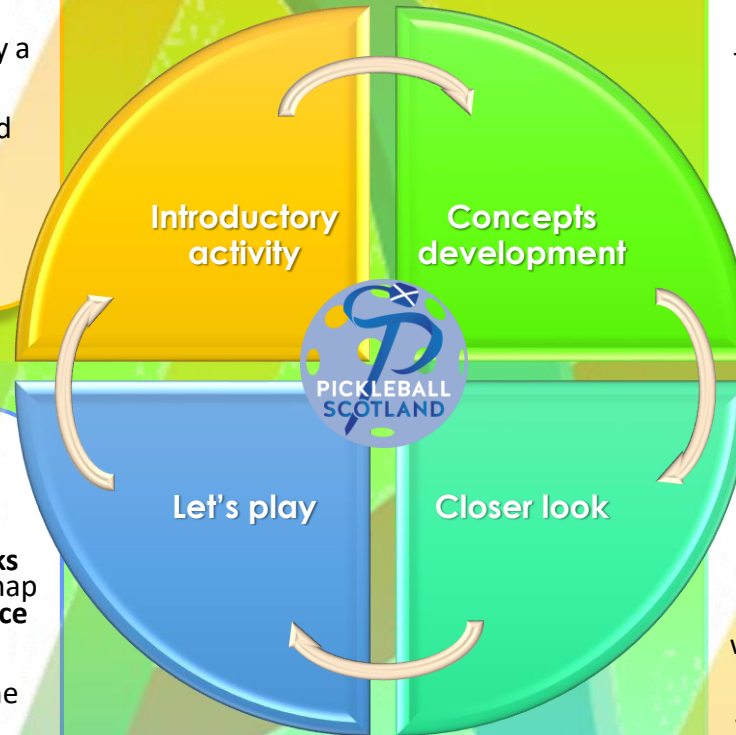
SNAP THE ELASTIC

Play a doubles **dinking** game.

The **aim** of the game is to **play lots of dinks** in order to **try to 'split' the opponents** (snap their elastic band). The **split creates a space** for you to **play the winning shot**.

The game **starts** with a **short serve** into the kitchen.

For this game you can **only** play **dinks** until the **winning shot**. The **winning shot** must be below shoulder height.



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RECEIVING TEAM FORMATION & PLAY

Play a game of **doubles**. The receiving team is to focus on their **receiving formation** and play:

The **service receiver** stands at the **back** of the court. Their **partner** stands **just behind** the **kitchen line** on their **own** court side.

The **service receiver** should play a **high return** and then **run quickly** to the **kitchen line**.

ELASTIC FANTASTIC

In **groups of 4**, play **dinking rallies** from just **behind** the **kitchen line**.

Try to stay **side-by-side** with your **partner**, about **1m apart**. Imagine you are attached with a giant **elastic band** that you must keep **tight**.

Side-step along behind the **kitchen line** with your partner as you **dink across** the net from **side to side**.

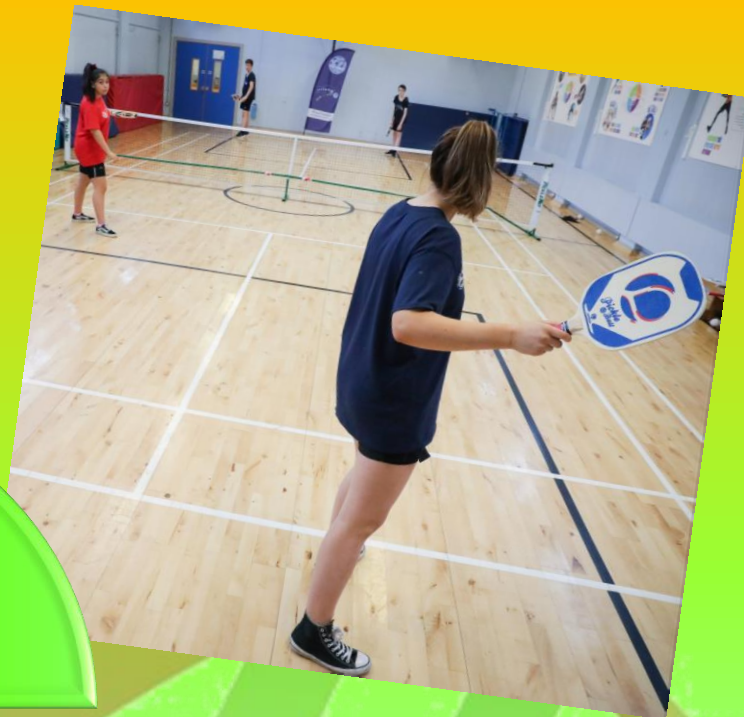
You will learn about where the receiving team should stand when receiving and transitioning to attack.

BUZZ WORDS : RECEIVING FORMATION - ELASTIC FANTASTIC



Super Subs -
Doubles

Receiving
Team
Formation &
Play

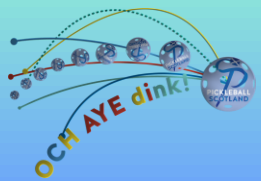


Snap the
Elastic

Elastic
Fantastic



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Thanks to pupils and staff of Cleveden Secondary School and Elaine Livingstone Photography



PICKLEBALL 12

ONE PADDLE DOUBLES

In groups of 4, practise playing a **rally** of half-court doubles.

Here's the twist – you and your partner must **share a paddle**!

Take turns to play the shots and **swap** the paddle with each other.

What do you do to **keep the rally** going?

What shots do you play? **Why?**

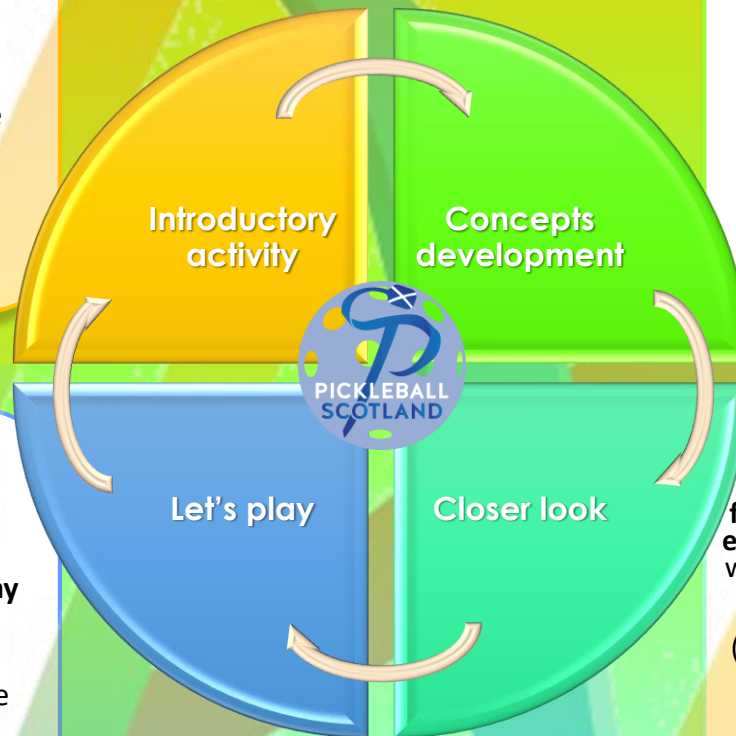
DINKS, LOBS & DROPS

Play a doubles **dinking & lobbing** game.

The **aim** of the game is to **either 'split' the opponents to create a space** for you to play the **winning shot**; OR play a lob over their head to win the rally.

The game **starts** with a **short serve** into the kitchen.

For this game you can **only** play **dinks, lobs** and **drops**.



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LOBS TO WIN

Play a doubles **dinking** game.

The **aim** of the game is to play dinks to draw your opponents to the net, before **playing a lob over their heads to win the rally**.

The game **starts** with a **short serve** into the kitchen.

For this game you can **only** play **dinks** until you think a **lob** will **win the rally**. If the **lob** is **retrieved** the opponents **win a bonus point**.

LOB RETRIEVAL DRILL

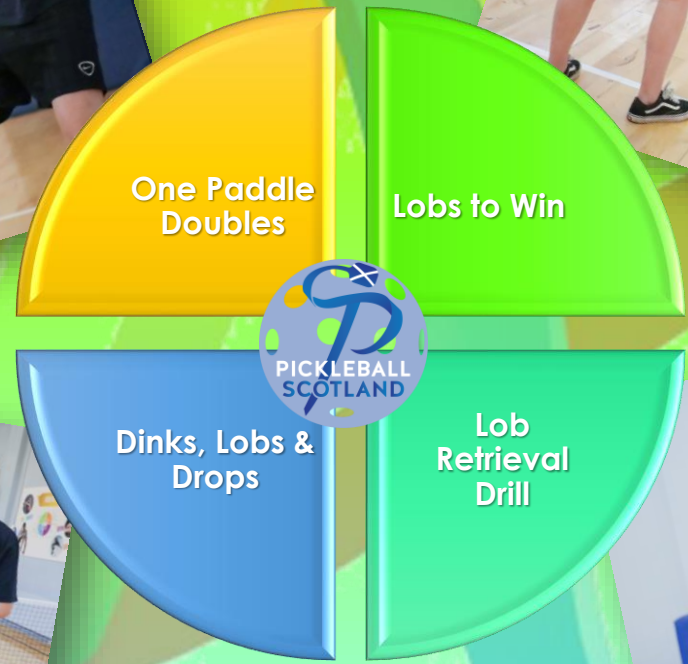
Stand at the **kitchen line** with your **partner**, **facing** another **pair**. **One pair** will have a **ball** each (**feeder 1 & feeder 2**) and the **other pair** will have a **paddle** each (player 1 & player 2).

Feeder 1 will **hand feed** to **opposite** player (player 1) to **dink** return. **Feeder 2** then does the same with their opposite player (player 2). **Feeder 1** now feeds a **high underarm throw** over the head of **player 1**. **Player 2** must run to the **back** to **return the ball**.

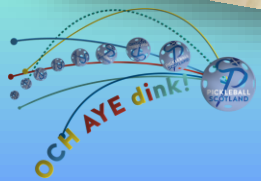
Player 1 should now move across (**switch**) to where Player 2 was standing, and **player 2** **runs forward** to take the place of player 1.

You will learn about defending a lob to the back of the court.

BUZZ WORDS : LOB- SWITCHING



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