



## **Pickleball Scotland Coaching Awards**

### **Pickleball Scotland Ambassador Award**

The role of an Ambassador is to help grow the number of people playing Pickleball around Scotland by introducing the game to people for the first time or first few times. The main aim of the Pickleball Scotland approach is to introduce the game using the Pickleball Scotland values. In essence this means to ensure safety and enjoyment and avoid over technical coaching so that when people are introduced to the game they want to come back for more!

To become an Ambassador players who have been playing for at least 6 months, and who are members of Pickleball Scotland, can attend a three hour training session in which they learn our 5 key principles to introducing the game. These principles are:

- 1. Ensure that safety is provided**
- 2. Provide a brief history of the game**
- 3. Introduce the rules [and skills] one by one and not all at the same time**
- 4. Introduce the Pickleball Scotland values**
- 5. Avoid overcoaching at this stage**

Having attended the training, Ambassadors receive a certificate and a booklet reminding them of the Pickleball Scotland approach. Your name, email and region will go onto the website as a qualified Ambassador unless you tell us otherwise. Ambassadors should know the rules. The full set of rules [USA PB Rules] can be viewed on our website and a summary [for those who are members] can be downloaded and printed from the website. You can expect that individuals or groups wanting to be introduced to the game will get in touch via our website.

Opportunities to attend the training workshops are offered throughout the year. At the moment the workshop costs £25 per person. So far we have trained over 150 Ambassadors in various locations. Please do get in touch [[coaching@pickleballscotland.org](mailto:coaching@pickleballscotland.org)] if you would like to undertake Ambassador award training.



If you or your club would like to offer an introduction to the game for newcomers please ask one of the qualified Ambassadors to do this. You can find the list of Ambassadors on the website.

## **Pickleball Scotland Club Coach Award**

The aim of this award is to enable participants to have the skills to do club coaching, run a coaching clinic, and do individual coaching.

In order to qualify to attend the workshops for this award you should:

- Be a current member of Pickleball Scotland
- Be already qualified as a Pickleball Scotland Ambassador and have led at least one introductory session
- Have been playing pickleball for at least 6 months
- Have a good working knowledge of the rules
- Have a good understanding of the game [at least at skill level 3, see skill levels description on Pickleball Scotland website]
- Have sufficient paddle skills to demonstrate all the basic shots and to be able to feed the ball correctly
  - You can check minimal skills by yourself by checking that you can do the following skills:
    - Be able to twiddle paddle from forehand to backhand and keep the ball in the air from each hit 20 times
    - Be able to volley the ball by yourself 20 consecutive times – volley against a flat wall standing around 15feet away from the wall.
    - Be able to serve 10 consecutive serves into the correct box
    - Be able to hand feed a ball to near the baseline from the NVZ line 10 consecutive times

The training workshops for this award are offered in two five-hour sessions. Part 1 covers the fundamental techniques, introduction to coaching skills and reflective thinking. In Part 1 we will also check your basic demonstration skills and feeding skills and we reserve the right to suggest further practice might be needed before you can progress to Part 2 if we are not convinced of the skill set.



Part 2 involves more strategic thinking with options for serve, serve return, third shot, net play, communications, introduction to refereeing, understanding skill levels and further work on coaching principles.

After doing the two workshops and related reflective activities participants will be able to:

- Demonstrate all the fundamental skills
- Show various options for serve, return, third shot and dink shots
- Facilitate practice and conditioned games for all the fundamental shots and communication
- Be able to use three different coaching styles
- Identify key coaching attributes and be able to reflect on your own coaching
- Understand how to use a scoresheet
- Understand the skill category system.
- Know where to find resources about organising various club events

We offer training workshops one or two times each year depending on demand. At the moment each workshop costs £50. Please do get in touch [[coaching@pickleballscotland.org](mailto:coaching@pickleballscotland.org)] if you would like to undertake a club coaching award [providing you have already undertaken Ambassador training].

If you or your club would like to have coaching please see the list of qualified Pickleball Scotland Club coaches on the website. There is likely to be a charge for this provision.

### **Fast Track Award**

If you are a level 3 tennis coach [or more advanced] or a similar coach level in another racket sport, we offer a fast track course which is completed in one 5 hour workshop. At the moment this costs £80 pounds and is delivered at least once a year depending on demand. This workshop focusses on the technical skills rather than the coaching skills which we assume you will already have. To qualify for the fast track



you must have completed the Ambassador course and provide evidence of your coaching awards.

### **Introduction to Pickleball for PE teachers or Active Schools/Colleges Co-ordinators – the local Ambassador course.**

For people who have skills and qualifications in delivering sport and activity classes we offer a two hour workshop which introduces you to the game and simultaneously provides you with the outline of our 5 key principles for introducing the game. Participants can attend a three hour training session in which they learn our 5 key principles to introducing the game. These principles are:

- 1. Ensure that safety is provided**
- 2. Provide a brief history of the game**
- 3. Introduce the rules [and skills] one by one and not all at the same time**
- 4. Introduce the Pickleball Scotland values**
- 5. Avoid overcoaching at this stage**

We leave you with a 12 lesson plan for BGE produced by our University of Edinburgh teaching colleagues and a booklet which reminds you of the approach. We also provide a template that you can put your own logo onto to show that you have received this training. To qualify for this course you must be a teacher or active schools/campus co-ordinator. The workshop is 3 hours with 2 hours on court. At the moment costs £80 per school or area. If you would like us to deliver this course you need to have courts available and a minimum of 4 participants. The maximum number of participants is 5 for each court you have available. Please contact [coaching@pickleballscotland.org](mailto:coaching@pickleballscotland.org) if you are interested in this course.

Nanette Mutrie Pickleball Scotland Coaching and Education Officer  
October 2024.