

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 <u>www.pickleballscotland.org</u> 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.



PIGRIFBALL

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
- Rally-point scoring First 2 shots after serve must bounce (called the double-bounce rule)

Play 7-up, or ladder league matches

Introductory activity

Concepts development

SCOTLAND

Let's play

Closer look



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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

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





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.

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



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

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 of it bounces inside the
- 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





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.

Introductory activity

Concepts development

PICKLEBALL SCOTLAND

Let's play

Closer look

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

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.



In groups of 3, set up this gamerelated 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.

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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





DIFFERENT STROKES

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?

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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 MIDDLIN'!

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





SUPER SUBS

Play 1 rally against an opponent.
Whomever 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.

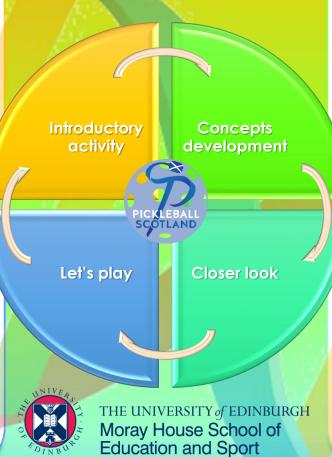
STILL IN THE KITCHEN

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?



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





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?

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DINKS IN THE KITCHEN court singles games to 7

HERE'S THE TWIST

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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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.

NEW PICKLEBALL RULE ALERT

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).

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

BUZZ WORDS: DINKS - NO VOLLEY ZONE





PIGKLEBALL 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?

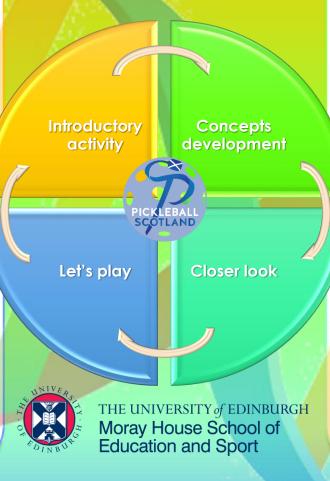
VOLLEY-BALL WINS

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?**



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 touch paddles with your partner, 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





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.

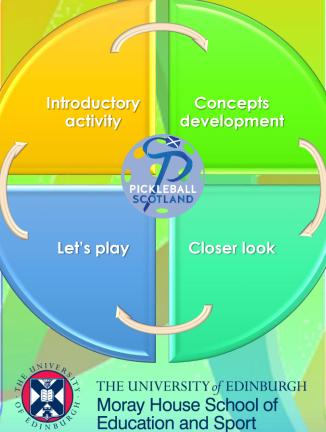
LOBS TO WIN AGAIN

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?



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 - DEFENGE







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 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.

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Play another game.

SERVING CONDITIONED 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?

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?

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

BUZZ WORDS: SERVING FORMATION - THIRD SHOT DROP





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.

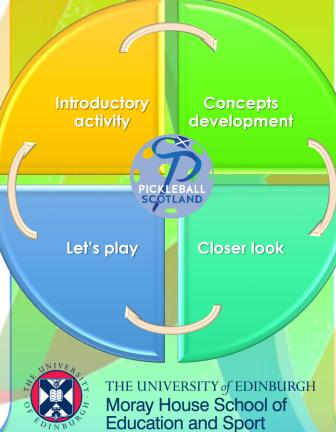
SNAP THE ELASTIC

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.



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

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





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

