

# PLAY



# Pickleball



Enjoy four to eight weeks of pickleball-focused lesson plans to get kids moving and loving it! This package includes 20 to 30-minute lesson plans, tips and tricks, and videos to support your program.

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# Introduction



This mini-unit is a 4-week introduction to Pickleball with Active Kids and Minds. This unit is designed to be an introduction to the sport of pickleball. Get ready to have fun while learning the pickleball basics! Each day will consist of a warm-up, running-related activity, pickleball skill of the day, a game and a cool down activity.

## WARM UP

Each day will begin with a dynamic warm up. These warm ups will be pickleball related but remain true to the Active Kids + Minds routine. At the beginning of our workout we want to move in a way that helps us to loosen our muscles and joints and reduces the chance of sprains and strains.

## RUNNING RELATED ACTIVITY

Each lesson includes running and footwork activities. Footwork is an essential part of pickleball. Building up endurance and speed is important for moving around the court.

## SKILL OF THE DAY

Each day your group will build on the skills they learned the lesson before. This will be done through pickleball oriented skill sessions. We will stay true to the Active Kids and Minds lessons incorporating running and agility activities that will help with pickleball footwork.

## GAMES

Each lesson includes engaging pickleball themed games designed to be fun while working on the skills that we are trying to learn.

## STATIC STRETCH & MOVEMENT FLOWS

Following your class, we recommend a cool down activity to bring everyone's heartrates back to normal and prepare students to go to class. These cool downs will include a movement flow or a few static stretches which involve holding a stretch for 20-40 seconds.

# About Active Kids + Minds



## What is Active Kids + Minds



Active Kids + Minds is a physical activity program for kids of all ages and abilities designed to get kids active and establish a lifelong commitment to health and fitness. We are on a mission to make physical activity and play a part of every child's day!

## Active Kids Resources

In addition to this Running resource, you can have access to all our additional resources and activities in the Trainer Hub:

- Active Bursts – 1-10 minute daily physical activities designed to keep kids moving throughout the day.
- Our flagship full length lesson plans (25 – 45 minutes in length) that are fun and engaging, incorporating functional fitness skills, running, games, cool downs and nutritional talks.
- Active Kids Games Booklet - fun and challenging games, crafts, puzzles, and activities to do.
- Monthly Fitness Calendars - an easy to follow calendar complete with daily Burst activities, weekly challenges, follow along videos, and mindfulness minutes. It is a perfect turnkey document for kids and families.
- Active Kids Bootcamp – 10-week fitness challenge for kids in Grades 7 through 12.
- Lessons On Demand - full length lessons with follow along videos.
- And much more!



# Pickleball Equipment



## Gear/ Equipment

- A pair of sneakers
- Comfortable socks
- Active clothing
- Water bottle
- Pickleball Paddles
- Pickleball balls
- Pickleball net
- Jump Ropes
- Cones
- Pinnies

## Safety

Keeping kids safe is the number one priority. Follow policies set out by your school district. Consider the following suggestions:

- While using pickleball paddles be aware of the space around you.
- Don't swing racket if anyone is nearby.
- Have a first aid kit accessible and know where an AED (automated external defibrillator) is located. Ideally, one person on your team is CPR (cardiopulmonary resuscitation) certified.

# Pickleball Singles Rules



Please keep the following things in mind while setting up your pickleball program.

## Singles Rules

### Game Rules:

- Games are played to 11 points (win by 2).
- Points can only be scored while serving.
- If the receiver causes a fault, the server gets a point.
- If the server causes a fault, they lose their serve.

### Serving Rules:

- Starting Serve:
- Begins from the right side of the court as the server faces the net.
- After scoring, the server switches to the left side and continues alternating sides as long as they keep scoring.
- Serving Technique:
- Serve must be underhand, hit below the navel, with both feet behind the baseline when struck.
- The serve must be hit diagonally into the opponent's service area.
- A serve that touches the non-volley line is considered "short" and a fault.

### Bounce Rules:

- The serve must bounce before the opponent hits it, and the return must also bounce before the server can hit it (double-bounce rule).
- After these initial hits, the ball can be played on the bounce or in the air.

### Service Attempt:

- The server gets one service attempt.
- An exception is a "Let" (when the ball hits the top of the net but still lands correctly), which allows a re-serve.

### Fault Rules:

- A fault occurs when:
- The ball hits the net, goes out of bounds, or bounces twice before being returned.
- The ball touches a player, their clothing, or paddle while in play.
- A player, their clothing, or paddle touches the net during play.
- The ball hits the ceiling, wall, or any permanent object before landing in the opponent's court.
- Players in the non-volley zone or on the non-volley line hit the ball before it bounces.
- The ball is considered "in" if it lands on any part of the sideline or baseline.

# Pickleball Doubles Rules



## Doubles Rules

### Game Rules:

- Games are played to 11 points (win by 2), and only the serving team can score.
- If the receiving team faults, the serving team earns a point. If the serving team faults, they lose their serve.

### Serving Rules:

- The serve must be underhand, hit below the navel, and both feet must be behind the baseline.
- The serve must be hit diagonally into the opponent's service area. If it contacts any non-volley line, it's considered "short" and a fault.
- The serve must bounce before the opponent can hit it, and the return must also bounce before the server can hit it (double-bounce rule). After these hits, the ball can be played on the bounce or in the air.
- The server only gets one attempt, unless it's a "Let" (when the ball hits the net but lands in the correct service area).
- Serving Position:
  - Serving starts from the right side of the court as the server faces the net.
  - When the score is even, the server serves from the right; when odd, from the left.
  - After scoring a point, the server and their partner switch sides; the receiving team never switches sides.
  - To start the game, only one player on the serving team has a service turn before the opponents take over. Afterward, both players will have a turn before the serve changes sides.
  - The first server continues until the team faults, then the serve moves to the second server. If the second server faults, the serve goes to the opposing team.

### Faults:

- A fault occurs if the ball:
  - Hits the net, goes out of bounds, or bounces twice before being returned.
  - Touches the ceiling, wall, or any permanent object before landing in the opponent's court.
  - Touches any part of a player, their clothing, or their paddle while the ball is in play.
  - If a player, their clothing, or paddle touches the net during play, it's also a fault.
- The ball is considered "in" if it lands on any part of the sideline or baseline.
- Players in the non-volley zone or on the non-volley line may not hit the ball before it bounces.

# Pickleball Doubles Rules



## Scoring Etiquette and Methods

### Scoring Etiquette:

- Before each serve, the server announces the score as follows:
  - Singles: Server's score followed by opponent's score (e.g., "Seven Four" if leading 7-4).
  - Doubles: Server's score, opponent's score, and server number (1 or 2)(e.g., "Seven Four One" if server #1 is serving and leading 7-4).
- The serving team's score is always stated first.
- After a fault, the next server (opponent in singles or teammate in doubles) announces the score, always starting with their team's score.
- In doubles, when the first server loses the serve, the second server on the same team takes over and announces: "Score - Opponent's score - Two".

### Scoring Methods (Singles and Doubles):

- The server continues to serve as long as they are winning points.
- After winning a point, the server:
  - Switches sides (right to left or vice versa) to serve from the opposite side.
  - Continues serving to the diagonal opposite court.
- In singles:
  - If the server's score is even, they serve from the right side diagonally.
  - If the server's score is odd, they serve from the left side diagonally.
- In doubles:
  - After winning the serve back, the player on the right side becomes server #1.
  - If the serving team wins a point, the server switches sides and serves from the opposite position (e.g., from right to left).
  - If the first server loses the point, the ball goes to the second server on the same team, who does not switch sides.
  - The new server (server #2) announces the score, including "Two" at the end to indicate they are the second server (e.g., "Nine Four Two").
- If the serving team loses the point on the second server's turn, the serve goes to the opposing team, and the process repeats.

### Positioning for Serve:

- Singles Positioning:
  - Serve from the right side if the score is even and from the left side if the score is odd.
- Doubles Positioning:
  - After the serving team wins back the serve, the player on the right side becomes server #1.
  - When a point is won, the serving pair switches sides (server #1 moves from right to left and vice versa).
  - When server #1 loses the serve, server #2 (who stays on the same side) takes over without switching.
  - If the second server also loses, the serve goes to the opposing team.



# PICKLEBALL SCORING



## Introduction



### PICKLEBALL SCORING

Click on the video below to learn about how to score points in pickleball.

# Pickleball Etiquette



## Etiquette

- Respect ball ownership
- Retrieve ball safely
- Alert others on stray balls
- Equal opportunity play
- Give the benefit of the doubt
- Call for outs
- Admit fouls
- Share courts
- Greet opponents
- Apologize and celebrate modestly

## Court Layout

SEE APPENDIX



# About this resource



## How to use this resource?

- This resource can be used in Physical Education Classes or at home.
- We encourage you to set up a program that meets at least three times a week for 20-30 minutes each time.
- This resource provides you with three physical activity plans per week for four weeks.
- Adapt this program to the needs and physical activity levels of the kids.
- Make modifications as necessary.
- Please adapt the specific activities to the skill level of the students that are playing and learning.
- We want everyone to feel success through this program based on their own personal achievements.



# Rate of Perceived Exertion



## HOW SHOULD YOU FEEL?



It is important that we know what rate we should be at for each activity, and that we keep our exertion within that level. This helps make sure we are not working out too hard and being unsafe, but also helps make sure we are working hard enough to get all of the benefits of a good workout!

For the most part, we want to be working out in the MODERATE TO VIGOROUS (green) zones. Warm up can be in the LIGHT (yellow) zone to start, and then we want to progress towards moderate to vigorous. We should sustain the HARD (yellow) and DIFFICULT (red) zones for a short period of time only, and only after a thorough warm up.

- Zone 1 and 4 = Only want to be here for a short time.
- Zone 2 and 3 = This is where you want to be.
- Zone 5 = Caution.



# WEEK ONE

## PADDLE CONTROL, DINKING



### Introduction



### PADDLE CONTROL, DINKING

Click on the video below to learn about paddle control and dinking.



## DAY 1

### Warm Up (RPE 1-2)



#### PICKLEBALL CORNERS

[VIEW GRAPHIC](#)



Materials: Four cones for the corners of the game.

#### Directions:

1. Divide the class into four equal teams and allocate a corner of the play area to each team.
2. Each team will gather in their corner.
3. When the music starts, the teams leave their corner and run around in the outside of the space.
4. On the signal "Pickleball Corners," each team runs to their original corner of the play area. No two teams can occupy the same corner.
5. When all teams are at their corners the trainer gives a fitness command (e.g., ten jumping jacks, squats, burpees, push-ups, sit-ups/crunches).
6. Each group does the movement together as a team.
7. After the movement is complete, the team waits for the music to play again or for the trainer to say "run".

#### Variations/Challenges:

For alternative modes of locomotion: high knees, butt kickers, side shuffle, bear crawl, crab walk.

### Running Related Activities (RPE 2-3)

#### JOG AND SLIDE (SHUFFLE RUN)



Materials: None.

#### Directions:

1. Split up the group into four groups on the corners of the pickleball court or gym, if your group is really large.
2. Students will side shuffle on the baseline of the court and run on the straight aways.
3. After 1.5-3 minutes, switch directions so everyone side steps in both directions.
4. Continue for 3-5 minutes.



5 MIN



5-10  
MIN



## DAY 1

### Skill Of The Day - Paddle Control (RPE 2-3)



VIEW GRAPHIC



10 MIN

#### PADDLE BOUNCE/BALANCE



Materials: Pickleball paddles and balls or bean bags for each player. Cones to mark the boundaries.

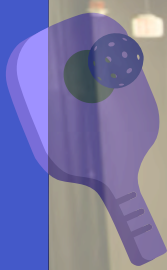
#### Directions:

1. Using the cones, mark the corners of the space.
2. See how long you can balance the object on the paddle without it falling off the paddle.
3. Alternate ball on the front and back of the paddle.
4. Start bouncing the object, and slowly increase the distance it goes in the air.
5. Set a goal for yourself, see how many times the object can bounce without dropping it.
6. Leader calls out movements - (e.g., low bounce, medium bounce, high bounce - forehand, backhand, alternate).
7. Continue for a designated amount of time.
8. Using the cones, mark the corners of the space.
9. All activities will be done while walking around the space. Making sure to look up so as not to run into anyone else.
10. Leader calls out movements - (e.g., walk slowly, move at a medium pace, move quickly, walk forward, walk backwards - forehand, backhand, alternate).

BEGINNER - Use a bean bag.

INTERMEDIATE - Use a dodgeball or other medium size ball.

ADVANCED - Use pickleball.



## DAY 1

### Game (RPE 2-3)



#### PADDLE BALANCE RELAYS

[VIEW GRAPHIC](#)



10 MIN



Materials: Pickleball paddles and balls or bean bags for each player. Cones to mark the boundaries.

#### Directions:

1. Bean bag balance
  - Line up in relay formation.
  - The first person in line has a paddle and beanbag.
  - Balance the beanbag on the paddle, paddle should be perpendicular to the ground.
2. Bean bag flip
  - Balance the beanbag on the paddle.
  - While walking forward and back in relay fashion flip the paddle over to have the beanbag land on the backhand side.
  - Continue to flip forward and back for the entirety of the relay.
3. Bean bag switch
  - Speedwalk or run down and back while keeping beanbag on the paddle.
  - When students change at the start of the relay toss the bag up and next student tries to catch it on their paddle.
  - Continue with the relay.
4. Bean bag toss
  - Set up a cone about  $\frac{1}{3}$  of the way down the court.
  - Run forward with beanbag resting on the paddle.
  - When students get to the cone, on their way back from running down the court, toss to the next person in line who tries to catch the bag on their paddle.
  - Continue with the relay.



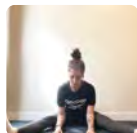
5 MIN

### Cool Down (RPE 1-2)

#### STRETCHES



Stretching, mindfulness and wrap up by discussing the events of the day.



ADDUCTOR STRETCH



CALF STRETCH

## DAY 2

### Warm Up (RPE 1-2)

#### PICKLEBALL AS IF



VIEW GRAPHIC



Materials: None.

#### Directions:

1. Have kids spread out in the gym/court.
2. Do each activity for 30 seconds and switch to the next activity.
3. Trainer will stand in the middle of the court for the drill.
  - Move "As If" you are sliding side to side on your pickleball court.
  - Move "As If" you are performing an underhand pickleball serve.
  - Move "As If" you are hitting an overhead smash.
  - Move "As If" you are running forward to hit a dink shot over the net.
  - Celebrate "As If" your team just won the championship.
  - Repeat as time permits.

### Running Related Activity (RPE 2-3)

#### AGILITY LADDER BURST .



WATCH VIDEO



Materials: Four to six agility ladders. If you don't have agility ladders, you can use cones or tape on the floor.

#### Directions:

1. Make four to six teams, depending on the number of ladders you have available.
2. Have the kids perform the different activities for 1-2 minutes:
  - Running forward: one or two feet in each square.
  - One-foot hop: left and right.
  - Lateral run through the ladder: one or two feet per square.
  - Bunny jump: forward, sideways, and backwards.
  - In and out.
  - Hopscotch.
  - Skiers.
  - Two forward and one back.

Variations/Challenges:

Challenge the kids to come up with new variations and demonstrate them.



5 MIN



5-10  
MIN




## DAY 2

### Skill Of The Day - Paddle Control (RPE 2-3)



VIEW GRAPHIC

#### PADDLE BALANCE/BOUNCE RELAYS

 Materials: Pickleball paddles and balls or bean bags for each player. Cones to mark the relay lines.

#### Directions:

1. Set up a cone at the start of each line on the endline of the court.
2. Students line up behind their designated cone.
3. Perform relays stated below:
  - Bounce the ball on the forehand side of the paddle down to the end of the court and come back.
  - Bounce the ball on the paddle alternating from the forehand to backhand side of the paddle the length of the court and back.
  - Bounce ball on the paddle, low, medium, and high, the length of the court and back.
  - Partners - with a partner, side shuffle down and back the length of the court volleying while you move sideways and back.

BEGINNER - Use a bean bag or balloon.

INTERMEDIATE - Use a dodgeball or other medium size ball.


ADVANCED - Use pickleball.

### Game (RPE 2-3)



WATCH VIDEO

#### PICKLE TIC TAC TOE

 Materials: Pickleball paddles, ball, net, nine hula hoops/game, six cone domes - three of each of the two colors.

#### Directions:

1. Draw a tic tac toe board on one side of the court.
2. Opponents line up on the baseline in a single file line. The first person in the line has a ball and racket.
3. Serve the ball over the net toward the tic tac toe board.
4. If the ball lands in one of the spots on the board it is marked with an X or an O (one person is assigned as the marker for each game board).
5. The marker, who is on the other side of the court, places x's and o's where the ball lands.
6. Teams who are serving the ball try to get three in a row.



10 MIN



10 MIN

# Week 1



## DAY 2

### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

Downward dog, reverse warrior, runners lunge, standing single-leg forward bend, bow pose, pigeon. Hold each pose for 20-40 seconds.



5 MIN



## DAY 3

### Warm Up (RPE 1-2)

#### FRUIT BASKET PICKLEBALL STYLE



VIEW GRAPHIC



Materials: None.

#### Directions:

1. Assign each group to be a pickleball term - paddle, balls, net, kitchen.
2. Call out two terms and the team will run to switch places in the gym or the field.
3. Continue this for a few rounds.
4. Continue calling terms, but now instead of running, kids need to skip, hop, gallop, walk on tip toes, etc.
5. Finish the game by calling "Pickleball" - all the kids come in the middle and do 3 burpees.



5 MIN

### Running Related Activity (RPE 2-3)

#### TRAFFIC PICKLEBALL STYLE



WATCH VIDEO



Materials: None.

#### Directions:

1. Students spread out along the border of the running space.
2. Choose a leader to call out the cues.
3. Students will move around the space as the clues are called.
  - Green light - move forward.
  - Red light - jump stop, freeze.
  - Yellow light - side shuffle around the pickleball court.
  - Speed bump - perform side shuffle right pretend to hit a soft shot over the net, then repeat to the left.
  - Deer crossing - perform a run, run, jump hit a smash shot.
4. Continue for a designated amount of time.



5-10  
MIN




## DAY 3

### Skill Of The Day - Dinking (RPE 2-3)

#### DROP SHOT (DINK DRILL)



10 MIN

 Materials: Pickleball paddles and balls for each player. Net, jump rope, or cones (to represent a net).

#### Directions:

1. Partners stand on opposite sides of the net.
2. Partner A stands in the middle of the court as the server.
3. Partner B stands just behind the kitchen line (the kitchen is the rectangle that is directly in front of the net on either side of the court).
4. Partner A serves balls to partner B just over the net alternating balls hit to the partners forehand and backhand.
5. Partner B works on hitting the ball lightly over the net aiming for the ball to land in the kitchen out of reach of their partner.
6. A serves 10 balls over the net and then switch positions and repeat.
7. Continue for designated amount of time alternating server and hitter.



10 MIN

BEGINNER - Use larger ball, one with less bounce to it.

INTERMEDIATE - Use larger ball, playground ball with some bounce to it.

ADVANCED - Use pickleball.




### DAY 3

#### Game (RPE 1-2) TARGET SERVE

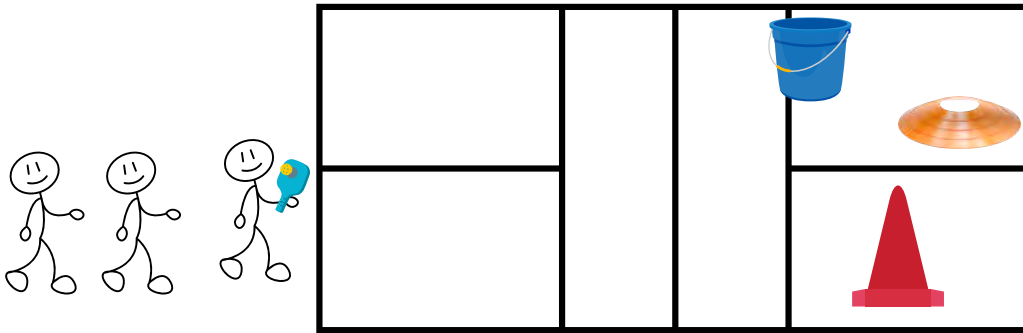


5 MIN

 Materials: Pickleball paddles for each player, balls for each player.

#### Directions:

1. Place items (e.g., beanbags, balls, cones) randomly in the court that you are aiming for.
2. Players try to serve the ball into the other court and hit the items.
3. If an item is hit the player runs to the other side of the court and gets to keep the item.
4. Total the items at the end of the game and see who has the most.



#### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

Downward dog, reverse warrior, runners lunge, standing single-leg forward bend, bow pose, pigeon. Hold each pose for 20-40 seconds.





# WEEK TWO

## FORHAND SHOTS, VOLLEY



### Introduction



### FOREHAND SHOTS, VOLLEY

Click on the video below to learn about forhand shots and volley shots.



## DAY 1

### Warm Up (RPE 1-2)

#### LOCOMOTOR LINES



Materials: None.

#### Directions:

1. Organize the kids in short lines with three to four kids per line.
2. Trainer will call out movements (e.g., jog, sprint, skip, side shuffle, broad jump, high knees, butt kickers, soldier walk, crab walk, bear crawl).
3. Trainer will stand in the middle of the court for the drill.
4. Once the first group of kids gets past the trainer, the second kid in line will begin.
5. The first kid will continue the movement until they reach the opposite side of the space.
6. Kids should stretch once they arrive at the end line until the other kids finish and the trainer calls out a new movement.
7. Repeat until all the desired movements have been completed.

### Running Related Activity (RPE 2-3)

#### WALK, JOG, SHUFFLE



Materials: None (music optional).

#### Directions:

1. Kids will get moving for 10 minutes in total, based on whistles as a cue.
2. Explain that when you blow the whistle once, everyone starts to walk.
3. When you blow the whistle twice, everyone will jog.
4. When you blow the whistle three times, everyone will run.
5. Alternate the whistle blows so that kids get moderate and maximum exertions levels over the 10 minutes.
6. Make sure the kids stagger at the start. Kids can pass one another, but they can't cut the boundaries.

Play music if possible too!



5 MIN



5-10  
MIN



## DAY 1

### Skill Of The Day - Forehand (RPE 2-3)

#### WALL VOLLEY



Materials: Pickleball paddles for each player, balls for each player.

#### Directions:

1. Players stand next to a wall or opposite their partner
2. Volley or pass back and forth.
3. Set parameters when starting (e.g., ball can bounce once before hitting, no bounces etc.)
4. Players try to hit the ball with their forehand.
5. Continue for a desired amount of time.

BEGINNER - Use a larger less bouncy ball. Start by doing one volley at a time. Hold the ball, drop and hit into the wall.

INTERMEDIATE - Use bouncier ball or pickleball. Start by doing one volley at a time, dropping the ball, hitting. Work up to seeing how many consecutive hits you can make.

ADVANCED - Use a pickleball, bounce off wall, working up to counting how many consecutive volleys you can make.



10 MIN



10 MIN

### Game (RPE 2-3)



WATCH VIDEO

#### PICKLE 4 SQUARE



Materials: Four square court (can use painters tape), pickleball paddles, balls.

#### Directions:

1. Four players, one in each square of the four squares.
2. Squares are marked 1, 2, 3, 4.
3. The player in square 4 starts the game and serves cross court.
4. The ball must bounce in your square before you can return the shot.
5. If you miss a shot you move to the #1 spot.
6. If a player moves to the #1 spot everyone else moves up to take their spot.
7. Scoring only happens when you are in the 4th square. One point for any wins in the 4th square.

BEGINNER - Use balloons.

INTERMEDIATE - Use medium size less bouncy ball.

ADVANCED - Use a pickleball.



## DAY 1

### Cool Down (RPE 1-2)

#### STRETCHES

Hold each stretch for 20-40 seconds.



5 MIN



**KNEE HUG**



**CHILD'S POSE**



**HIP FLEXOR  
KNEELING STRETCH**



**QUADRICEP STRETCH**



**SEATED  
HAMSTRING  
STRETCH**



## DAY 2

### Warm Up (RPE 1-2)

#### TRIANGLE TAG



Materials: None.

#### Directions:

1. Put all kids in groups of 4.
2. The groups work as a team and protect one teammate from the chaser.
3. Three of the kids hold hands.
4. The 4th person in the group will be on the outside of the circle as the chaser.
5. Designate one person in the circle as the person the chaser will try to tag.
6. On the trainers cue the chaser will try and tag the designated person in the group.
7. The group holding hands will work together to try and protect the designated person by moving right and left so they do not get tagged..
8. Once the chaser tags the designated person, then switch roles among the group of 4.

### Running Related Activity (RPE 2-3)

#### RUNNING SKILL CHALLENGE



Materials: None.

#### Directions:

1. Choose a skill – squats, jumping jacks etc.
2. Start at one side of the assigned space.
3. Perform five of the designated skill.
4. Run two times around the perimeter of the space (or if using relay lines, two times back and forth).
5. Perform five of a new skill.
6. Repeat until all the desired skills have been completed or the running time is up.
7. Record or remember how many times you ran back and forth within the designated time (1-2 min).
8. Try to increase the number of run times for the next round.



5 MIN



5-10  
MIN



## DAY 2

### Skill Of the Day - Backhand(RPE 2-3)

#### DISTANCE DROP SHOTS



Materials: Pickleball paddles for each player, balls for each player.

#### Directions:

1. Start at the baseline.
2. Hit long shots toward your partner.
3. Player receiving the shots should hit the ball using the forehand or backhand (try to concentrate on the backhand).
4. The player moves closer to the net/kitchen each time they hit the ball, then move back toward the baseline.
5. Once the original moving player gets back to the baseline the second player starts moving back and forth.
6. Continue for a set amount of time.

BEGINNER - Use a balloon or larger less bouncy ball, First partner can toss balloon underhand over the net to get used to skill.

INTERMEDIATE - Use a larger, less bouncy ball - Begin with the first partner tossing the ball underhand, working your way up to both partners hitting the larger ball.

ADVANCED - Use a pickleball, both partners attempting to hit the ball.



10 MIN



10 MIN



## DAY 2

### Game (RPE 2-3)



VIEW GRAPHIC

#### PICKLE



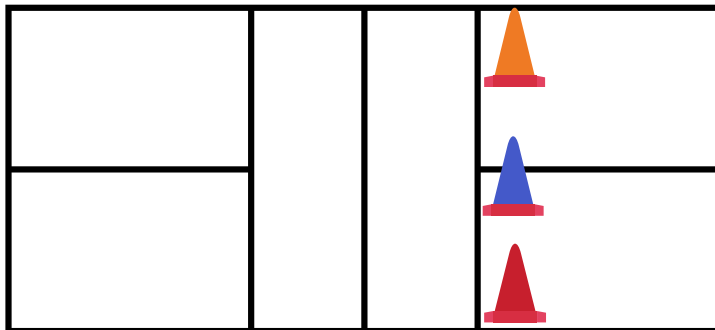
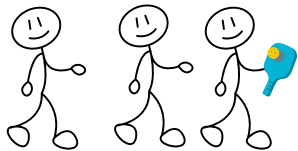
Materials: Pickleball paddles and balls for each player. Pickleball net, two to four cones.



5 MIN

#### Directions:

1. Set up targets on the other side of the court.
2. First player goes and calls their shot. (e.g., Right cone, left cone, middle cone)
3. Player then tries to hit their ball at the spot they have called.
4. If they hit the target the next person must hit the same target. If they hit it they are safe. If they miss the target they get a letter (P,I,C,K,L,E)
5. The first person to spell P,I,C,K,L,E loses.



### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

Downward dog, reclining hand to big toe, toes pose, reclining pigeon, reclining spinal twist.  
Hold each pose for at least 20-40 seconds.





## DAY 3

### Skill Of The Day - Volley (RPE 2-3)

#### VOLLEY UP



Materials: Pickleball paddles for each player, balls for each player.

#### Directions:

1. Stand on opposite sides of the net/line.
2. Pass the ball back and forth trying to not let the ball touch the ground.
3. Use forehands and backhands.
4. Count how many volleys you can complete in a row.

BEGINNER - Start by catching the ball, to control it, then hit back over the net.

Use balloons.

INTERMEDIATE - Start hitting the ball back and forth. Use medium size less bouncy ball.

ADVANCED - Use a pickleball, volley back and forth.



10 MIN




10 MIN



### DAY 3

#### Warm Up (RPE 1-2)

##### JUST RALLY (PARTNER RALLY DRILLS)

 Materials: Pickleball paddles and balls for each player. Net, jump rope, or cones (to represent a net).

##### Directions:

1. Students line up on either side of the court.
2. Choose either singles or doubles.
3. Choose the type of hits that can be used (e.g., one bounce hit, volley, dink shots).
4. Rally back and forth for 1-2 minutes with the chosen hit then switch the type of hit, using only one type at a time.
5. Continue for 4-5 minutes.

BEGINNER - Use balloons.

INTERMEDIATE - Use medium size less bouncy ball.

ADVANCED - Use a pickleball.

#### Running Related Activity (RPE 2-3)

##### BEAT THE CLOCK

 Materials: Stopwatch, 4 cones.

##### Directions:

1. Have all of the kids spread out around the running area inside or outside.
2. They should run on the perimeter of the running area to avoid collisions.
3. Trainer says "Go" and the kids start running for 30 seconds. The trainer says "Stop" and the kids will have 30 seconds to rest and recover.
4. Next, the trainer says "Go" and the kids start running for 40 seconds. The trainer says "Stop" and the kids will have 20 seconds to rest and recover. Then, the trainer says "Go" and the kids start running for 50 seconds. The trainer says "Stop" and the kids will have 10 seconds to rest and recover.
5. Then, the trainer says "Go" and the kids run for an entire minute. The trainer says "Stop" and the kids will have a minute to rest and recover.
6. Repeat as desired, if time allows.



5 MIN



5-10  
MIN



### DAY 3

#### Game (RPE 2-3)

#### PICKLEOUT



VIEW GRAPHIC



5 MIN



Materials: Pickleball paddles and balls for each player. Pickleball net, One bucket or hula hoop for each serving rectangle.

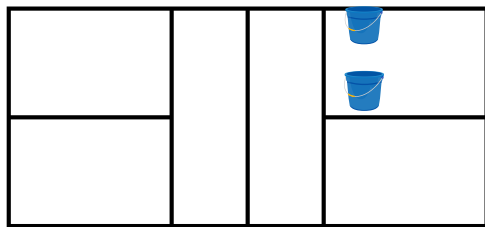
#### Directions:

1. Place a bucket on the corners of the serving spot on the opposite side of the court.
2. Players line up at the baseline, one behind each other.
3. The first player tries to hit their ball into the bucket.
4. If it goes in they are safe, they run to get the ball and go to the end of the line.
5. If the ball doesn't go in they run, get their ball and try again.
6. They must get their ball in the bucket before the person behind them gets their ball in the bucket.
7. If the person behind you gets the ball in the bucket first, the previous player is out for the remainder of the round.
8. Continue until there is only one person left or for a certain amount of time.

BEGINNER - Use balloons.

INTERMEDIATE - Use medium size less bouncy balls.

ADVANCED - Use a pickleball.



#### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

Downward dog, reclining hand to big toe, toes pose, reclining pigeon, reclining spinal twist. Hold each pose for at least 20-40 seconds.





# WEEK THREE

DROP SHOT, SOFT SHOTS, SMASH SHOT



## Introduction



**DROP SHOT, SOFT SHOTS,**



**OVERHEAD SMASH**

Click on the video below to learn about drop shots, soft shots, and smash shots.



## DAY 1

### Warm Up (RPE 1-2)

#### STATIONS #1



Materials: Station cards (paper and marker to create the card), cone for each station.

#### Directions:

1. Divide your space into 4-6 equal parts.
2. Choose the activities that the students will perform at each station (same number of stations as number of equal parts to your space).
3. The activities chosen are described throughout the resource, refer back to the description if needed.
4. Create a station card with directions to the station activity on it.
5. Tape or display the station card on a cone in the station area.
  - Pickelball tag
  - Toss drills
  - Wall drill
  - Paddle ball flip
  - Partner rally
  - Serve drill
  - King of the court singles
  - King of the court doubles
  - Serves cross court
  - Rally keep score

### Running Related Activity (RPE 2-3)

#### SKILL SHUFFLE



Materials: List of skills written on index cards, pieces of paper, or white board.

#### Directions:

1. Spread students out across the space.
2. Trainer will pick a skill from the list (jumping jacks, squats, high knees, butt kickers, skipping, hopping, push-ups).
3. Kids will perform three of the skill picked and do three side shuffles right then side shuffle left, back to original spot.
4. Trainer will pick another skill and repeat.
5. Continue for 3-5 minutes or until all skills have been performed.



5 MIN



5-10  
MIN



## DAY 1

### Skill Of The Day - Drop Shots (RPE 2-3)

#### THIRD SHOT DROP



Materials: Pickleball paddles for each player, balls for each player.

#### Directions:

1. The third shot drop in pickleball is for the third shot to be just over the net (to try to make it difficult for the opponent to return the ball).
2. While doing this drill the second hit will be just over the net, as if it were the third hit in a pickleball game.
3. One partner stands at the kitchen line, the other partner stands at the opposite baseline.
4. The partner at the baseline hits balls to their partner trying to just clear the net.
5. Goal is for the partner at the kitchen to hit the ball underhand to drop low on the opposite side of the net.
6. Switch roles and continue for a desired amount of time.

BEGINNER - Start by tossing a balloon underhand to their partner.

INTERMEDIATE - Toss underhand to partner until comfortable then hit a medium size less bouncy ball.

ADVANCED - Start by tossing ball underhand advancing to hitting over the net using a pickleball.



10 MIN



10 MIN

# Week 3



## PICKLEBALL PADDLE PLAY



### DAY 1

#### Game (RPE 2-3)



#### PICKLEBALL TAG

WATCH VIDEO



5 MIN



Materials: Pickleball paddles and balls for each player. Pool noodle or pinnie for taggers.

#### Directions:

1. Choose students to be taggers (choose 1-2, depending on the size of your group).
2. Taggers should wear a pinnie or have a pool noodle for tagging.
3. Non-taggers will start by balancing an object on a paddle while moving around the space.
4. If tagged, students will move to a designated area, perform five jumping jacks, and return to the game.
5. Progress to non-taggers bouncing the ball, in control on their paddle while moving around the space.
6. Continue for a designated amount of time, switching taggers every 1-2 minutes.

BEGINNER - Non-taggers start by balancing a bean bag or other item on the paddle.

INTERMEDIATE - Use a medium-sized, less bouncy ball.

ADVANCED - Use a pickleball.

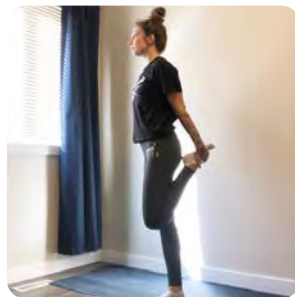
#### Cool Down (RPE 1-2)

#### STRETCHES

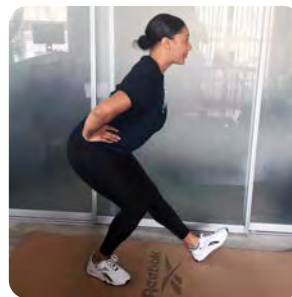
Hold each stretch for 20-40 seconds.



HIP FLEXOR KNEELING  
STRETCH



QUADRICEPS STRETCH



HAMSTRING STRETCH



CALF STRETCH

### DAY 2

#### Warm Up (RPE 1-2)

##### STATIONS #2



Materials: Station cards (paper and marker to create the card), cone for each station.

##### Directions:

1. Divide your space into 4-6 equal parts.
2. Choose the activities that the students will perform at each station (same number of stations as number of equal parts to your space).
3. The activities chosen are described throughout the resource, refer back to the description if needed.
4. Create a station card with directions to the station activity on it.
5. Tape or display the station card on a cone in the station area.
  - Pickelball tag
  - Toss drills
  - Wall drill
  - Paddle ball flip
  - Partner rally
  - Serve drill
  - King of the court singles
  - King of the court doubles
  - Serves cross court
  - Rally keep score

#### Running Related Activity (RPE 2-3)

##### RUN, VOLLEY, SLIDE



Materials: None.

##### Directions:

1. Split up the group into four groups on the corners of the pickleball court or gymnasium if your group is really large.
2. Students will do actions based on the leaders prompts:
  - Run - run around the court or gym space.
  - Volley - jump in place as if hitting a pickleball volley shot.
  - Slide In- side shuffle facing into the court.
  - Slide Out - side shuffle facing the outside of the court.
3. Continue for 3-5 minutes changing leaders every minute or so.



5 MIN




5-10  
MIN



### DAY 2

#### Skill Of The Day - Soft Shots (RPE 2-3)

##### FLIP FLOP VOLLEY (X VOLLEY)

 Materials: Pickleball paddles and balls for each player. Net, jump rope, or cones (to represent a net).

##### Directions:

1. Number the students - 1,2,3,4 in a square pattern.
2. Ball starts with student #1 who passes cross court to #2.
3. #2 passes diagonally to #3.
4. #3 passes cross court to #4.
5. #4 passes diagonally to #1 and the series repeats.
6. See how many times the group can hit in the X pattern without missing.
7. Rotate after a bit of time so everyone gets a chance to hit different shots.
8. Practice your "soft shots" throughout the activity.


BEGINNER - Use a balloon tossing to partner at first working up to hitting balloon to them.

INTERMEDIATE - Use a medium size less bouncy ball.

ADVANCED - Use a pickleball.

#### Game (RPE 2-3)

##### CHAMP OF THE COURT - SINGLES

 Materials: Pickleball paddles and balls for each player. Net, jump rope, or cones (to represent a net).

##### Directions:

1. Students line up behind the cone that is placed in the backcourt.
2. The first two students in line will play a 1v1 pickleball rally.
3. If a student misses the ball they will go to the end of the line.
4. The game starts again with the winner and a new student playing until there is a new winner.
5. Continue playing with the winner of the mini game staying on the court and the loser rotating to the back of the line.

BEGINNER - Use a balloon.

INTERMEDIATE - Use a medium size less bouncy ball.

ADVANCED - Use a pickleball.



10 MIN



10 MIN

# Week 3

## PICKLEBALL HAVE FUN

### DAY 2

#### Cool Down (RPE 1-2)

##### MOVEMENT FLOW

Downward dog, reclining hand to big toe, toes pose, reclining pigeon, reclining spinal twist.  
Hold each pose for at least 20-40 seconds.



5 MIN



### DAY 3

#### Warm Up (RPE 1-2)



WATCH VIDEO

#### DECK OF CARDS



Materials: White board to write down suits, deck of cards (face cards removed).

#### Directions:

1. Each suit is an exercise:
  - Hearts are jumping jacks.
  - Diamonds are burpees.
  - Spades are push-ups.
  - Clubs are air squats.
2. Lead Trainer flips a card, and kids need to do the number of repetitions shown on the card of the designated exercise (i.e., 2 of diamonds = 2 burpees).
3. Keep flipping cards for the allotted period of time.

#### Running Related Activity (RPE 2-3)

#### AGILITY LADDER SENIOR



Materials: Agility ladders (if you don't have agility ladders, you can use cones or tape on the floor).

#### Directions:

1. Make four to six teams depending on how many agility ladders you have available.
2. Have the kids perform the different variations for 1 or 2 minutes.
  - Single leg hop with right then left foot.
  - Snake.
  - Two-foot jump and 180 degree turn.
  - Squat jumps shuffle.
  - Skating moving forward and backward.
  - Lateral in and out.
  - Two-foot side jump and burpee.
  - Carioca.
  - Explosive lunges – lateral movement.

#### Variations/Challenges:

- Challenge the kids to come up with their own variations.
- Have the entire team perform this activity for two minutes and see how many times they get a chance to do the agility ladder exercise. The kids can try to increase their team's speed.
- Kids can run on the spot, squat, or perform a plank while waiting in line for their turn.



5 MIN




5-10  
MIN



## DAY 3

### Skill Of The Day - Smash Shots (RPE 2-3)

#### PICKLE SCRAMBLE

 Materials: Pickleball paddles and balls for each player. Net, jump rope, or cones (to represent a net).

#### Directions:

1. Students line up on opposite sides of the court.
2. Students will rally back and forth starting with a one bounce and hit pattern.
3. During each rally try to incorporate some overhead, put away, smash shots into your hits.
4. Keep track of how many hits you can perform continuously.
5. Leader yells "Pickle" and players freeze.
6. If you have the ball you stay on that side.
7. If you do not have the ball, you quickly jog to an open spot on the court.
8. The partner who has the ball stays on that spot to play a new opponent, who has come from another court.
9. Continue for a designated amount of time.

BEGINNER - Use a balloon.

INTERMEDIATE - Use a medium size less bouncy ball.

ADVANCED - Use a pickleball.



10 MIN



10 MIN



## DAY 2

### Game (RPE 2-3)

#### CHAMPS OF THE COURT - DOUBLES



Materials: Pickleball paddles and balls for each player. Net, jump rope, or cones for a net.

#### Directions:

1. Students find a partner.
2. Partners line up behind the cone that is placed around the middle of the court.
3. The first four students in line will play a 2v2 pickleball rally.
4. If a team misses the ball they will go to the end of the line.
5. The game starts again with the winners and new partners playing until there is a new winner.
6. Continue playing with the winner of the mini game staying on the court and the losing team rotating to the back of the line.

BEGINNER - Use a balloon.

INTERMEDIATE - Use a medium size less bouncy ball.

ADVANCED - Use a pickleball.



5 MIN

### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

Downward dog, reclining hand to big toe, toes pose, reclining pigeon, reclining spinal twist.  
Hold each pose for at least 20-40 seconds.





# WEEK FOUR

## SERVING, LOBBING



### Introduction



### SERVING, LOBBING

Click on the video below to learn about serving and lobbing.



## DAY 1

### Warm Up (RPE 1-2)

#### OBSTACLE COURSE #1



Materials: Mat (if available), jump ropes, cones, paddles, balls, beanbags.

#### Directions:

1. Place tumbling mat at start of course.
2. Choose 3-5 activities from the list below and line them up in a path on your court.
3. Students line up behind the first cone at the start of the course and they go through either a certain number of times or for a designated amount of time.
  - Paddle bean bag carry - walking forward and backward.
  - Paddle ball carry - walking forward and backward.
  - Side shuffles
  - Side shuffle while balancing a bean bag.
  - Wall volleys
  - Walk through hula hoops - while performing pickleball movements
  - Jump and volley hopping - jump and pretend to hit a volley, try squat jumps hopping on one foot and then the other etc.
  - Paddle swings - forehands, backhands, volleys, dink shots.
  - Rolls, hit or bounce the balls.
  - Walls - perform swinging and other activities while doing wall sits.



5 MIN

### Running Related Activity (RPE 2-3)

#### SERVE AND RUN



Materials: Pickleball paddles and balls for each player. Net, jump rope, or cones (to represent a net). Four cones to mark the corners of each net, two buckets or hula hoops for each court.

#### Directions:

1. Place a bucket or hula hoop on the corners of the serving spot on the opposite side of the court.
2. Players line up at the baseline, one behind each other.
3. Place a bucket full of extra balls next to the service spot.
4. The first player tries to serve their ball into the bucket across the net.
5. After hitting the serve, hand your paddle to the next player in line.

(continued page 40)



5-10  
MIN



## DAY 1

6. The first player then runs around the outside of the court and gets back into line.
  7. The second player in line can begin as soon as the first person hands them a paddle, repeating the serve and run a lap around the court.
  8. Be careful as there will be many people running around the outside of the court at the same time.
  9. Continue for the desired amount of time.
- Suggestions: For safety sake one person should be in the opposite backcourt retrieving balls that missed the target, so no one trips over them.

BEGINNER - Use a balloon.

INTERMEDIATE - Use a medium size less bouncy ball.

ADVANCED - Use a pickleball.



10 MIN

### Skill Of The Day - Smash Shots (RPE 2-3)



WATCH VIDEO

#### ACTIVE KID SAYS (PICKLEBALL STYLE)



Materials: None.

#### Directions:

1. Have kids spread out in their own personal space.
2. Trainer calls out "Active Kid Says" followed by a movement.
3. Use pickleball movements, in a "Active Kid says" fashion (e.g., swing like you are serving in pickleball, jump like you are volleying, pretend to hit a backhand in pickleball).
4. Trainer calls out exercise movements quickly to keep kids moving.
5. If the trainer does not say "Active Kid says" before the movement, kids should not move.
6. If kids move when the trainer does not say "Active Kid says", have them do ten jumping jacks prior to joining back in the game.
7. Continue for an allotted period of time.



## DAY 1

### Game (RPE 2-3)

#### PICKLEBALL TOURNAMENT



Materials: Pickleball paddles and balls for each player. Net, jump rope, or cones (to represent a net), white board or poster board to record game wins and losses.

#### Directions:

1. Choose if the tournament will be singles or doubles.
2. Create a Tournament Bracket so that everyone will play each other.
3. If it is a doubles match, students will need to either choose or be assigned a partner.
4. Set up enough courts so that everyone will get to play at the same time, if space allows.
5. Set a length of time that each game will last 3-5 minutes.
6. After each game or at the end of the class have students record wins and losses on the poster or white board.

BEGINNER - Use a balloon.

INTERMEDIATE - Use a medium size less bouncy ball.

ADVANCED - Use a pickleball.

### Cool Down (RPE 1-2)

#### STRETCHES

Hold each stretch for 20-40 seconds.



HIP FLEXOR  
KNEELING STRETCH



HAMSTRING STRETCH



IT BAND STRETCH



INNER THIGH STRETCH



KNEE HUG



10 MIN



5 MIN



## PICKLEBALL RALLY FUN

### DAY 2

#### Warm Up (RPE 1-2)

##### OBSTACLE COURSE #2



Materials: Bean bags, balls, paddles, hula hoops on stands.

##### Directions:

1. Place tumbling mat at start of course.
2. Choose 3-5 activities from the list below and line them up in a path on your court.
3. Students line up behind the first cone at the start of the course and they go through either a certain number of times or for a designated amount of time.
  - Paddle bean bag carry - walking forward and backward.
  - Paddle ball carry - walking forward and backward.
  - Side shuffles
  - Side shuffle while balancing a bean bag.
  - Wall volleys
  - Walk through hula hoops - while performing pickleball movements
  - Jump and hopping - jump and pretend to hit a volley, try squat jumps and smash hits etc.
  - Paddle swings - forehands, backhands, volleys, dink shots.
  - Bounce the ball on your paddle.
  - Wall sit - bounce the ball on your paddle while doing a wall sit.

See Appendix for example.

#### Running Related Activity (RPE 2-3)



WATCH VIDEO

##### "PICKLE" AGILITY DRILL



Materials: None..

##### Directions:

1. Students spread out throughout the space.
2. Leader will call out commands as follows:
  - Right - students side shuffle right.
  - Left - students side shuffle left.
  - PICKLE - students touch the floor.
  - Volley - students jump and mimic a volley hit.
  - Dink - students squat and mimic a soft forehand hit.
3. Continue for 2-3 minutes.



5 MIN



5-10  
MIN



## DAY 2

### Skill Of The Day - Lobbing (RPE 2-3)



SEE GRAPHIC

#### MOVE IT (PICKLEBALL STYLE)



Materials: None.



10 MIN

#### Directions:

1. Spread kids throughout the space.
2. Trainer will call out commands starting slowly and speeding up their commands as the kids start learning the skills.
  - Serve it - pretend to serve in pickleball.
  - Smash it - pretend to hit an overhead shot in a hard downward movement.
  - Dink it - pretend to hit a soft shot over the net.
  - Back it - backpedal in place.
  - Lob it - pretend to hit a shot high in the air.
3. Continue for the desired amount of time.

### Game (RPE 2-3)

#### PICKLEBALL TOURNAMENT



Materials: Pickleball paddles and balls for each player. Net, jump rope, or cones (to represent a net), white board or poster board to record game wins and losses.



10 MIN

#### Directions:

1. Choose if the tournament will be singles or doubles.
2. Create a Tournament Bracket so that everyone will play each other.
3. If it is doubles, students will need to either choose a partner or be assigned one.
4. Set up enough courts so that everyone can play at the same time, if space allows.
5. Set a length of time that each game will last 3-5 minutes.
6. After each game or at the end of the class, have students record wins and losses on the poster or whiteboard.

BEGINNER - Use a balloon.

INTERMEDIATE - Use a medium size less bouncy ball.

ADVANCED - Use a pickleball.

# Week 4

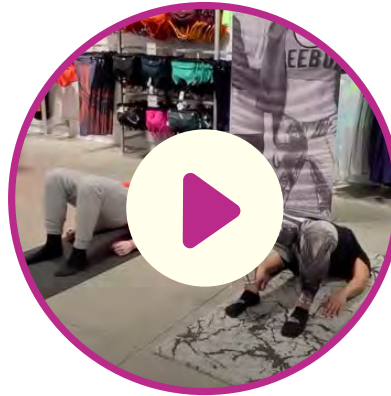


## DAY 2

### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

Downward dog, reclining hand to big toe, toes pose, reclining pigeon, reclining spinal twist.  
Hold each pose for at least 20-40 seconds.



5 MIN



## DAY 3

### Warm Up (RPE 1-2)

#### RACER WARM UP



Materials: None.

#### Directions:

1. Have kids spread out around the gym/court.
2. Perform the following exercises in place for 30 seconds each:
  - Leg swings (15 sec each leg).
  - Skips (Front, L, R).
  - Butt-kickers, high knees.
  - Arm circles.
  - Slow jog.
3. Continue for the desired amount of time.

### Running Related Activity (RPE 2-3)



WATCH VIDEO

#### GO BACK HIT IT - PICKLEBALL STYLE



Materials: Cones, Pickleball paddles and beanbag or ball for each student

#### Directions:

1. Teams based on colored groupings, cones at each end of the gym
2. The first kid in each line goes first.
3. The trainer yells "GO!" The kids run as fast as they can towards the end of the gym.
4. The trainer can either yell "BACK!" or "HIT IT!"
5. If they yell "BACK", the kids start running backwards as fast as they can.
6. If they yell "HIT IT", the kids jump up pretending they have a pickleball paddle in their hand and hit an overhead shot. Start running again as fast as they can towards the end of the gym.
7. The trainer can alternate calling Go, Back or Hit it as many times as they want until the kids reach the end of the gym.
8. Cycle through the lines, making sure all kids have a few turns to GO.

Note: When the kids are running, it is an all-out effort. They should not be slowly jogging to try and predict what the trainer will say next.

Suggestion: You can modify the "Hit It" with a squat, jump or any other movement for the kids.



5 MIN




5-10  
MIN



### DAY 3

#### Skill Of The Day - All Skill review (RPE 2-3)

##### ALL SKILL RALLY

 Materials: Pickleball paddles and balls for each player. Net, jump rope, or cones (to represent a net).

##### Directions:

1. Students line up across the court from each other (either singles or doubles, depending on your space).
2. Work on making your partner move around and get easy and difficult shots.
3. Rally back and forth for 3-5 minutes using all the strokes you have learned in the Pickleball unit with the goal of warming up your body.


BEGINNER - Use a balloon.

INTERMEDIATE - Use a medium size less bouncy ball.

ADVANCED - Use a pickleball.

#### Game (RPE 2-3)

##### PICKLEBALL TOURNAMENT

 Materials: Pickleball paddles and balls for each player. Net, jump rope, or cones (to represent a net), white board or poster board to record game wins and losses.

##### Directions:

1. Choose if the tournament will be singles or doubles.
2. Create a Tournament Bracket so that everyone will play each other.
3. If it is doubles students will need to either choose or be assigned a partner.
4. Set up enough courts so that everyone will get to play at the same time, if space allows.
5. Set a length of time that each game will last 3-5 minutes.
6. After each game or at the end of the class have students record wins and losses on the poster.

BEGINNER - Use a balloon.

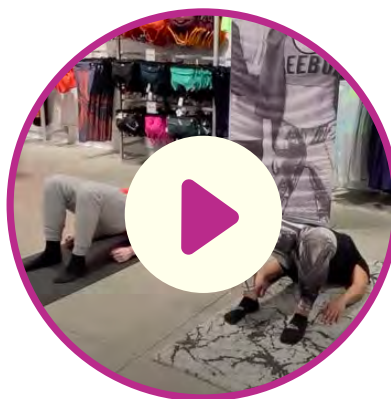
INTERMEDIATE - Use a medium size less bouncy ball.

ADVANCED - Use a pickleball.

#### Cool Down (RPE 1-2)

##### MOVEMENT FLOW

Downward dog, reclining hand to big toe, toes pose, reclining pigeon, reclining spinal twist.  
Hold each pose for at least 20-40 seconds.



10 MIN

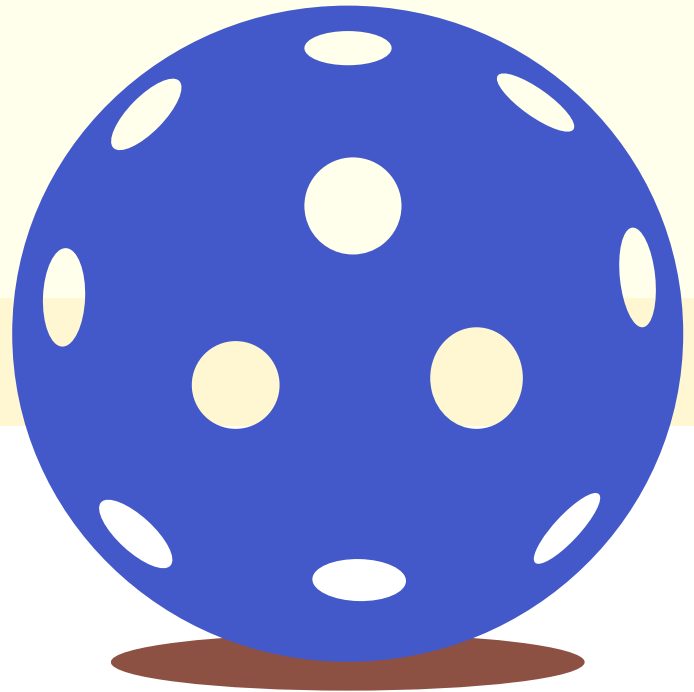
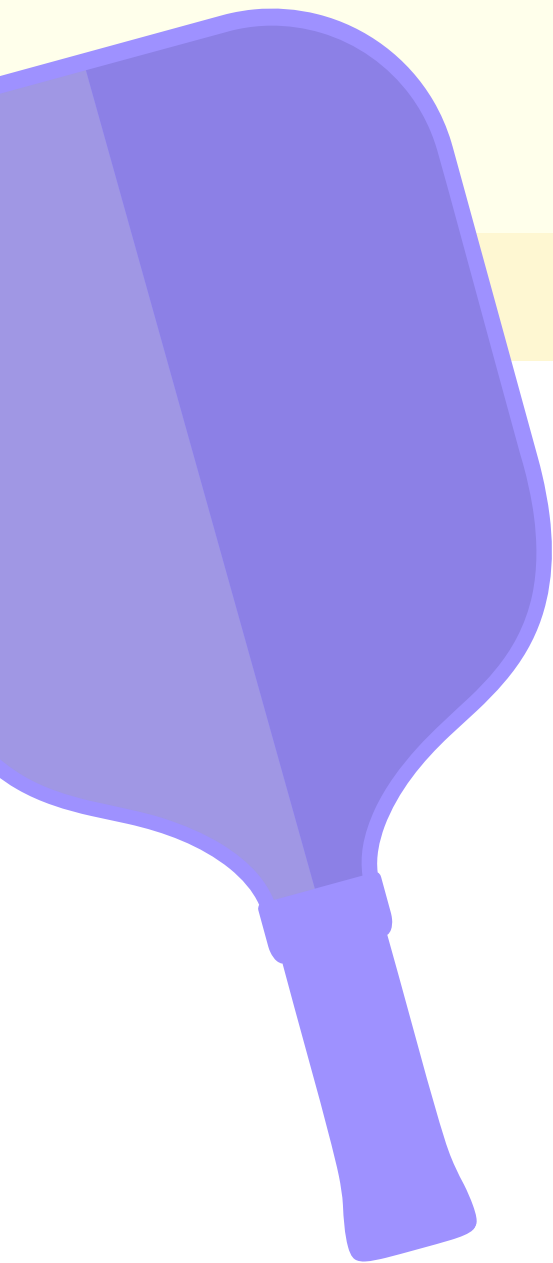


10 MIN



5 MIN

# APPENDIX



## Table of contents:

- Glossary
- Stretching Poses Poster
- RPE Poster
- Obstacle Course Example
- Pickleball Court Diagram

# Glossary



**Ball** The ball is a three inch plastic sphere, similar to a Wiffle ball with about 26-40 round holes.

**Paddle** The paddle is a racquet used to hit the pickle ball.

**Net** The net is a low structure stretched between both sidelines that separates the court.

**Singles PB** In singles pickleball there is one player on each side of the net.

**Doubles PB** In doubles pickleball there are two players on each side of the net. The two players work together as a team to score points.

**Non-Volley Zone** The non-volley zone is also known as the "Kitchen". The kitchen is located in the area next to the net.

**Backcourt** The backcourt is the area behind the non-volley zone. This is where players can hit the ball from.

**Two Bounce Rule** The two bounce rule means that players must let the ball bounce twice on their side of the court before returning it.

**Rally** A rally is when both teams play the ball back and forth without making an error.

**Centerline** The centerline is the line that divides the court in half on either side of the net.

# Glossary



**Sideline** The outer short boundaries running the length of the courts width on either side.

**Baseline** The back line farthest from the net at the end of the court.

**Serve** The initial underhand shot hit diagonally to the opponents backcourt.

**Volley** A shot hit out of the air before it bounces.

**Lob** A high arching return that sails deep over the opponent's head into the backcourt.

**Ace** A serve that goes unreturned and scores a point.

**Overhead Shot** A powerful smash stroke hit above the head.

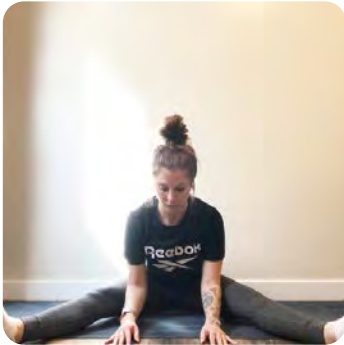
**Dink Shot/Drop Shot** A delicate shot that just clears the net and drops into the opponents non-volley zone (Kitchen).

**Forehand** A stroke hit from the right side of a right-handed person, and vice versa. The paddle face is perpendicular to the court.

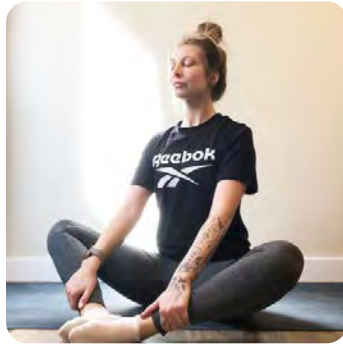
**Backhand** A stroke hit from the left side for a right-handed player, and vice versa, with the face of the paddle perpendicular to the ground.

**Double Hit** A foul that occurs when the ball is hit twice by one player on a team before being returned.

# Stretching Poses Poster



**ADDUCTOR STRETCH**



**BUTTERFLY**



**CALF STRETCH**



**CHILD'S POSE**



**GLUTE STRETCH**



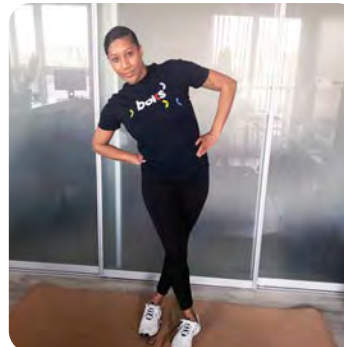
**HAMSTRING STRETCH**



**HIP FLEXOR KNEELING STRETCH**



**INNER THIGH STRETCH**



**IT BAND STRETCH**



**KNEE HUG**



**QUADRICEP STRETCH**



**SEATED HAMSTRING STRETCH**



**STANDING TOE TOUCH**

# RPE Poster



## How should I be feeling?

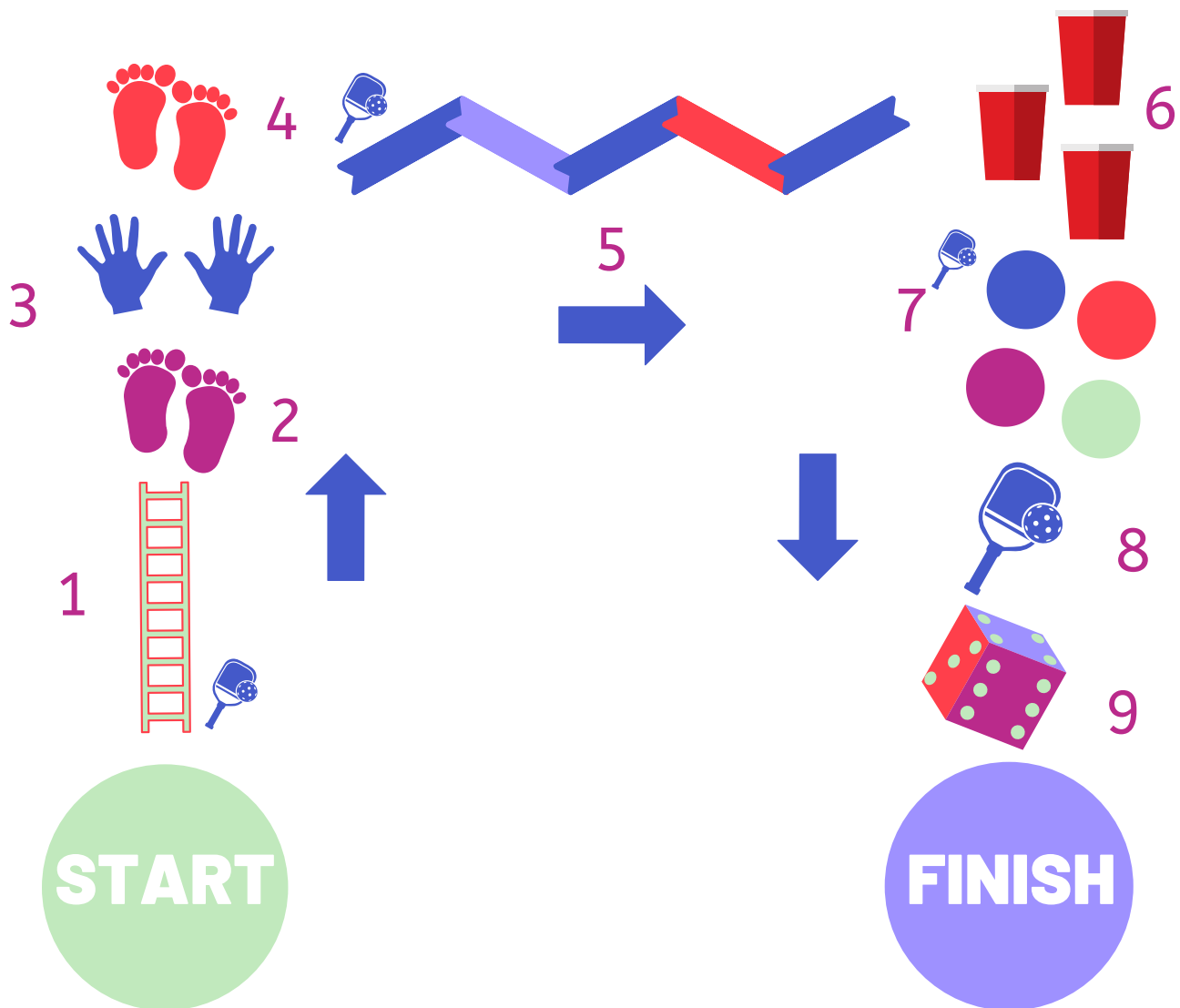
### RPE (RATE OF PERCEIVED EXERTION)

|   |   |   |
|---|---|---|
| 1 |    | <b>LIGHT<br/>ACTIVITY</b><br><br>Super<br>easy!                 |
| 2 |   | <b>MODERATE<br/>ACTIVITY</b><br><br>I'm feeling<br>warmer!      |
| 3 |  | <b>VIGOROUS<br/>ACTIVITY</b><br><br>I'm huffing<br>and puffing! |
| 4 |  | <b>HARD<br/>ACTIVITY</b><br><br>Can't chat<br>right now!        |
| 5 |  | <b>DIFFICULT<br/>ACTIVITY</b><br><br>Gasping<br>for air!        |

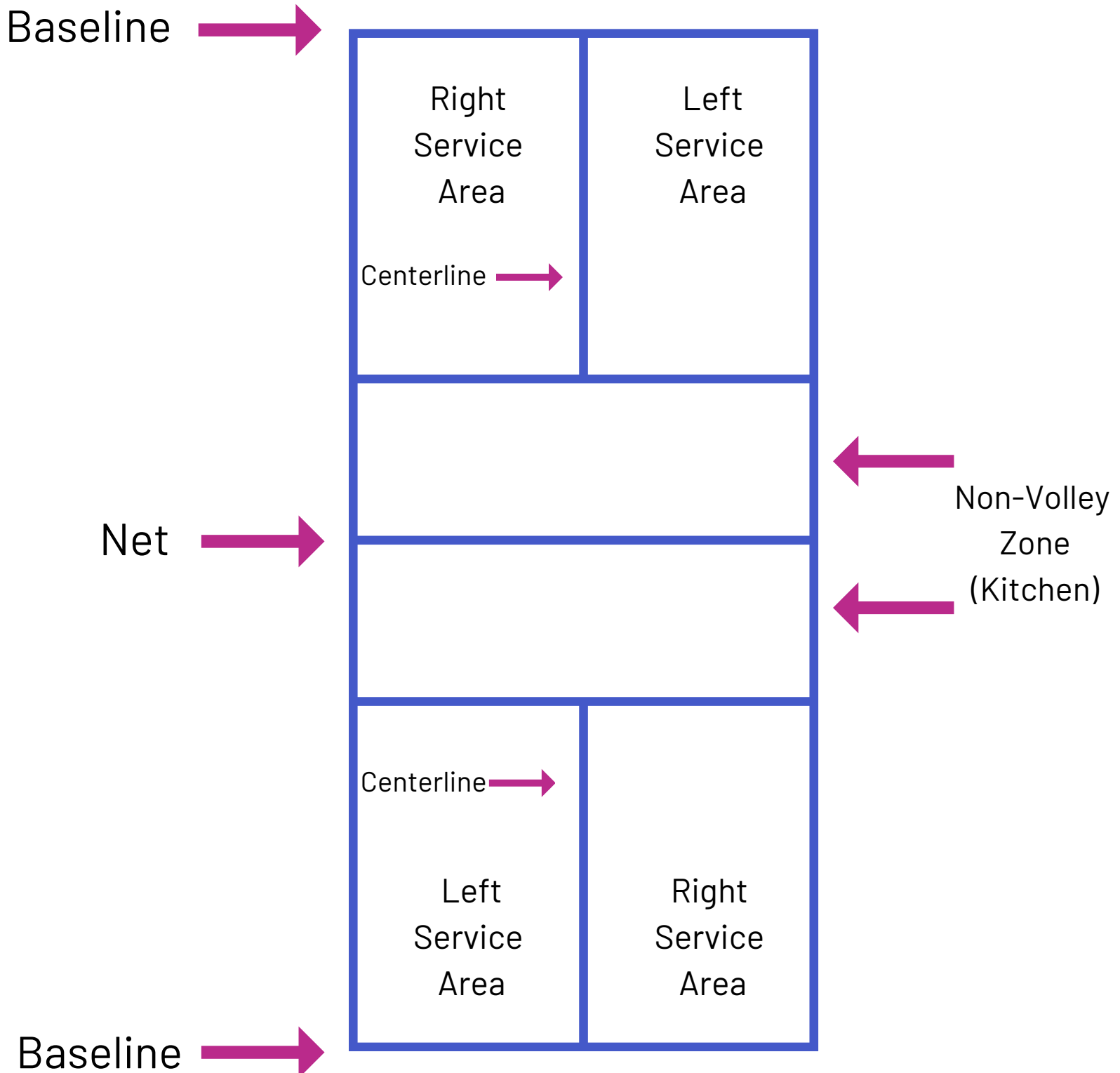
# Obstacle Course Example



1. Travel through the obstacle course with a pickleball paddle and bean bag or ball.
2. Travel through the ladder performing a two-foot in-and-out pattern, while balancing a beanbag or ball on your pickleball paddle.
3. Place feet on the foot markers and perform five jump squats (holding paddle and bag/ball in each hand).
4. Place hands on the hand markers and perform five push-ups (paddle and bag/ball to the side).
5. On the foot markers, perform five jumping jacks (holding paddle and bag/ball in each hand).
6. Walk backwards while balancing on the line - balancing bag/ball on paddle).
7. Stack the red cups in a pyramid as fast as you can.
8. Alternate feet on the markers, lifting knees up between as well as balancing bag/ball on paddle.
9. Bear crawl or crab walk to the final station.
10. Roll the dice. What number did you get? Perform that many bounces of the pickleball on the paddle. .



# Pickleball Court



# Find more resources in the Active Kids Trainer Hub!



## Games and Activities

## "ARE YOU GAME?" BOOKLET

This resource is full of fun and challenging games, crafts, puzzles, and activities to do at home or in school. Choose from over 30 activities to help you and your kids get moving. Most games are accompanied by a video tutorial as well.



## High School Bootcamp Program

## HIGH SCHOOL BOOTCAMP PROGRAM

10 weeks of guided, age-appropriate physical activity programming for teens and young adults that will challenge and inspire them.

...AND MORE!

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