

# Pickleball

Time	Activity	Description
1-2 min	Prayer	Safety, good sportsmanship, fun, and full participation are possible prayer topics.
2-3 min	Warm up	Run laps around the court
2-3 min	Stretching	Arm stretches, lunges, quad stretches etc... You may set one student as the leader if you want, or you can lead the class
5-15 min	Serve practice, Serve and return, Four corner drill	<p><b><u>Dinking Practice:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Objective:</b> Teach control over the ball by hitting it softly into the opponent's kitchen (the non-volley zone).</li> <li>• <b>Drill:</b> Kids pair up and continuously dink the ball back and forth, trying to keep it within the kitchen. This helps improve hand-eye coordination and teaches the strategy of controlling the court.</li> </ul> <p><b><u>Serve and Return:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Objective:</b> Improve serving and returning skills.</li> <li>• <b>Drill:</b> Have kids line up and practice serving the ball to a specific section of the court. Then, practice returning serves directed at them. This drill emphasizes accuracy and consistency in serves and returns.</li> </ul> <p><b><u>Four-Corner Drill:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Objective:</b> Enhance mobility and the ability to hit from different angles.</li> <li>• <b>Drill:</b> Place a cone in each corner of the court. Have the child run to a cone, retrieve a ball, and hit it back to their partner. This helps build agility and precision in shot placement.</li> </ul>

Time	Activity	Description
35-40 min	Relay Races, Fry the Egg and/or Scrimmage	<p><b><u>Relay Races:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Objective:</b> Incorporate fun to develop quick feet and agility.</li> <li>• <b>Drill:</b> Set up relay races where kids have to run with the paddle to a ball, scoop it up, and run back to the start line. This can be made more challenging by requiring them to balance the ball on the paddle.</li> </ul> <p><b><u>Fry the Egg:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Objective:</b> Proper paddle grip, hand-eye coordination.</li> <li>• <b>Drill:</b> Have kids hold the paddle flat, like a frying pan. Place a ball on each child's paddle. See if they can move the paddle around without dropping the ball. Kids always think this is fun and love to compete with each other!</li> </ul> <p><b><u>Scrimmage:</u></b></p> <p>Choose 2 players for each side of the net. You can put 4 and have them rotate in and out as well. One player serves the ball diagonally over the net (it must bounce on the ground once before the opposing team hits it back), and then players on both sides hit the ball back and forth until someone fails to return it or the ball goes out of bounds. The team that's serving can score points: If their opponent fails to return the ball or hits it out of bounds, they get one point. If the team that's serving does one of those things, the next player gets to serve. The right to serve rotates through both players on one side, then both players on the other side. Pickleball games are usually played to 11 points, and the winning team must win by two points.</p>
5-10 min	Clean up / run	<p>If there is a run</p> <ul style="list-style-type: none"> <li>- Clean up at 2:45, give the students a chance to use the restroom, and get to the run starting point.</li> </ul> <p>If there is no run</p> <ul style="list-style-type: none"> <li>- Clean up just before 3 and release kids at 3</li> </ul>