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# Pickle-ball

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## Origin

Pickle-ball is a sport described as "a combination of **Table Tennis**, **Tennis**, and **Badminton**", played in schools, parks and recreation centers, correctional facilities, camps, and retirement communities mostly in North America. It uses a simplified combination of tennis rules and strategies. It is played on a court the same size as a badminton court. Players use a **wooden paddle** to hit **a wiffle ball** back and forth.

Pickle-ball was created during the summer of **1965** near **Seattle**, WA. The original purpose of the game was to provide a sport for the entire **family**.

Pickles was the family dog that would chase after the errant balls and then hide in the bushes. Thus the game was named **Pickle-ball**. Since the mid-1970's, Pickle-ball has grown and expanded from a family activity game to a paddle court sport with formalized **rules**.

## Terminology

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1. **Backhand** – A shot with your **dominate** foot forward.
2. **Dink/Drop Shot** – A short shot the **bounces** in the **non-volley zone**
3. **Double-Bounce Rule** - Each team must play their **first shoot** off of the **bounce** That is, the receiving team must let the serve bounce and the serving team must let the return of the serve bounce before playing it. Once these **two bounces** have occurred, the ball can either be **volleyed** or played off the bounce.
4. **Fault** - A **fault** is committed when the ball:
  - a. Is hit out of bounds
  - b. Is volleyed from the **non-volley zone**
  - c. Is volleyed before a **bounce** has occurred on **each side**
  - d. Touches **any part** of the non-volley zone on the **serve** (including the line).
  - e. Does not **go over** the **net**
5. **Forhand**- A shot with your **non-dominate** foot forward
6. **Ground Stroke** - Hitting the ball off a **bounce**
7. **Let Serve** – A serve that **hits the net** and still lands in the **correct** service court. The result is a **redo**.
8. **Lob** – A fairly **high** hit, over the opponent's **head**
9. **Net volley position** – The position on the court just **behind** the **non-volley zone**.
10. **Non-Volley Zone** – The area 7 feet **behind** the net in which players are **not allowed** to **volley**
11. **Serve** – The hit that **starts** the game, the serve is to just get the ball **in play**.
12. **Serve Return** – The first hit of the **non-serve** team. This his must be a **ground stroke**.
13. **Volley** - To volley means to **hit a ball** in the air **without** letting it **bounce** In Pickle-ball, this can only be done when the player's **feet** are **behind** the **non-volley zone**.



## Skills

### The Continental Grip

- The point of the "V" between your thumb and index finger should be placed on top of the handle of the paddle when the face of the paddle is perpendicular to the ground.



### Forehand Critical Elements

- Start in a ready position
- Non-Dominant foot forward and paddle back
- Weight transfer back to front
- Striking ball with "square" surface, in line with front foot
- Follow through and return to ready position



Notice the angle of the paddle on contact!



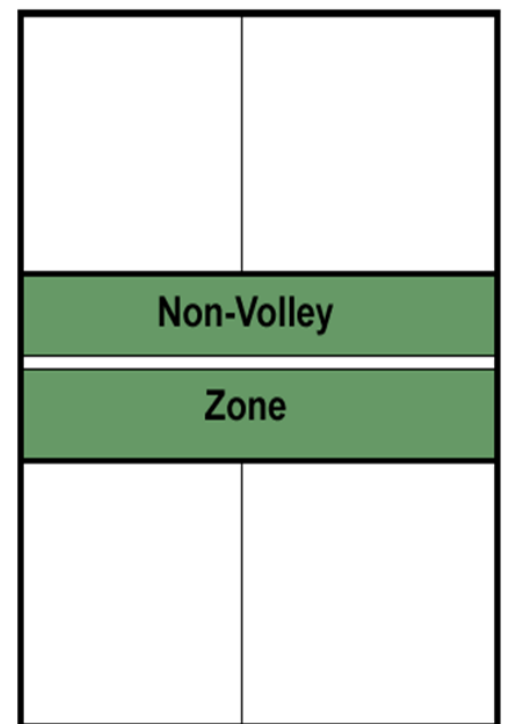
### Backhand Critical Elements

- Start in a ready position
- Dominant foot forward and paddle back
- Weight transfer back to front
- Striking ball with "square" surface, in line with front foot
- Follow through and return to ready position

## Rules

### Serving Rules

- Purpose of serve is to initiate play, not score point
- Players must keep one foot behind the back line when serving.
- The serve is made underhand.
- The paddle must pass below the waist.
- The serve is made diagonally cross court
- Must clear the non-volley zone.
- Only one serve attempt is allowed, except in the event of a let.
- When you score a point on your own serve you switch sides with your partner and serve again



### Gameplay Rules

- Each team must play their first shot off the bounce.
- No volleying is permitted within the non-volley zone.
- Games are played to 7 using rally scoring
- The line is inbounds
- Teams waiting to play must stand at net and keep score
- If the ball bounces in bounds and off the bleachers you are allowed an extra bounce
- If the ball lands where there is no line (middle courts) you are allowed to re-play the point

# Strategies

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## Serving Positions

- The **serving** team should be side-by-side on the **baseline**.
- The serving team should **stay back** until the ball has bounced once on **their side**.
- After **returning** the serve they should move toward the **net volley** position.

## Receiving Positions

- The player **not** receiving the serve in the **net volley** position.
- The player **receiving** the **serve** should play 1-2 feet **behind** the **baseline** to anticipate a deep serve.
- The serve return should be **hit deep**, then that player should move forward to the net volley position.

## Shot Selection

- Lobs
  - **Defensive** lob: allows a player time to **return** to his optimum **position** on the court.
  - **Offensive** lob: If the opponent is close to the net, a player can score by hitting an offensive lob that goes over the opponen's head and **lands** inside the **baseline**.
- Dink
  - **Dinks** should be **short** and **low** and bounce in the non volley zone
- Overhead Slam
  - A great way to **return** a lob
  - Slams should be **aimed** down the **middle** or toward a **corner**.
- Drive
  - A Line drive shot toward the **back** of the court, used to **push** your opponent off of **the net**.

## Paddle Position

- **Reaction time** is an important skill in pickle-ball. Keeping that paddle up and **in front** of you ready for a quick response to hit the ball is a key. It takes much too long to hit the ball when your paddle is either at your side or down below your waist. Try keeping the paddle **up right** in front of your **face**.

Pickle-Ball is a sport where **shot placement**, steadiness, **patience**, and **tactics** have a far greater importance than brute **strength** and **power**.



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# Game Log

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Game	Your Partner	Your Score	Opponents	Their Score	W or L	Stamp
1						
2						
3						
4						
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