

Pickle-ball

Origin

Pickle-ball is a sport described as "a combination of _____, _____, and _____", 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 _____ to hit _____ back and forth.

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

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

Terminology

1. **Backhand** – A shot with your _____ foot forward.
2. **Dink/Drop Shot** – A short shot the _____ in the _____.
3. **Double-Bounce Rule** - Each team must play their _____ off of the _____. 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 _____ have occurred, the ball can either be _____ or played off the bounce.
4. **Fault** - A _____ is committed when the ball:
 - a. Is hit _____
 - b. Is _____ from the _____
 - c. Is volleyed before a _____ has occurred on _____
 - d. Touches _____ of the non-volley zone on the _____ (including the line).
 - e. Does not _____ the _____
5. **Forhand**- A shot with your _____ foot forward
6. **Ground Stroke** - Hitting the ball off a _____.
7. **Let Serve** – A serve that _____ and still lands in the _____ service court. The result is a _____.
8. **Lob** – A fairly _____ hit, over the opponent's _____.
9. **Net volley position** – The position on the court just _____ the _____.
10. **Non-Volley Zone** – The area 7 feet _____ the net in which players are _____ to _____.
11. **Serve** – The hit that _____ the game, the serve is to just get the ball _____.
12. **Serve Return** – The first hit of the _____ team. This hit must be a _____.
13. **Volley** - To volley means to _____ in the air _____ letting it _____. In Pickle-ball, this can only be done when the player's _____ are _____ the _____.



Skills

The _____ Grip

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



_____ Critical Elements

- Start in a _____ position
- Non-Dominant foot _____ and paddle _____
- Weight transfer _____ to _____
- Striking ball with "_____" surface, in line with front foot
- _____ and return to ready position



Notice the angle of the paddle on contact!

_____ Critical Elements

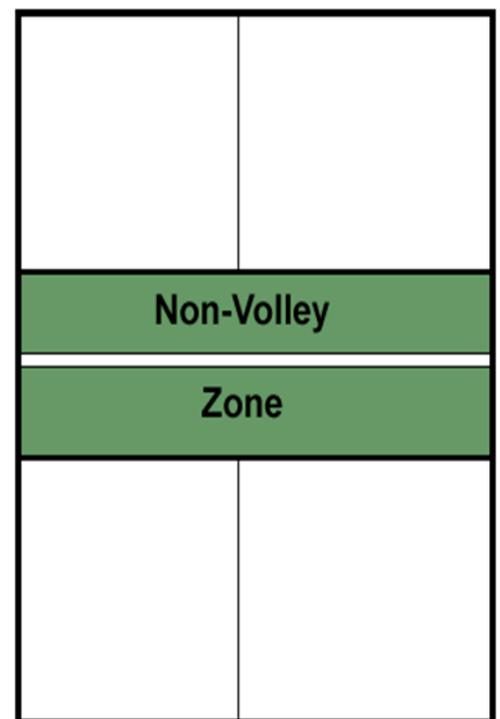
- Start in a _____ position
- _____ foot forward and _____ back
- Weight transfer _____ to _____
- Striking ball with "_____" surface, in line with front foot
- Follow through and return to _____



Rules

Serving Rules

- Purpose of serve is to _____, not score point
- Players must keep _____ when serving.
- The serve is made _____.
- The paddle must pass _____ the waist.
- The serve is made _____ cross court
- Must _____ the _____ zone.
- Only _____ serve attempt is allowed, except in the event of a _____.
- When you score a point on your own serve you _____ with your partner and _____



Gameplay Rules

- Each team must play their _____ off the bounce.
- No _____ is permitted within the _____ zone.
- Games are played to _____ using rally scoring
- The line is _____
- Teams waiting to play must stand at net and _____
- If The ball bounces _____ and off the _____ you are allowed an _____ bounce
- If the ball lands where there is _____ (middle courts) you are allowed to _____ the point



Strategies

Serving Positions

- The _____ team should be side-by-side on the _____.
- The serving team should _____ until the ball has bounced once on _____.
- After _____ the serve they should move toward the _____ position.

Receiving Positions

- The player _____ receiving the serve in the _____ position.
- The player _____ the _____ should play 1-2 feet _____ the _____ to anticipate a deep serve.
- The serve return should be _____ then that player should move forward to the net volley position.

Shot Selection

- _____
 - _____ lob: allows a player time to _____ to his optimum _____ on the court.
 - _____ 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 _____ inside the _____.
- Dink
 - _____ should be _____ and _____ and bounce in the non volley zone
- Overhead _____
 - A great way to _____ a lob
 - Slams should be _____ down the _____ or toward a _____.
- _____
 - A Line drive shot toward the _____ of the court, used to _____ your opponent off of _____.

_____ Position

- _____ is an important skill in pickle-ball. Keeping that paddle up and _____ 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 _____ in front of your _____.

Pickle-Ball is a sport where _____, steadiness, _____, and _____ have a far greater importance than brute _____ and _____.



Game Log

Game	Your Partner	Your Score	Opponents	Their Score	W or L	Stamp
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
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21						
22						
23						

