BEHS PHYSICAL EDUCATION

Pickleball Study Guide

Skill Related Component of Fitness
Coordination: Hand-Eye coordination is needed to be successful in Pickleball. Hand-Eye coordination impacts a player's ability to execute a wide variety of shots.

WHAT IS PICKLEBALL?....Pickleball is played with lowered badminton nets (similar to Tennis), whiffle ball, and paddle. Pickleball is a combination of Tennis and Table tennis.

SERVE...the server must straddle the end line. The serve must be made underhand with the paddle below the waist and ball hit out of the air (servers MAY NOT bounce the ball and serve). Only one serve attempt is allowed. The ball must be served diagonally and go beyond the short service line on the other side of the net.

NON-VOLLEY ZONE...the non-volley zone is the area from the short service line to short service line (gray to gray). It is a fault if any players volley (hit ball out of the air) the ball in this area.

DOUBLE BOUNCE RULE...each team must play their first shot off the bounce. That is, the receiving team and serving team must let the ball bounce once before playing it. After the two bounces have occurred, the ball can either be volleyed or played off the bounce.

FAULTS...occur when:
1. Hitting the ball out of bounds.
2. Ball not clearing the net.
3. Stepping into the non-volley zone AND volleying the ball.
4. Volleying the ball before it has bounced once on each side of the net as described in the "Double Bounce Rule."

SCORING....A team shall score a point only when serving. A player who is serving shall continue to do so until a fault is made. Games are played to 11 points, but must win by 2. Doubles serving rotation is "One Handed Down." In one handed down serving the team opening the game only gets one term of service. Every team after the initial serve gets 2.

POSITIONS...The READY POSITION is your stance prior to the ball coming to you. An excellent ready position has knees bent, on the balls of your feet, and arms indicate readiness. The OPPONENTS POSITION is the position of your opponent. You should study your opponent to play the ball away from them. The RETURN POSITION is where you go after the ball has been played. Successful players return to the middle of the court to cut down as many angles as possible.