

## Pickleball Study Guide

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

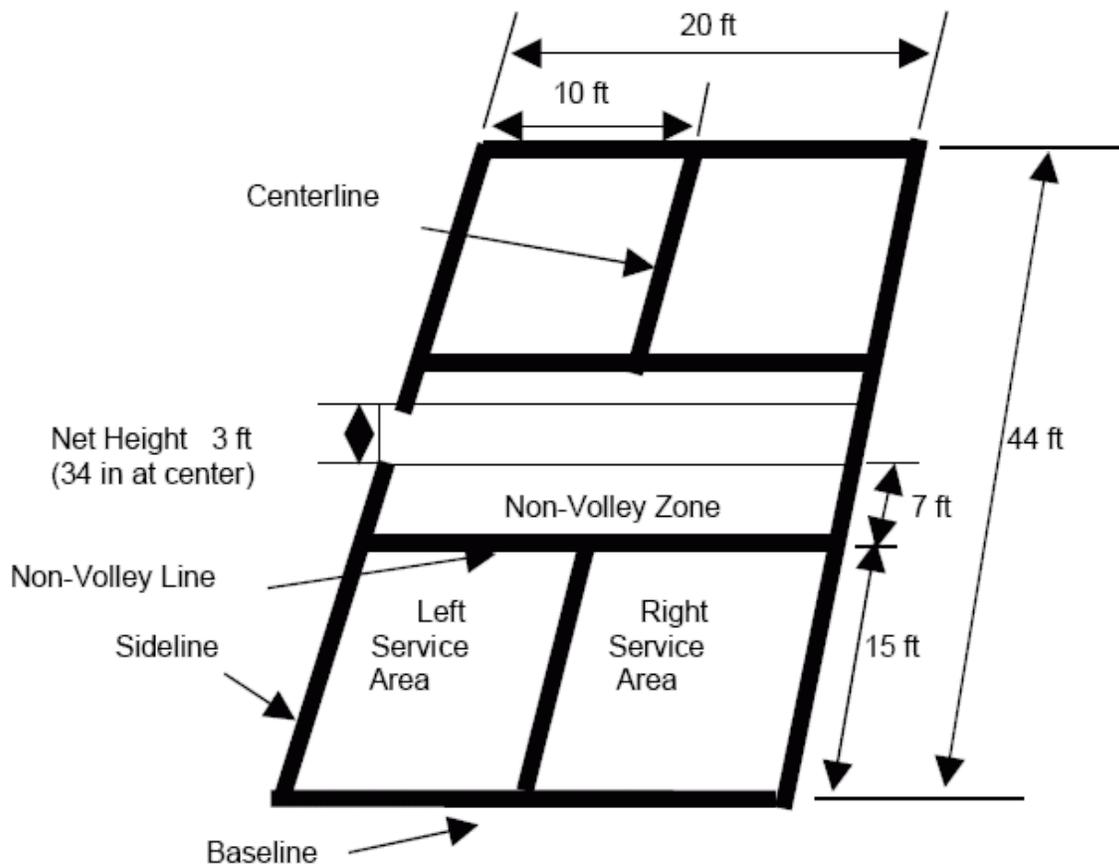
### History of Pickle ball

It was originated on Bainbridge Island outside of Seattle, Washington during the summer in 1965. It originated from the game of badminton, ping pong, and tennis, with some modification of the rules and replacing rackets with wooden paddles, pickle ball was born. The original purpose of the game was to provide a sport for the entire family. The name came from a dog-named "Pickles", who would run away with the ball every time it landed on the ground. Pickle-Ball was invented by US Congressman Joel Pritchard, William Bell, and Barney McCallum. Originally people played in their backyards on hard surfaces and driveways. Since the mid-1970's, Pickle-Ball has grown from a family activity game to a sport with formalized rules. The game was quickly introduced into schools and college physical education programs. Today pickle ball is played though out the United States, Canada, Japan Singapore, and Western Europe.

### Equipment

- Paddle- generally made of hardwood.
- Ball- resembles a "whiffle" ball.
- Net- badminton or tennis net can be used.

### Court Dimensions



## **Body Awareness**

Hand eye coordination, Footwork, Aerobic workout, Balance, and Strategy

## **The Object of Pickleball**

The object of pickle ball is to use strategy and good ball placement to try and keep your opponent off balance. To do this a good forehand/backhand is required along with proper footwork. Remember the key to a good forehand or backhand stroke is to extend the arm and reach for the ball as you make contact.

## **General Rules for Scoring**

1. Players may toss a coin or rally the ball until a fault is made. Winner of the toss or rally has the option of serving first or not serving first.
2. Only the serving team may score a point.
3. A shot that lands on a line is good.
4. Ball may be contacted only once per side.
5. May not play a shot in the non-volley zone without a bounce.
6. Only the player served to may receive the service, but should the ball touch, or be struck by, his/her partner, the serving side scores a point.
7. Each team must play their first shot off the bounce.
8. If the ball touches a line of the pickle ball court the hit is "IN".

## **Serving Rules**

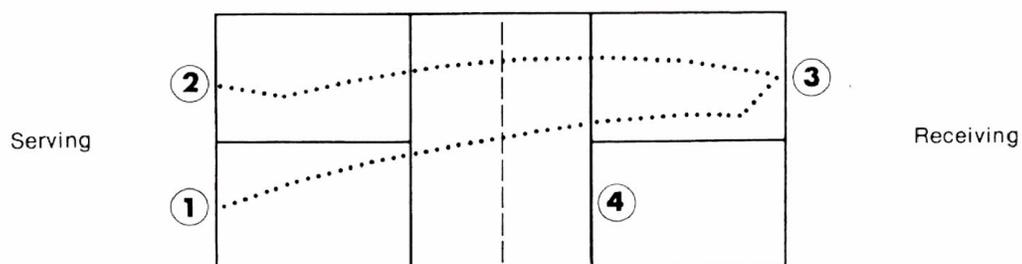
1. Player must keep one foot behind the baseline
2. Serves must be made UNDERHAND
3. The ball must be tossed in the air and hit before it hits the ground
4. Paddle must pass below the waist.
5. Server may NOT bounce the ball before serving.
6. Serve is made DIAGONALLY cross court and must clear the non-volley zone.
7. ONE serve attempt is allowed. EXCEPTION: If the ball touches the net on the serve and lands in the proper service court, this is called a LET and the serve may be taken over.

## **The Volley**

1. To volley a ball means to hit it out of the air before it bounces
2. All volleys must be done with the players feet behind the non-volley zone line

## **Double-Bounce Rule**

1. Each team must play its first shot off the bounce
2. The receiving team must let the serve bounce, and the serving team must let the return of the serve bounce before playing it.
3. Once the two bounces have occurred, the ball can be either volleyed or played off the bounce



## **Faults**

1. Not clearing the net.
2. Hitting the ball out of bounds.
3. Stepping into the non-volley zone and volleying the ball.
4. Not applying to the Double-bounce rule off of the serve, volleying the ball before it has bounced once on each side of the net.
5. If a player is playing a ball that has bounced in the non-volley zone and he/she touches the net with the paddle or any part of the body, it shall constitute a fault for that player.
6. When a player is hit by the ball whether he/she is standing inside or outside the court boundaries.
7. A ball seemingly going out of bounds must be allowed to hit the floor out of bounds. It is a fault to catch the ball and claim that it was going out.

## **Doubles Play**

1. Always start serving in the right hand court.
2. The serve should be diagonally across the court to the receiver in the opposite right hand court.
3. After complying with the double bounce rule the ball can be volleyed or played off of the bounce until a fault is made.
4. If a fault is made by the receiving team, the serving player switches serving courts and receives a point. *The same player will continue to serve.*
5. When the serving team makes its' first fault, players will stay in the same court and the second partner will then serve.
6. When they make their second fault they will stay in the same courts and turn the ball over to the other team.
7. If server's score is even, serve from the right court.
8. If server's score is odd, serve from the left court

## **Doubles Strategy**

Pickle-Ball involves strategies that include lobbing, overhead slamming, passing drive shots from the baseline and fast volley exchanges at the net. The key strategy to remember is that the team that reaches the front court in a net volley position first will be in the best position to win the point. Remember, the serving team must stay back until the ball has bounced once (double bounce rule) on their side prior to moving forward into the net volley position. The player receiving the serve should play with 1-2 feet behind the baseline anticipating a deep serve. The receiving team should hit a deep return shot and move forward to the net volley position side-by-side with their partner. This is an ideal attack position. The serving team needs to stay side-by-side behind the baseline for the serve and return of serve in order to play the ball after it bounces. They should try to use a passing shot, lob shot, or drop shot to avoid their opponent and allow them to come to the net.