

Pickleball Study Guide

Freshman Physical Education

History of Pickleball

In 1965, in the state of Washington, U.S. Congressman Joel Pritchard invented a family game—pickleball. The name *pickleball* came from the family dog, Pickle, who used to chase the balls all over the yard. What was once a backyard game played by few is now a game played in thousands of schools, recreation centers, and homes. Pickleball is played in the United States as well as Canada, Japan, Singapore, and Western Europe.

Fun Facts

- There are more than 100,000 pickleball enthusiasts worldwide.
- The United States Pickleball Association (USAPA) was founded in 1984.
- In 1999, the USAPA released its Official Pickleball Tournament Rulebook.
- In 1999, the State Games of Oregon included pickleball as a sport

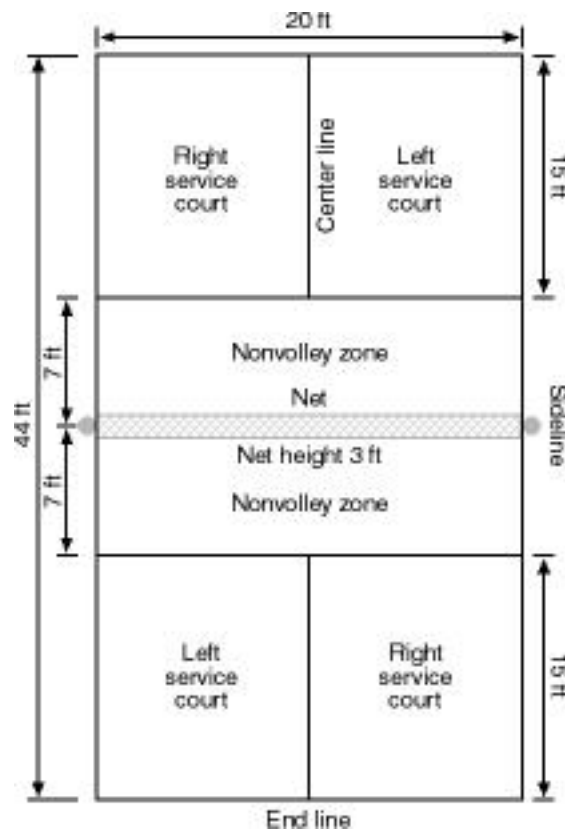
Benefits of Playing

- Pickleball is great for hand-eye coordination.
- Pickleball helps you to build self-esteem.
- It can be played when you are 5 or 85.
- It can be played indoors or outdoors.
- It is a ton of fun!

Pickleball Links

- United States Pickleball Association <http://www.usapa.org/>
- Singapore Sports Council <http://www.ssc.gov.sg/ltppbs2.htm>
- Pickleball Study Guide <http://www.jisedu.org/ms/pe/studyguide/pickleball.html>

Court Dimensions



This game is played on a badminton court. A pickleball court has a non-volley zone 7 feet deep on each side of the net. The court is 20 x 44 feet for both doubles and singles.

Equipment

- Wiffleballs the size of a baseball or softball are used (3 inches in diameter). The smaller the ball the faster the speed of the game.
- The paddle used in pickleball is made of hardwood or plywood. The head of the paddle is squared off and should not exceed 8 inches wide or 15 1/2 inches in length. A cord is attached to the butt of the paddle and the wrist should be inserted through the cord to ensure the paddle does not come off.
- A badminton net is hung 36 inches high at the posts and 34 inches high in the center of the net.

Vocabulary

- Ace- A serve the receiver can not get to and that scores a point for the server.
- Backcourt- The area around the baseline.
- Crosscourt shot- Hitting the ball over the net into the diagonal court.
- Doubles- A game played between two teams of two.
- Down the line- Ball that travels low over the net and parallel to the sideline.
- Drive- A ball hit after the bounce so it will travel to the back of the opponents court.
- Drop shot- A ball hit softly so that it just clears the net and lands very close to the net in the non-volley zone.
- Error: A point lost because of poor play...your mistake, not your opponent's.
- Face- Hitting surface of the paddle.
- Foot Fault- When the server fails to keep one foot behind the line.
- Forehand- A stroke played on the paddle side of the body.
- Game- Completed when one side has won 11 points and is ahead by at least 2 points.
- Let- Point that must be replayed.
- Let Serve- A serve that hits the top of the net but otherwise is legal. Must be re-served.
- Lob- A high arching shot that lands near the opponents' baseline.
- Non-volley zone- The area 7' on either side of the net; players may not step into this zone and play the ball until it has bounced; also may not step into on the follow through until the ball is down. This area must also be cleared on the serve for the serve to be legal.
- Odd court- The opposite court that you started in.
- Rally- Continuous play after a serve.
- Smash- A hard, over hand stroke that is hit in a sharp downward angle.
- Serve- The underhand stroke use to put the ball in play at the beginning of each point. Must be contacted below the waist with the paddle head down.
- Singles- A game played between two players.
- "Spin the paddle" done at the beginning of the game to determine who chooses:
 - Serve-receive or side of court.
 - Winner gets choice, non-winner gets remaining choice.
 - Can also use Rock-Paper-Scissors
 - Can also volley until fault is made
 - Can also use a coin toss
- Volley- A ball hit before it bounces.

Rules

- Service is determined by tossing a coin or rallying the ball until a fault is made. The winner of the toss or rally has the option to serve first or receive.
- A player must keep one foot behind the back line of the court when serving. The serve is to be made underhand and the paddle must pass below the waist of the person serving. The ball must be hit in the air on the serve (not out of the server's hand). You may not bounce the ball before the serve.
- The serve is to be made diagonally in the opposing teams court and must clear the non-volley zone. Only one serve attempt is allowed unless the ball touches the net on the serve and lands in the proper service court. If this happens, you may serve again. Players switch courts (right and left hand sides) only after a point has been scored.
- At the start of each new game, only one fault is allowed before giving up the service to the opponents. After this first serve, then both members of a team serve and fault before the service is turned over to the

opposing team. When the receiving team wins the serve, the player in the right hand court will always start play with the serve. The player serving continues to do so until a fault is made by his/her team (no point is scored). The next player in rotation then gains service.

- All volleying (hitting the ball in the air without letting it first touch the ground) must be done with the player's feet behind the non-volley zone line. It is considered a fault if the player steps over the line on his/her volley follow-through.
- A ball landing on any line is considered good.

Playing Doubles

- At the start of each new game, only one player on the first serving team is allowed a service turn before giving up the ball to the opponents. Thereafter both members of each team will have a service turn before the ball is turned over to the opposing team.
- In doubles, the player on the right at the start of a service turn, will be the first person to serve for their team and will continue to serve until he or she does not win a point. Then his or her partner will serve until he or she does also does not win a point. Then it is the other team's turn to serve.
- When the serving team scores a point, the server moves to the other side of the serving team's court. The receiving team should never switch sides.
- If the serve rotation is done properly in doubles, the serving team's score will always be even when the player that started the game on the right side is on the right side and odd when that player is on the left side.

Double Bounce Rule

Each team must play their first shot off of the bounce. Example – The receiving team must let the serve bounce and the serving team must let the return of the serve bounce before playing it. After the two bounces have occurred, the ball may either be played off of a bounce or volleyed.

Faults

The following are considered faults:

- Hitting the ball out-of-bounds
- Not clearing the net
- Stepping into the non-volley zone and volleying the ball
- Volleying the ball before it has bounced once on each side of the net
- Serving the ball into an incorrect area.
- Stepping on or over the non-volley zone line on a follow through.
- Missing the ball when you try to hit it.
- Server swings the paddle with the intent of hitting the ball but misses.

Scoring

- A point is scored only by the serving team.
- The game is played to 11 points.
- A team must win by 2 points.

Skills and Techniques

- Serve – When serving, the paddle must pass below the waist, the ball must be dropped and hit out of the air, and one foot must remain behind the back line.
- Two types of serve:
 - Drive – the ball has a flat arc over the net. It will land deep in the opponent's back court which will force the player away from the volley zone.
 - Lob– a defensive technique to keep the opponents in the back court area. This high arcing serve will tend to bounce higher and keep the opponent in a defensive mode.

Playing Strategies

- Serves are most effective when hit into the far back court and into the corners. Vary the serve.
- Return the service in the back court and the corners. Vary placement.
- Force your opponent to move from side-to-side and up and back.
- Take control of the net by forcing your opponents to hit shots from the back line.
- Hit the ball down the center of the court occasionally – this forces opponents to make choices which sometimes puts them out of position to hit the return.
- Use lob shots occasionally once you have drawn your opponent to the net.
- If you and your partner are near the net, use a lob as a defensive technique to allow you time to get back into position on your court.

Variations of Pickleball

- Dink-a-Dink: Both players play a half court game at the non-volley line. Non-volley line must be respected and is treated as a baseline. (Fault if ball is hit beyond the line). This play is good practice for dinking.
- Dink game: Both players play a half court game. Game starts at the non-volley line, with dink shots from each player. After that, players may dink, lob or use passing shots to any area within the half court. This play is good practice for improving play at the non-volley line.
- Australian Doubles/Cutthroat: Play between three players. Serving player plays against other two players and gets “two serves” before having to move to the opposite (receiving) side. Players rotate clockwise to assume new serving and receiving positions. Server continues to score points until two faults are made. Game ends when any player scores eleven (11) points and wins by two (2) points or more.