**PICKLEBALL STUDY GUIDE**

Below are the following terms, rules, critical elements, and tactical strategies that will be on the test.

**SERVE**

* Must be made behind the back baseline with at least ONE foot behind the line
* Contact with the ball can only be made **below the waist**
* You may not perform the serve off the bounce, must be in flight (similar to badminton)
* Serve may be replayed, if the ball hits the net and **lands in the proper service court.**

**VOLLEY**

* To volley a ball means to hit it in the air **without** first letting it bounce
* All volleying must be done with player's feet clearly behind the non-volley zone
* It is a fault if the player **steps on or over the non-volley zone line** during a volley.

**DOUBLE-BOUNCE RULE**

* Each team **MUST PLAY its FIRST SHOT OFF THE BOUNCE**.
* After the 2 bounces have occurred, the ball can be either be volleyed or played off the bounce

**SCORING**

* In our class, we play rally scoring, so you can score regardless of whether you are serving.

**SKILLS COVERED IN CLASS**

**Forehand**

***Preparation Phase*** – Ready stance, eye on the ball

***Execution Phase*** – Non-paddle side facing the net, parallel takeaway, parallel downswing with contact just at or in-front of the hip

***Follow-through Phase*** – Paddle extends through towards intended target, finish across your body

**Backhand**

***Preparation Phase*** – Ready stance, eye on the ball

***Execution Phase*** – Paddle side facing the net, step across your body, parallel takeaway with a stiff wrist, parallel downswing with contact just in front of the hip

***Follow-through Phase*** – Paddle extends through towards intended target, finish high to the sky

 **Drop shot or Dink**

***Preparation Phase*** – Ready stance with paddle in front of the body, eye on the ball

***Execution Phase*** – Stay squared towards the net, extended paddle in direction of the ball (think of playing catch using the paddle as a mitt), NO TAKEAWAY, adjust paddle angle to change ball height

 ***Follow-through Phase*** – make contact in front of the body, NO FOLLOW-THROUGH

**Smash**

***Preparation Phase***– Attack the net, ready stance

***Execution Phase*** – Non-paddle side facing the net, paddle to hip, eye on the ball, body under the ball, reach high to strike ball at high point, paddle angled downward

 ***Follow-through Phase*** – Pull downward across your body, return to ready stance

**STRATEGIES**

* Serves should go deep into the opponents court to push opponent away from the net
* Use a dink or smash when opponents are deep in their court to ‘win the point’

**HOW TO CORRECT SKILL EXECUTION**

During a forehand or backhand…

* Miss to the right or left – **TIMING of SWING**
* Miss too high or too low – **ANGLE OF THE PADDLE**

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**Serve - Forehand -**

**Backhand -**

**TEST DATES -** Mon/Weds on **2/1 &** Tues/Thurs on **2/2**