STEP ONE: Setting Up the Gym

Equipment Needed: Ten or more pickleball paddles and five or more wiffleballs. The court is already laid out on the playground area which is marked by white painted lines.

(All the equipment needed to have at least five separate paddleball games)

(One of five courts all Lined and painted on outside of gym)
STEP THREE: Rules and Procedures

Reminders and Rules for PaddleBall:

Object of the game: Play another person by alternating hits and try to not make a mistake before they do. The player who makes a mistake is out.

A Player makes a mistake when they Do the following:
1. Missing the ball or not hitting it before it bounces twice.
2. Hitting the ball below the designated line on the wall which is the 6th brick and below the rough bumpy bricks.
3. Hitting the ball and it hits outside the boundary line on the first bounce.
4. Hitting the ball before it bounces. The ball must always bounce once before a player hits it.
5. Missing the serve which is struck underhand behind the server line. The server only gets one try to put the ball in play correctly.

Procedures of play:
1. The players make their own calls and if they ever have a disagreement then the next person in line will be the deciding factor.
2. The person who wins the point starts the next point.

(The sixth brick and above is a good hit below this mark is a bad hit and loss of point)  (An example of the ball being in when it hits the line)
STEP FOUR: Playing the Game

When playing, here are some helpful suggestions:

1. Make sure the line is behind the waiting line so they do not get in the way of play. Also make sure the line is paying attention encase there is a disagreement on the call then the players in the line can help figure it out.

2. If a person in the group is having problems let them know they can go and play in another group if they wish once everyone gets started.

3. Ask and expect the students to play semi-quietly. If it gets too loud, the students won’t stay focused. They will make all kinds of mistakes which break and slow down the game.

4. Have them just use two paddles and one ball at each court, it keeps them on task better, if you give them all a paddle they tend to get off task with the extra equipment.

(Students watching and waiting nicely until it is their turn)
STEP FIVE  Possible Teaching Moments During the Game

Besides the obvious teaching of thestriking skills and manipulating of objects, there are many other teaching moments I encounter during the paddleball game:

1. The conceptthat sports come in many different shapes and sizes. Because of this it is necessary to know some of the major individual characteristics of a certain sport you might play. Paddleball, I like to talk about how this game uses the same stroke as in tennis and show them how to hit a proper forehand and backhand.

   **Forehand Technique:** Keep arm mostly straight and swing the arm using the shoulder muscles. Remember to follow through so your upper arm comes up to your chin.

   **Backhand Technique:** Keep arm straight and after contact with ball follow through like you are raising your hand and asking a question.

2. The concept of focus. Paying attention, in my opinion, is a skill that is not easy to just turn on or off. I try to get my students to pay attention and stay focused on what they are doing so they can reach their full potential. This attribute also helps the group stay on task and get the most out of the activity. If I have a group that is doing this really well, I like to praise this group and point out what great things I am seeing. I show how their focus is helping their game be a lot of fun.

3. The power of encouragement. When playing an activity where you have a teammate or in golf where you play with a group of people for the whole time, it is crucial that you are both encouraging and supportive to one another. When a player is struggling, it might be your encouraging comments that make the difference and get that that player back on track. When I see this positive interaction between students, I like to spotlight it on a smaller scale and later bring it to the attention of the class when the timing is good.
EXAMPLES OF STUDENTS PLAYING PADDLEBALL