Gilbert Schools Kids Camp
Tuesday July 18th K-3rd Grades

Ask the kids if they have played pickleball...give them a brief, very brief one minute background
It’s fun to ask them if they can guess why the game is called pickleball...the answers are great

- The game was designed for kids and is now 52 years old
- Similar to tennis, ping pong
- Named after a dog
- Discuss safety rules
  - No chasing the ball if it gets away...one of the camp counselors will chase it
  - No throwing the ball hard at another person
  - No overhand throws
    - The game is designed to be played underhanded
- Line the kids up on one side of the net about 4-5 feet away (dink shot)
- Counselors and instructors on the other side

Hand-eye coordination without paddle (max 5 minutes)
- Toss ball over the net and have them catch and toss back over the net. (dink shot)
  - This is a foundation for the basic shot, the dink, and the serve
    - For a challenge have them move back to 10 or 12 feet (serve)
    - Remember, we teach the game from the inside out
- (kids get bored easily so move forward with them, they want to be challenged)

Hand-eye coordination and balance with paddle and ball (max 5 minutes)
- Have each kid pick up a paddle and a ball and see how long they can balance the ball on the paddle
- For higher challenge have them march in place while balancing ball
- Another challenge is to see if they can bounce the ball, lightly off the paddle

Divide kids up into two or three smaller groups  (10 minutes max each and rotate each group)
(Sub Group One)
- Off to one end of the gym take a group and have them bounce the ball in a four square game (where they are bouncing to each other underhanded, or you can divide them up into teams to develop team work skills)

(Sub Group Two)
- If the gym has hula hoops have the kids serve and try to hit the circle, or if no hoops, use a box

(Sub Group Three)
- Set up the kids on one side of the net and toss the ball to them having them hit is back for dink practice

Rotate the groups so all groups have a chance with all skill exercises
Gilbert Schools Kids Camp

Wednesday July 19th 4th thru 6th Grades

Ask the kids if they have played pickleball...give them a brief, very brief one minute background
It’s fun to ask them if they can guess why the game is called pickleball...the answers are great

- The game was designed for kids and is now 52 years old
- Similar to tennis, ping pong
- Named after a dog
- Discuss safety rules
  - No chasing the ball if it gets away...one of the camp counselors will chase it
  - No throwing the ball hard at another person
  - No overhand throws
  - The game is designed to be played underhanded
- Line the kids up on one side of the net about 4-5 feet away (dink shot)
- Counselors and instructors on the other side

Hand-eye coordination and balance with paddle and ball (max 5 minutes)

- Have each kid pick up a paddle and a ball and see how long they can balance the ball on the paddle
- For higher challenge have them march in place while balancing ball
- Another challenge is to see if they can bounce the ball, lightly off the paddle
  - Challenge them to see how many times in a row they can keep the ball in the air

Divide kids up into two or three smaller groups (max 10 minutes each and rotate each group)

(Sub Group One)

- Using one of the nets teach proper paddle grip court layout and practice serving, split the kids up even number on each side of the net. The receiver catches the ball and has their turn to serve.

(Sub Group Two)

- If the gym has hula hoops have the kids serve and try to hit the circle, or if no hoops, use a box

(Sub Group Three)

- Set up the kids on one side of the net and toss the ball to them having them hit is back for dink practice

If time provides allow the students to play a few games to 3 or 5 points, at this age kids are more competitive, stress safety concerns such as: no chasing balls onto another court, no backing up, no cross foot movement....teach shuffle side to side movement. **no hard hits.**
Gilbert Schools Kids Camp
Thursday July 20th Junior High Grades

A. Expected Student Goals & Learning Outcomes (Ages 12 +) Playing the Game
   a. Overview of pickleball
      i. History of the game
      ii. The court layout and all its parts
      iii. The ball
      iv. The paddle
      v. Playing attire
      vi. Safety Issues...Demonstration
         1. No chasing balls on to other courts
         2. No backing up
         3. If a ball comes on to your court from another stop play

b. Fundamentals of the game...Demonstration
   i. Paddle grip
   ii. Ready position
   iii. Basic swing
   iv. Serve
   v. Return
   vi. Two bounce rule

c. Basic Shot Types
   i. Dink
   ii. Volley
   iii. Ground stroke

1. Playing the Game
   d. Setting up recreational play
   e. Warm up drills
      i. Stretching
      ii. Dinking
      iii. Ground strokes
      iv. Serve and Return
   f. Game Structure ...Demonstration
      i. Play games to 5 points
      ii. Rotate other players in
      iii. Play team game, (players rotate in and out during the game between points)

Expected Student Goals & Learning Outcomes (Ages 12+) Playing the Game