

Cuyuna Lakes Pickleball Beginners Class
 April 23, 2024 | Hallett Center – Crosby, MN

Pickleball Introductory Training

TIME	ACTIVITY	DETAILS	TEACHING POINTS	COMMENTS
0:00-0:02	Meet & Greet	1. Learn names, 2. Set expectations 3. Outline goals	General Safety Rules.	These are beginner lessons. Today we will teach you the basics about PB. You are likely here because you have a curiosity about PB & want to try it out and maybe be able to play with friends/family. Right? You will learn today by playing.
0:02-0:05	Try to Rally	Demonstrate with one player. Next, group of 4 tries to rally, hitting “friendly” balls.	What makes pickleball fun is being able to hit the ball back & forth (rally). Work together to keep the ball in play.	Promote fun, effort & safety. The rules/technique/grip don’t matter now as the goal is to have fun. Keep track of the # of hits the group can make to note later improvement.
0:05-0:12	Throw & Catch the Pickleball	Toss & catch from near the NVZ.		Move players laterally (left & right) for increased challenge.
-0:12-0:28	Rally Progression	Self-rally (groundstroke (gs)/volleys. Partner toss/hit	In PB, hitting the ball in the perfect spot is not easy. What was difficult about the balls after the 1 st hit? In PB it is receiving well/being ready (in position, set/stable, etc.) to hit the ball that matters. Footwork is important for being ready. Move, hit, recover. THROWING FIRST: Demonstrate with 1 player first. Each player is facing the net. Catch and throw thigh-high & out in front impact point. Set (being stopped/balanced, knees slight balanced, bent	Practice with both FH & BH. Self-rally: 6X alternating between FH & BH (flip/flop. Reaching 6 earns you a letter in the alphabet. Water break at conclusion of the Self-rally contest.

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			<p>slightly forward from the waist) & sideways when catching. Next: all participants on the court and rotate to new partners. Left/right: creates more challenge. <u>Advance attendees from catching facing the net to perpendicular (sideways) to the net.</u></p> <p>NEXT INTRODUCE PADDLE: (Individually first) Groundstroke (GS):Forehand (FH) (Palm up): Bounce/hit up GS:Backhand (BH) (Knuckles up: Bounce/hit up Volley (Paddle out in front and chest high). Facing the net. FH first (palm up): Each player <u>bounces the ball off their paddle (no bounce off the floor)</u> chest high out in front of them. Next: BH Volley (knuckles up) Volleys reduce opponent’s time to react & puts pressure/stress on them vs. you letting a ball bounce & then hitting it to them. Self-rally contest (45 seconds).</p>	
0:28-0:31	Try to Rally	Apply new technical skills to group rally.	<p>Work to receive the ball well. Send “friendly” balls to improve consistency & proficiency. Make contact between body & net.</p>	<p>One player throws (friendly) underhand from NVZ line to opposite player standing $\frac{3}{4}$ court. Friendly means: <u>throw like you are throwing to a 3-year old.</u></p>

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				<p>4 tries (including 2, FH & 2, BH) Change Hitter & Thrower</p> <p>Next: Friendly Cooperative Group Rally. Instructor counts. Emphasizes good impact points, receiving the ball well allows us to send the ball the way we want.</p>
0:31-0:41	Friendly Play	<p>Shots 1 & 2 must be friendly & allowed to bounce. Then, play to win.</p>	<p><u>Reinforce set-up point and impact point.</u> Hitting the ball low or hitting the ball fast is one way to give opponents less time to react. What are some other ways?</p>	<p>Everyone sets up at $\frac{3}{4}$ court. Mention on line is in bounds, outside of perimeter lines is out of bounds. Don't hurt yourself, know your limits.</p> <p>After playing a while, <u>introduce a bonus point for hitting a volley on a winning point.</u></p> <p>One example of when to volley is when you are close to the net at the NVZ line. You have more chances to volley if you move closer to the net (& the ball is higher) and give opponent's less time. Water break.</p>
0:41-0:50	Learn to Serve	<p>Experiment with drop (can't throw) serve and traditional serve. Can do either.</p>	<p>Start talking about rules: base line, NVZ line, service boxes, etc. Traditional serve (hitting out of the air) rules:</p> <ol style="list-style-type: none"> 1. Contact below belly button. 2. When you swing, the paddle must have an upward arc. 3. Paddle cannot be above your wrist when you swing. <p>Drop serve, you can swing at the ball however you want to.</p>	<p>Learning to Serve Practice: You serve to your opponent and they stop or catch it and serve it back to you. Demonstrate first with one player and then all four players practice serving.</p> <p>Practice from both the left & right sides.</p> <p>Then move on to returning the serve. Serve, return, catch. 3 opportunities and switch servers.</p>

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			Crosscourt to service box. Behind the baseline.	<p><u>Encourage good impact point and setup on return of serve.</u></p> <p>Next is game time. 2 friendly's (must bounce) and play with a difference which is each person gets to serve two times (one from each side). We will make a new rule: The two-bounce rule. The returning team has the chance to come to the net first & in our game, must do that & be "scary". Serving team serves & stays for 2nd bounce.</p>
0:50-0:57	Return & Run to Non-Volley Zone (NVZ) Line	Returners must run to net after return of serve.	Volleying takes time from opponents. Returners have the first chance to volley.	<p>Players are "scary"/"intimidating" when near the net.</p> <p>Introduce server's partner positioning.</p> <p>Also introduce returner's partner's positioning.</p> <p>Returner returns & runs to the NVZ/net.</p> <p>Discuss rules regarding the NVZ. Cannot volley in the NVZ including touching the line because the line is in the NVZone.</p>
0:58-1:03	Real Points	Play real points with rally scoring (at the end of any rally, a team scores a point).	No new teaching points. Reinforce prior teaching.	<p>Go on to real serving (not rally serving). Scoring. Serve order, server rotation, both people on a side serve.</p> <p>Praise & encourage. Finish on high note.</p>
1:03-1:05	Wrap-up	<p>Transition from rally scoring to regular scoring (winning a rally when you are serving).</p> <p>Mention at the beginning of a game, only one server serves.</p>	Congratulate players. Review key points & what they learned today.	Explain next steps &/or their next opportunities.