

PICKLEBALL

Overview

Pickleball is a fast-paced, singles or doubles game using skills associated with tennis, but played on a badminton court. The net is 3 feet high; the rackets are solid wood or plastic. The ball is a small whiffle ball. The skills are similar to tennis with forehand and backhand drives, lobs and volleys.

Safety Considerations

1. Be careful not to let the paddle slip out of your hand....control your swing and keep a tight grip.
2. Warm up before starting the game. Stretch both your legs and arms.
3. Call for the ball to minimize contact with your doubles partner. Be aware of your surroundings so that you do not hit anyone with your paddle.
4. Do not walk through another players court to retrieve you ball.

Care of Equipment

1. Place equipment in storage containers; do not toss the paddles in.
2. Place whiffle balls in storage provided; do not just throw!

History

Pickleball was invented by a member of the United States House of Representatives from Seattle, Washington in 1965. Joel Pritchard was looking for something to do on a summer afternoon so he sawed off some badminton rackets and started hitting plastic balls around. This was the beginning of a new game. His pet cocker spaniel, Pickles, kept running off with the loose plastic balls; the game was named after his dog!

TECHNIQUES

Serve

Hit the ball out of the hand, below the waist
Reach toward the net on the follow through
Lift the ball over the net

Forehand Drive

Turn opposite shoulder toward the net
Hit the ball at waist height. Be sure to follow through

Backhand Drive

Turn shoulder of hitting arm toward net
Contact ball at waist height
Follow through

Overhead Slam or Smash

Like a badminton smash or a tennis serve

Point at ball with opposite hand
Reach up and contact ball as soon as possible with elbow extended
Follow through to opposite side of body

Drop Shot

Cut the ball down the back side as contact is made. It will bounce and stop or bounce back over the net.

Volley

Move to the ball
Reach forward and hit the ball before it bounces

Doubles Strategy

1. Use a variety of strokes including lobs, slams, passing shots and volleys.
2. The strongest position is to have both players side by side one foot back from the non-volley zone.
3. Remember this is a sport where placement, patience, and tactics are more important than brute power and strength.

Player Position on the Court

1. The serving team stands side-by side on the baseline in a defensive position; they must stay back until the ball has bounced on their side.
2. The receiving team has the player not receiving serve in the net-volley position; the player receiving serve should play behind the baseline to return a deep serve.

Shot Selection - Receiving Team on Offense (In the Net-Volley Position)

1. Overhead smashes down the middle of the court or angled to sides are effective.
2. Drop shots clearing the net into the non-volley zone may force a weak return that can be put away.

Shot Selection - Serving Team on Offense (In the Net-Volley Position)

1. Serve hard and deep to force weak return, then take the net.
2. Hit passing and drive shots at the player who is coming forward after receiving the serve.
3. Lob shots deep to the receiving team's baseline.
4. Hit drop shots into the non-volley zone.

Rules

1. Court - It is the size of a badminton court, 20 by 44 feet. The top of the net is 3 feet off the floor.

2. Serve - Player must keep one foot behind the back line when serving. The serve is made underhand. The paddle must pass below the waist. The server must hit the ball in the air; it may NOT be bounced. The service is made diagonally cross court and must go past the non-volley zone. Only one serve attempt is allowed, unless the ball touches the net on the serve and lands in the correct service court. Then the serve is repeated. At the start of each new game, the first serving team is allowed only one fault before giving up the ball to opponents. After that, both members of each team will serve and fault before the ball is turned over. When the receiving team wins the serve, the player in the right hand court will always start play.

3. 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 behind the non-volley line. It is a fault if the player steps over the line on his volley follow through.

4. Double bounce rule - Each team must play their first shot off the bounce. That means the receiving must let the serve bounce, and the serving must let the return of serve bounce. After these two bounces, the ball can be volleyed or played off the bounce.

5. Fault - This occurs in the following ways:

- a. Hitting the ball out of bounds
- b. Not hitting the ball over the net
- c. Stepping into the non-volley zone and volleying the ball
- d. Volleying the ball before it has bounced on the receiver's side and the server's side

6. Scoring - A team shall score a point only when serving. A player who is serving will continue to serve until a fault is made by his team. The game is played to 11 points; the winners must be ahead by two points.

7. Determining serving team - Rally until a fault is made. Winner of the rally has the choice of serving or receiving.

Terminology

Approach shot - A shot hit inside the baseline while moving to the net.

Backcourt - The area near the non-volley zone and baseline.

Backhand - Stroke hit on the non-racket side of the body

Baseline - The end line of the pickleball court

Down-the-line - A shot hit near a sideline going close to and parallel to the same line from where it was hit

Drive - A low shot that is hit near the opponent's backcourt

Drop shot - A stroke hit in a way that ball falls just over the net in the non-volley zone

Fault - A serve which lands out of bounds or court area

Foot fault - Failure on the server's part to keep at least one foot behind the baseline when serving

Forehand - The shot hit on the racket side of the body

Game - This completed when one team earns 11 points and leads by 2 points

Half-volley - A ball hit only inches from the court surface after the bounce

Let - Any point that must be replayed

Let serve - A serve that touches the top of the net and goes into the correct court; it must be replayed.

Lob - A ball hit high to pass over the reach of an opponent, but lands in

Non-volley zone - The 7 foot area on either side of the net where the ball may not be hit on the fly

Pace - The speed of the ball

Passing shot - The shot which passes beyond the reach of the net player and lands in

Serve - The underhand stroke used to put the ball in play

Slam - A shot hit forcefully from over head; same as smash

Smash - A shot hit forcefully from over head; same as slam

Volley - To hit the ball in the air before it bounces

