ADA SPORTS® and RACKETS, LLC

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**TEACHING PICKLEBALL SKILLS**

**By: Randy Kempke, ADA Sports and Rackets**

**Groundstroke:**

1. Toss Rubber Band Ball or Sponge Ball underhand back and forth with partner.
2. Toss and move with partner. (Teaches students to move in a well-balanced and ready position which is also useful in many other activities.)
3. Toss rubber band ball to partner who catches ball with racket head. (Teaches students racket control.)
4. Down bumps
5. Up bumps
6. Flip flop bumps (Bumps help develop wrist strength and racket control.)
7. Underhand toss hit and catch (Stress to the student - racket back quickly).

NOTE: Have the students assess each other by checking follow through over the opposite shoulder and the heel up.

1. Both students now hit back and forth over a jump rope or line. The key is controlling the ball and seeing how many times in a row they can hit it back and forth.
2. Divide the class up and have them in two single file lines facing each other. It is important that students not hitting are constantly moving. As a class see how many times, they can keep the ball in play back and forth hitting groundstrokes. (Remember if they are not hitting, they better be moving.)

**Volley:**

1. Pair up with partner having one person with a racket or paddle in hand. Racket should be held up with top of racket at eye level. Partner shall toss underhand while the other student punches ball back to them without swinging. (Visualize a cat pawing.)
2. Volley from both forehand and backhand position. (Work on getting back to ready position quickly after volley.)
3. Work on volley coming right at midsection or head. One student tossing underhand and the other volleying. To achieve this volley step away with the right leg if you are right- handed and hit with a backhand volley. If left -handed step away with the left leg and hit with backhand volley.
4. Divide the class up and have them in two single file lines facing each other. It is important that students not hitting are constantly moving. As a class see how many times, they can keep the ball in play back and forth hitting volleys. (Remember if they are not hitting, they better be moving.)

**Lob and Overhead:**

1. One student hitting a lob by lifting the object up and the other student hitting overhead. (Get the racket back behind the head quickly and point to the sky when hitting an overhead.)
2. Divide the class up and have them in two single file lines facing each other. It is important that students not hitting are constantly moving. As a class see how many times, they can keep the ball in play back and forth with one side hitting lobs and the other side hitting overheads. (Remember if they are not hitting, they better be moving.)

**Remember to always stress safety when teaching racket skills. If a ball goes errant have them raise their hand and you or an aide will retrieve the ball.**

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