

## PICKLEBALL GAMES

### 1. FIND THAT LINE

Equipment Needed:           None

Set Up:                    No set up needed.

How to Play:

1. Teach the class the different parts of the court.
2. Call out a part of the court and the players must run to it as fast as possible.
3. The last person to get there is out.
4. Parts of the court: baseline, center line, sideline, left service court, right service court, no volley zone, net.

### 2. KING OF THE COURT

Equipment Needed:           Paddle, Ball, Net

Set Up:                    No set up needed.

How to Play:

1. Place players in stacks.
2. Instructor is on opposite side of the net with the ball.
3. First person in line steps up.
4. Instructor serves them the ball.
5. If they get a paddle on it, they stay in the game (go to back of line).
6. Next person goes.
7. Play several rounds, making it a harder task each round.
8. Example: Round 1 – Must get a paddle on the ball, Round 2 – Must return the serve over the net, Round 3 – Must return a backhand.
9. Last person standing is King (or Queen) of the Court.

### 3. POPCORN

Equipment Needed:            Balls, Net

Set Up:                        No set up needed.

How to Play:

1. Players stand in stack, facing away from the net.
2. Instructor should have 1 less ball than players.
3. Instructor calls out "POPCORN!" and throws the balls over the net.
4. Players race to get a ball (catch it with hands, no paddles)
5. The player that does not get a ball gets to call POPCORN next round

### 4. Ring Around the Rosie

Equipment Needed:            Paddles, Balls, Net

Set Up:                        No set up needed.

How to Play:

1. Form a circle around the Instructor.
2. Instructor stands in the center of the circle with a ball.
3. Instructor gently hits the ball to a player.
4. Player must let the ball bounce once and hit it back to the Instructor.
5. Instructor then hits to another player.
6. If the ball bounces more than once, or goes out of the circle (a bad hit) player must sit down

Tips:

- This game is to teach ball control. Tell the players to hit it lightly.

### 5. Z HITS

Equipment Needed:            Paddles, Balls, Net

Set Up:                        2 Instructors on separate courts

How to Play:

1. Place players in 1 stack off to the side.
2. First person runs onto first court and receives a volley from the Instructor.
3. They return it using a forehand stroke.
4. Then they run onto second court and receives a volley
5. They return it using a backhand stroke.
6. Then go to the back of the line, next person goes.

## 6. Around the World

Equipment Needed: Paddles, Ball, Net

Set Up: No set up needed.

### How to Play:

1. Divide the players into 2 equal teams.
2. One team on each side of the court.
3. Instructor starts with the ball and hits it to one side.
4. That team must hit it over net to opposing team.
5. After you hit the ball you MUST run over to the other side of the net and join other team.
6. If a person hits the ball and their volley goes out of bounds, that is a strike.
7. 3 strikes and you are out of the game

### Tip:

- When it is down to the last 2 players, have them start on opposite sides. The first person hits to their opponent and instead of switching sides, they must drop their paddle and spin around 3 times quickly and hope to be quick enough that they are ready to hit the ball from their opponent.

## 7. Target Practice

Equipment Needed: Paddles, Balls, Cones, Net

Set Up: Place cones all over court.

### How to Play:

1. Split class into 2 or 3 teams.
2. Each team must be placed behind the baseline.
3. Object is to hit the target cones.
4. Assign points for each cone.
5. Time for 2 minutes and see which team gets the most points.

## 8. Circle Serving

Equipment Needed: Paddles, Balls, Cones, Net

Set Up: Use cones to create circle in service box.

### How to Play

1. First person in line has a ball and serves.
2. Object it to serve the ball into the circle.
3. If you get the ball into the service box you get 1 point.
4. If you get it in the cones circle you get 10 points.

## 9. Hangman

Equipment Needed: Paddles, Balls, Net

Set Up: No set up needed.

### How to Play:

1. Place players in a line from sideline to sideline.
2. Instructor throws ball to first player, who must return it over the net.
3. If he makes the shot, he is whole and the coach moves on to the next player
4. If he misses, he losses a body part, in this order:
  - a. 1st miss: stands on one leg
  - b. 2<sup>nd</sup> miss: stands on one leg and one arm behind back
  - c. 3<sup>rd</sup> miss: one knee on ground and one arm behind back
  - d. 4<sup>th</sup> miss: kneeling on ground and one arm behind back
  - e. 5<sup>th</sup> miss: laying on ground
  - f. 6<sup>th</sup> miss: out

## 10. Speed Ball

Equipment Needed: Paddles, Balls, Net

Set Up: No set up needed.

### How to Play

1. Players should form a small circle (circle gets bigger with each round).
2. All players are on the same team working together.
3. Players are to hit the ball in a designated direction without skipping any players.
4. Type of hit should be a tap with one bounce to the next player.
5. Players receiving the ball should catch it.
6. Instructor should create time limits that players have to beat to get ball around the circle.

## 11. Clean Up Your Backyard

Equipment Needed: Paddles, Balls, Cones, Net

Set Up: Create a rectangular boundary with cones.  
Create a "No Man's Land" boundary in the middle of the gym/field- this area should extend all the way across the boundary.  
Spread balls all over the boundary.

How to Play:

1. Divide the class into 2 teams.
2. Each player should have a paddle.
3. No players are allowed in the "No Man's Land".
4. Players begin by sitting on their "No Man's Land" line.
5. When the whistle blows, players may get up and begin hitting all the balls on their side to the other teams' side.
6. The object of the game is to have the least amount of balls on your team's side.
7. Opposing sides may hit (return) the balls back to the other side without stopping the balls first.

## 12. Treasure Hunt

Equipment Needed: Paddles, Balls, Cones, Net

Set Up: Create "baskets" with the cones around your programming space.  
"Baskets" could be corners, circle of cones, mats, etc.  
Spread all balls around the area.

How to Play:

1. Set a time limit for the players to collect the balls and put them in the correct baskets.
2. Players must either deliver the balls with Ball Balance, Tap Downs, or Bump Ups

### 13. Numbers Games

Equipment Needed: Paddles, Balls, Cones, Goals, Net

Set Up: Create a playing field with cones or use a court with a net.

How to Play:

1. Divide the class into 2 teams and give each team its own set of number's i.e. – 1,2,3
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one other player on the other team.
4. Call a number and throw out 2 balls.
5. The players from the different teams with the same number must run out and get a ball, collect it, and hit it over the net to the opposite side.
6. Each player gets 1 shot.
7. Whether it goes over the net or not, they have to collect the ball, and return it to the Instructor as fast as possible, then return to their team.

Tips

- Award points for a player who runs back to his/her team faster than the other player or for cheering loud.

### 14. Four Score

Equipment Needed: Paddles, Balls, Cones, Net

Set Up: Create a goal made of cones for each team in each corner of the court  
Set up a “crease” that defending players must be outside of for each goal

How to Play:

1. Divide the class into 4 equal teams.
2. Each player has a paddle.
3. Put each team in a corner.
4. Each team is given a ball.
5. Each team also has a goal made of cones.
6. The object of the game is to try and score on other teams, as well as protect your goal from getting scored on.
7. Instructors must implement rules for the type of swing players may use to try and score.
8. Swings could be lob, serve, underhand, backhand, etc.
9. 10 points for scoring a goal.

## 15. Simon Says

Equipment Needed: Paddle, Balls, Net

Set Up: No set up needed.

How to Play:

1. Players are to follow whatever directions Instructors give as long as they begin their directions with "Simon Says."

Tips:

- Use your own name instead of "Simon" so players can learn your name.
- Remember to be creative when making up tasks.
- If you don't say "Simon Says" when giving a direction perform the motion yourself to throw off players.
- Be sure to incorporate Ball Balance, Tap Downs, Bump Ups.

## 16. Soda Fountain

Equipment Needed: Paddles, Balls, Cones, Net

Set Up: Create a rectangular boundary with cones.

How to Play:

1. Designate each side of the boundary a different name of drink.
2. Make sure the players know which side of the boundary is named what.
3. When Instructor yells the name of the drink out all players must go to that side.
4. Instructor will establish if they need to do Ball Balance, Tap Downs, Bump Ups to get to each side.

Tips:

- Drink Names: Coke, Sprite, Mountain Dew, Dr. Pepper, Fruit Punch, Gatorade, etc.
- Make the center of the playing area another name of a drink and if using other sports equipment, when you call out the name, players may take one shot and returns to the middle.

## 17. Relay Races

Equipment Needed: Paddles, Balls, Cones, Net

Set Up: No set up needed.

How to Play:

1. Players are split into even stacks (lines).
2. Create a point-to-point straight course with cones for each stack of players.
3. Instructors may incorporate any tennis or athletic movement to provide a series of challenges for the players.
4. 1<sup>st</sup> team to be sitting quietly in a straight line wins.

Tips:

- Be sure to add a variety to the challenges.
- If a particular challenge seems to be exciting for the players do it a series of times.

## 18. Sky Ball

Equipment Needed: Paddles, Balls, Cones, Net

Set Up: No set up needed.

How to Play:

1. Players form line.
2. First player steps out with ball and paddle.
3. Player drops ball for one bounce then must hit it as high as he/she can to the other side of the court, while still landing in bounds.
4. If ball stays in bounds, players may stay in game and go to back of the line.
5. If ball goes out of bounds, player is out and goes to other side to retrieve balls.
6. Instructor can judge whether or not a ball is hit to "flat" with no "lob" to it.



## 19. Space Invaders

Equipment Needed: Paddles, Balls, Cones, Net

Set Up: No set up needed.

### How to Play:

1. 1 player on the base line in the center of court
2. 6 players at the net spread out on the opposite side.
3. The coach feeds the ball to the baseline player to get the game started
4. The baseline player hits the ball back over to the net players
5. When a net player misses a ball they must duck down
6. The baseline player has six chances ( balls fed ) to get the net players all out
7. If all the players are down the baseline player is the winner
8. Then rotate one position anti clock wires so everyone gets a go on each position of the court.

## 20. Mini Pickleball

Equipment Needed: Paddles, Balls, Cones, Net

Set Up: Use net and court or set up "mini courts" with cones.

### How to Play:

1. Have 1 player stand on the service line on one side of the court and the other player stand on the other side of the court on the other service line.
2. Have the students play a game only hitting the ball inside the service boxes.
3. Any ball to go deep or wide losses the point.
4. No volleys are allowed.

## 21. Pickleball

### How to Play the Game

- Pickleball is played either as doubles or singles. The same rules apply for both singles and doubles.

### Rules Summary

- The ball is served underhanded and diagonally to the opponent's service court without bouncing it off the court.
- Points are scored by the serving side only and occur when the opponent faults (fails to return the ball, hits ball out of bounds or into the net, etc.)
- The server continues to serve, alternating service courts, until the serving side faults

- The first side scoring 11 points and leading by at least a 2-point margin wins
- You must win by 2 points
- Following the serve, each side must make at least one ground-stroke prior to volleying the ball (hitting it before it has bounced)
- Non-Volley Zone (also known as the kitchen): A player cannot volley a ball while standing within the non-volley zone.

#### Serving

- Serving must be underhand
- Paddle contact with the ball must be below the server's waist
- You must start the serve with at least one foot behind the baseline and neither foot can contact the baseline or court until after you hit the ball
- The serve should be diagonal crosscourt and must land in the opposite diagonal court
- You only get one serve attempt unless you hit the ball into the net and it lands on the other side in the proper service court (known as a "let")

#### Serving Sequence

- Both players on each team of a doubles game get to serve until they commit a fault
- The exception is the first service of each game, where only one player from the initial serving team gets to serve before service passes to the other team
- Every time service changes sides, the first serve is from the right hand court
- Every time you score, you switch sides of the court for your next serve
- In doubles play, when the first server loses the serve, the partner moves to serve from the same side of the court their partner had last served from
- In singles play, the server serves from the right side of the court when their score is even and from the left side when their score is odd

#### Scoring

- Points are only scored by the serving team
- Games are generally played to 11 and you must win by 2
- Tournament games are sometimes played to 15 or 21 and you must win by 2

#### Double Bounce Rule

- When the ball is served, the receiving team must let it bounce before returning it, and the serving team must let it bounce before returning as well.
- After the initial two returns, no bounces are mandatory. You may then hit the ball with a ground stroke where the ball bounces first or with a volley where no bounce occurs.

#### Volleys

- Volleying isn't allowed within the non-volley zone, an area of the court within 7 feet of the net on both sides, marked with a line on pickleball courts. It is also known as the "kitchen".
- Volleying isn't allowed within the non-volley zone, preventing smashes from the net.
- It is a fault to step in the non-volley zone or even on the line when volleying.
- It is a fault when your momentum carries you into the kitchen or causes you to touch the line after a volley.
- You may be in the non-volley zone at any other time as long as you're not volleying the ball.

#### Line Calls

- Balls contacting any line, except the non-volley zone line on a serve, are considered in.
- Serves contacting the non-volley zone line are short and cause a fault.

## Faults

A fault occurs when:

- A serve does not land within the receiving court
- The ball is hit into the net on the serve or any return
- The ball is volleyed before a bounce has occurred on each side
- The ball is hit out of bounds
- The ball is volleyed from the non-volley zone
- The ball bounces twice before being struck by the receiver
- The player, player's clothing, or any part of a player's paddle touches the net or the net post when the ball is in play
- There is a violation of a service rule
- A ball in play strikes a player or anything the player is wearing or carrying
- A ball in play strikes any permanent object before bouncing on the court

## Determining Serving Team

- The first serve is determined by a coin toss. The winner of the coin toss will have the option to choose side or to serve or receive.

