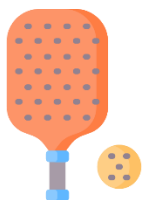


# Pickleball

## Handout



- When:** Every Thursday
- Time:** 4:30pm – 6pm
- Place:** Mary Webb School, Pontesbury
- Cost:** Normally £3.50 per session (but could be more if under 10 players) to cover hall hire; increasing to £4 per session from December
- Equipment:** Your pickleball paddles and balls if you have them, but there are paddles available if you are a beginner. Also, don't forget to bring drinking water and appropriate non-slip trainers.



**Coordinator**

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### About Pickleball

Pickleball is a delightful combination of the games of badminton, tennis and table tennis, and played here on a badminton court. Easy to learn, suitable for all ages and very addictive. It is highly recommended that you join us for a taster session.

This game originated in the States and is now America's fastest growing sports and is gaining popularity in the UK.

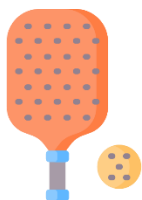
It is ideal for those people who wish to work up to or maintain a medium level of fitness.

### Pickleball Rules

1	All serves must be performed underhand with contact to the ball made below the waist.
2	All serves must be made behind the baseline into the opposite diagonal service area but NOT in the No Volley Zone ("Kitchen")
3	Players are only allowed one attempted serve, except in the event of a let which is replayed
4	To begin the game, only one player from the initial serving team is granted a service turn. For the rest of the match, both members will have a service turn before giving up the ball to their opponents.
5	The server will continue to alternate sides of the court they serve from until they lose a point.
6	The receiving team never changes sides in pickleball.
7	Both teams must play their first shot of a rally off the bounce. This is the Double Bounce Rule. Once both have done so successfully... volleys are now fair game.
8	No player is allowed in The Kitchen or Non-Volley Zone unless the ball has already bounced on their side of the court. This includes a player landing in the area following a volley.
9	Only one bounce is permitted on the same side of the court. If two bounces occur, the team that hit the shot wins the point.
10	A ball contacting any line, except the Kitchen line on a serve, is considered in.
11	No rally scoring. Only the serving team can score.
12	When keeping score [Serving Team's Score – Receiving Team's Score – Service Turn]
13	Matches are played best of 3 games. All games are played to 11 points, win by 2.

# Pickleball

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### Pickleball Tactics

Take advantage of the following pickleball tips to improve your doubles game. Practice these ideas and work on perfecting them, and you'll see vast improvements to your game in no time:

- 1 Get to the kitchen immediately
- 2 Master the drop shot
- 3 Hit shots at your opponent's body/feet
- 4 Stand behind the baseline when receiving a serve
- 5 Serve deep
- 6 Return the serve deep
- 7 Move in cohesion with your partner
- 8 Communication with your partner on balls hit down the middle.
- 9 Be patient. Be Patient. Be Patient.
- 10 Stay out of the 'Kitchen'
- 11 Learn how to use stacking to your advantage

### Goals

- 1 To enable members to participate in an indoor sport in a safe & friendly environment.
- 2 To learn and develop Pickleball skills.
- 3 To encourage exercise and well-being for each member.
- 4 To develop positive group experiences where members are supportive of each other.

### Health & Safety

Whilst every effort has been made to ensure a safe environment, all participants are responsible for their own health and safety and that of others. To this end, when playing, you must:

- 1 Ensure you are aware, or have been made aware, of all the emergency exits and location of fire extinguishers
- 2 Immediately exit the building in the event of fire or fire alarm
- 3 Wear suitable non-slip trainers and loose fitting clothing
- 4 Take care when moving the posts
- 5 Ensure there is at least one mobile phone available
- 6 Be aware of the danger of collision with other players or the walls and moderate your movement accordingly
- 7 Be aware of the dangers of dehydration; bring your own water and drink regularly. Water is also available in the toilets adjacent to the sports hall.
- 8 Be respectful of other players and their abilities – we are all here to learn from each other and have fun
- 9 Be aware of your own fitness, health and physical limitations. The aim is to have fun, not over-exert yourself.
- 10 In the event of a minor injury, the coordinator has a first aid box. For more serious injury or illness, the coordinator will call an ambulance, inform the member's family and write an incident report.

