

Name: \_\_\_\_\_

## PICKLEBALL STUDY GUIDE

### Questions

1. What year was pickleball invented  
\_\_\_\_\_

2. What is a volley?  
\_\_\_\_\_

3. Do you have to win by 2 points?  
\_\_\_\_\_

4. Can the ball bounce twice on one side?  
\_\_\_\_\_

5. Can you hit the ball twice on your side?  
\_\_\_\_\_

6. The serve must be hit from behind the:  
\_\_\_\_\_ line.

7. Can the ball bounce in the non-volley zone on a serve?  
\_\_\_\_\_

8. What foot do you step with when hitting a forehand?  
\_\_\_\_\_

9. When is the only time both teammates do not get a service?  
\_\_\_\_\_

10. If a server wins a point, who gets to serve next?  
\_\_\_\_\_

11. What service court does the first server serve from?  
\_\_\_\_\_

### History

The mini-tennis game called Pickleball was created during the summer of 1965 on Bainbridge Island in the Puget Sound area of Washington. The original purpose of the game was to provide a sport for the entire family, according to co-inventor's U.S Congressman Joel Prichard and William Bell. How did Pickleball get its name? Pickles was the family dog that would chase after the missed balls and then hide in the bushes. Pickle's ball was later shortened to the namesake of Pickleball.

### The Game:

Pickleball is a net sport made up from a combination of badminton, tennis and ping-pong. It is played on a badminton size court, with tennis height net and rules, and ping-pong type of equipment (wooden/plastic paddles and plastic ball). The game may be played by singles (1 vs 1) or doubles (2 vs. 2).

Singles and doubles games are played to 11 points ( must win by 2 pts.). Points are only scored by the serving team.

Ball may be hit after one bounce or in the air (volley), but not if you are standing in the non-volley zone ("the kitchen"). **\*\*Exception: "double bounce rule".**

Ball may only bounce once per side of court and may only be hit once per side. If ball lands on the line it is in.

### Serving Rules:

- Must be hit in the air (ball cannot bounce).
- Must be underhand & paddle below waist.
- Must serve over net to diagonal service court (cannot land in no-volley zone).
- Must have at least one one foot behind service line (aka: baseline, endline).
- Server continues to serve if he/she wins point--just rotate service courts after winning the point.

### Serve sequence:

- Both players on the serving doubles team get an opportunity to serve and score points until they commit a fault **\*\***(except for the first service sequence of the each new game).
- The first serve of each side-out is made from the right-hand court.
- If a point is scored, the server switches sides and the server initiates the next serve from the left-hand court.
- As subsequent points are scored, the server continues switching sides back and forth until a fault is committed and the first server loses the serve.
- When the first server loses the serve, his/her partner then serves from their correct side of the court. **\*\***(**except for the first service of the game**)**\*\***.
- The second server continues serving until his team commits a fault and loses the serve to the opposing team.
- Once the service goes to the opposition (at side-out), the first serve is from the right-hand court and both players on that team have the opportunity to serve and score points until their team commits two faults.
- In singles the server serves from the right-hand court when his or her score is even and from the left when the score is odd.

**\*\*At the beginning of each new game only one partner on the serving team has the opportunity to serve before faulting, after which the service passes to the receiving team\*\***

12. Double bounce rule means you want it to bounce two times in a row.  
True or False?

13. What is the Non-Volley zone commonly called ?

14. What are five types of shots that might be used during a rally?

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

15. What foot do you step with when hitting a backhand?

16. When is a good time to use the "drop" shot?

17. Label the court diagram with the following:

- Center line
- Side line
- Non-volley line
- Left service court
- Right service court

**Faults:**

**A fault is an action that stops play because of a rules violation.**

**A fault occurs when:**

- there is a violation of a service rule.
- a ball is hit into the net.
- a ball is volleyed before a bounce has occurred on each side (*\*double bounce rule\**).
- the ball is hit out of bounds.
- the ball is volleyed from the no-volley zone.
- the ball bounces twice before being struck by the receiver.
- a player, player's clothing, or any part of a player's paddle touches the net or the post when the ball is in play.
- a ball bounced more than one time.
- a ball is hit more than one time on your side.

**Double bounce rule:**

**\*\*The ball must bounce *once on each side of the court* before anyone may volley a ball.\*\***

**Skill cues for common shots**

Forehand	Backhand	Serve
<ul style="list-style-type: none"> <li>-Ball is on paddle side</li> <li>-Grip: Shake hands with racquet</li> <li>-Rotate and step towards target</li> <li>-Step in opposition step</li> <li>-Swing path is from low to high.</li> <li>-Contact ball in front of body.</li> <li>-Follow through high.</li> </ul>	<ul style="list-style-type: none"> <li>-Ball is on opposite side of racket</li> <li>-Grip: rotate thumb inside for stronger grip.</li> <li>-Drop step; back foot.</li> <li>-rotate shoulders</li> <li>-step with same side foot</li> <li>-contact ball in front of body</li> <li>-follow through</li> </ul>	<ul style="list-style-type: none"> <li>-Grip: forehand.</li> <li>-Bend wrist back and keep firm.</li> <li>-Drop ball from waist; with a simultaneous underhand swing.</li> <li>-Step with opposite foot.</li> </ul>

**Other Shots:**

- **Overhead smash (or spike):** Shot done at the no-volley line. A powerful overhand swing in which the ball is hit hard downward.
- **Volley:** a shot usually done at the no-volley line. It is a firm "punching" motion.
- **Drop shot:** done at the net either from the air or off the bounce. It is a small touch shot that just clears the net and lands softly in the no-volley zone. A good shot to use when opponents are back toward the baseline.
- **Lob shot:** a high arching shot done when opponents are close to the net (kitchen).
- **Drive shot:** a line drive ("straight") shot.

**Court diagram:**

- Baseline (or service line)
- Center line: divides the two service court
- Service courts are the two rectangles on each side of the court.

**Non-Volley Zone**

- The non-volley zone is commonly referred to as "the kitchen"
- Then non-volley line runs parallel to the net.
- You can not volley in the non-volley zone. (Ball must bounce in zone before you hit)
- Player is allowed to stand in non-volley zone.



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