1. Demonstrate mature technique of striking using a forehand drive.
2. Identify and describe key elements of a forehand drive.
3. Explain and demonstrate the concept of spin and rebound.

1. Cite specific examples of demonstrating the mature technique of a forehand drive from practice, assessment and/or games.

2. Describe the four key elements of the forehand drive.
   - 
   - 
   - 
   - 

3. Use the circles below to label and draw the spin lines.

   No Spin

4. What are the advantages of using spins in game of pickleball?
Pickleball Study Guide

The Game: Pickleball may be played with two (singles) or four (doubles) players on the court. A net divides the court. The object of the game is to hit the pickleball with a paddle to score points.

Scoring: The person or team must be serving to score a point. A game is either to 11 points and be 2 points ahead to win or a timed game which will end on a whistle.

Serve:
- Both feet behind the line on a serve
- The serve is underhand
- Paddle makes contact with the ball below the waist
- There is no bounce on a serve
- Serve diagonally across the court
- Must clear the non-volley zone area
- One attempt per serve with the exception of a “Let”
- “Let” is when the ball is served and hits the net and goes into the correct service court

Hand: A term used to designate which player is serving

Volley: Hitting the ball before a bounce. All volleys must be hit from behind the non-volley zone line.

Double Bounce Rule-
Each team must play their first shot off the bounce. Both receiving and serving teams must let it bounce.

Faults:
- Hitting the ball out of bounds
- Not clearing the net
- Stepping in to the non-volley zone to volley the ball
- Hitting the first ball with a volley
- Letting the ball bounce twice on your side of the net
- Having more than one foot in the court on a serve called a “foot fault”

Doubles Play:
- Right hand court serves first (first hand)
- Play continues until a fault or point is scored
- When a point is won, the serving team switches sides and the same player serves the next point
- When the serving team faults, they stay in their same court and the second partner serves (second hand)
- When the second fault occurs, they lose the serve and the opponents have their turn at serve
- Teammates only switch sides after they have earned a point from a serve
The Court

baseline

Non-Volley Zone

net

Right service court

Left service court

sideline
Name ____________________________________

Period ____________

THE FOREHAND DRIVE PRE-TEST

1. Were you able to consistently use the proper technique for the forehand drive?

<table>
<thead>
<tr>
<th>Forehand Technique</th>
<th>Yes /No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Held with a handshake grip</td>
<td></td>
</tr>
<tr>
<td>Step with shoulder to target</td>
<td></td>
</tr>
<tr>
<td>Contact at front foot</td>
<td></td>
</tr>
<tr>
<td>Swing low to high</td>
<td></td>
</tr>
</tbody>
</table>

2. Circle your current level.

“Ready to move on”       “Need more practice”    “I do not get it!”

3. Were you able to produce a spin on the forehand drive? Diagram the spin and the rebound.

<table>
<thead>
<tr>
<th>Spin and Rebound</th>
<th>Yes /No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Top spin</td>
<td></td>
</tr>
<tr>
<td>Back spin</td>
<td></td>
</tr>
<tr>
<td>Side spin</td>
<td></td>
</tr>
<tr>
<td>No spin</td>
<td></td>
</tr>
</tbody>
</table>

4. Circle your current level.

“Ready to move on”       “Need more practice”    “I do not get it!”
Pickleball Skill Assessment

Name ______________________________  Date _____________________  Period ____________________

THE SERVE

Each group consists of 3 students; a server, a recorder and a retriever.
• The server will serve 3 from the right service court and 3 from the left service court.
• The recorder will “X” out the successful trials. Record the total score.
• The retriever will gather and return served balls.

<table>
<thead>
<tr>
<th>Serve Technique</th>
<th>Right #1</th>
<th>#2</th>
<th>#3</th>
<th>Left #1</th>
<th>#2</th>
<th>#3</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contacted below the waist</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Both feet behind line</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Served without a bounce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ball cleared the net</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Landed in diagonal service court</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Produce spin on the serve</td>
<td></td>
<td></td>
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<td></td>
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</tr>
</tbody>
</table>

THE FOREHAND DRIVE

Each group consists of 3 students; a hitter, a recorder and a tosser.
• The hitter will perform 5 forehands over the net
• The recorder will “X” out the successful trials. Record the total score.
• The tosser will underhand toss the ball to the hitter’s forehand side.

<table>
<thead>
<tr>
<th>Forehand Technique</th>
<th>#1</th>
<th>#2</th>
<th>#3</th>
<th>#4</th>
<th>#5</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Held with a handshake grip</td>
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<tr>
<td>Produce spin on the forehand</td>
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</tr>
</tbody>
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Summary of Skills- Circle your current skill level in Pickleball.

Beginner  Intermediate  Advanced