

SKILL CUE CARDS

FOREHAND GROUND STROKE

Critical Elements

- Ready Position
- Non-paddle Shoulder Forward
- Begin Forehand Backswing and Step Opposite Foot Forward
- Contact Ball Low to High
- Shift Weight Forward and Follow Through Up

Coaching Words

- Non-paddle Shoulder Forward
- Opposite Foot Forward
- Paddle Top Down
- Sweep Up Follow Through

SKILL CUE CARDS

BACKHAND GROUND STROKE

Critical Elements

- Ready Position
- Paddle Shoulder Forward
- Begin Backhand Backswing and Step Front Foot Forward
- Contact Ball Low to High
- Shift Weight Forward and Follow Through Up

Coaching Words

- Paddle Shoulder Forward
- Same Foot Forward
- Paddle Top Down
- Sweep Up Follow Through

SKILL CUE CARDS

UNDERHAND SERVE

Critical Elements

- Non-Paddle Leg Forward
- Face Opponent
- Backswing
- Keep Paddle Head Top Down and Below Wrist
- Drop Ball
- Contact Ball Below Waist
(Before It Hits the Ground)
- Follow Through Up and Forward

Coaching Words

- Non-Paddle Leg Forward
- Paddle Head Top-down, Below Wrist
- Drop Ball, Contact After Drop
- Follow Through Up and Forward

SKILL CUE CARDS

FOREHAND /BACKHAND VOLLEY

(PING PONG VOLLEY)

Critical Elements

- Ready Position
- Move to Ball
- Open Stance with Feet Planted
- Short Backswing
(Forehand or Backhand)
- Paddle Push and Contact Ball
- Short Follow Through Forward

Coaching Words

- Plant Your Feet
- Eyes on the Ball
- Push with Paddle's Open Face

SKILL CUE CARDS

LOB

Critical Elements

- Ready Position
- Move to Ball
- Get Low
- Contact Ball Low to High
- Strong Follow Through Up

Coaching Words

- Contact Low
- Follow Through Strong and High

SKILL CUE CARDS

OVERHEAD SMASH

Critical Elements

- Ready Position
- Paddle in Back Scratch Position
- Fully Extend Arm
- Contact Ball High
- Shift Weight Forward
- Follow Through Down

Coaching Words

- Back Scratch Position
- Extend Arm
- Contact High
- Follow Through Forward and Down

PICKLEBALL SINGLES RULES

- Games are played to 11 points (win by 2). Points can only be scored by the server.
- If a fault is committed by the receiver, the server gets a point. If a fault is committed by the server, the server loses the serve.
- The server begins the game from his/her right side of the court. If the server scores a point, they switch sides and serve from the left side of the court. In that way, when the server's score is even, the server will serve from the right side of the court. When the server's score is odd, the server will serve from the left side of the court.
- The serve must be an underhand serve in which the ball is contacted below the server's naval. The serve must be struck with both feet behind the baseline. Neither foot may touch the baseline or the court until after the serve is struck.
- The serve must be hit into the opponent's diagonally opposite service area. If the serve contacts any part of the non-volley line it is considered "short" and is a fault.
- The serve must bounce before the opponent can return it and the return must bounce before the server can return it (double-bounce rule). Subsequent hits may be struck before or after the ball has bounced.
- The server may only have 1 service attempt, except in the case of a let (the ball hits the top of the net, but still lands in the proper service court).
- Players standing in the non-volley zone or on the non-volley line may not strike a ball before it bounces.
- If the ball contacts any part of the sideline or baseline, it is considered "in."
- If the ball is hit into the net or out of bounds, it is a fault. If the ball bounces twice before being hit by the receiver, it is a fault for the receiver.
- If a player, player's clothing or paddle touches the net while the ball is in play, it is a fault.
- If the ball hits a player or player's clothing, it is a fault. If the ball hits the ceiling, wall, or any other permanent object before landing in the opponent's court, it is a fault.



PICKLEBALL DOUBLES RULES

- Games are played to 11 points (win by 2) and points can only be scored by the serving team.
- The server begins the game from his/her right side of the court.
- If a fault is committed by the receiving team, the serving team gets a point.
- The first server continues to serve until the serving team commits a fault; then the serve passes to the second server on the team. When the second server loses the serve, the serve goes to the other team and the player on the right serves first. That pattern continues throughout the game.
- To start the game, only 1 player on the first serving team will have a service turn before the serve is turned over to the opponents. Thereafter, both team members will have a service turn before the serve is turned over to the opponents.
- When a point is scored, the server and their partner switch sides of the court. The receiving team never switches sides.
- When the serving team's score is even, the server will serve from the right side of the court. When the serving team's score is odd, the server will serve from the left side of the court.
- The serve must be an underhand serve in which the ball is contacted below the server's naval. The serve must be struck with both feet behind the baseline. Neither foot may touch the baseline or the court until after the serve is struck.
- The serve must be hit into the opponent's diagonally opposite service area.
- The serve must bounce before the opponent can return it and the return must bounce before the server can return it (double bounce rule). Subsequent hits may be struck before or after the ball has bounced.
- The server may only have 1 service attempt, except in the case of a let (the ball hits the top of the net, but still lands in the proper service court).
- No player may strike the ball before it bounces when standing in the non-volley zone.
- If the ball contacts any part of the sideline or baseline, it is considered "in." If the ball is hit into the net or out of bounds, it is a fault. If the ball bounces twice before being hit, it is a fault for the receiver.
- If a player, player's clothing, or player's paddle touches the net while the ball is in play, it is a fault.
- If the ball hits a player or player's clothing, it is a fault.
- If the ball hits the ceiling, wall, or other permanent object before landing in the court, it is a fault.



PICKLEBALL COURT DIAGRAM

