

PICKLE-BALL STUDY GUIDE

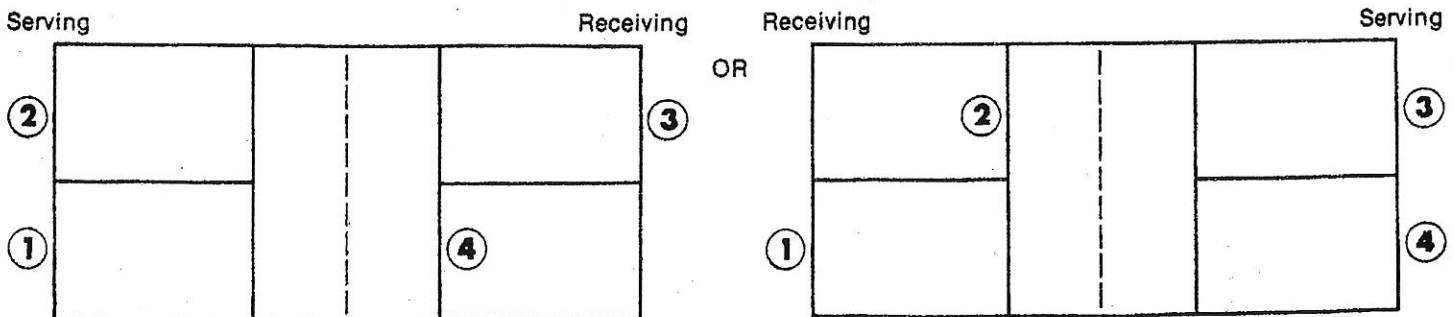
PICKLE-BALL – Is a “slowed-down version of tennis with a combination of badminton that places the emphasis on coordination, patience, and strategy rather than strength or brute power. It is a sport that is easy to learn and yields instant self-satisfaction and excitement regardless of athletic ability.

- SKILLS:**
- * **SERVE** – The serve must be underhand and below the waist. Both feet must be on the floor when contact is made. You must serve diagonally, past the non-volley zone.
 - **FOREHAND STROKE & BACKHAND STROKE**
 - **VOLLEY SHOT** - Striking the ball before it bounces
 - **DROP SHOT** - A shot that barely goes over the net
 - **LOB SHOT** - A soft high shot directed over the opponents head towards the end-line.
 - **SMASH** - A hard, overhead volley which forces the ball down sharply.

MATCH: Best 2 out of 3 games

- GAME:**
- * Can be played with singles or doubles.
 - * Played to 11 points and must win by 2.
 - * Points can only be scored when serving.
 - All lines are in bounds.

1. POSITION OF PLAYERS FOR DOUBLES AT START OF GAME



STARTING THE GAME: The teams will rally to see who starts the game. The winners of the rally serve first. If 1 & 2 chose to serve, 1 serves first because 1 is in the right hand court. 1 keeps serving until his/her team faults, alternating courts on each serve. The ball then goes to 3 to serve, because 3 is in the right hand court. Once 3 faults, 4 will then serve until he/she faults. When the ball is rewarded back to team 1 & 2, player 1 (if in the right hand court) will serve followed by 2.

- FAULT:**
- * Hitting the ball out of bounds
 - Not clearing the net
 - Stepping into the non-volley zone and volleying the ball
 - Volleying the ball before it has bounced once on each side of the net as outlined in the double-bounce rule.

Double Bounce Rule: Each Team must play their 1st shot off a bounce.