

Pickleball



1. Learn and share these historical facts about pickleball:
 - a. Give a brief account of the “birth” of pickleball, how it came to be created, the philosophy of the sport, and how the rules were designed to reflect that philosophy.
 - b. Give the two different stories on how this sport received the name “Pickleball.”
2. Pickleball is often described as a mixture of tennis, badminton, racquetball, and ping pong. Explain at least three rules or aspects that make pickleball unique from these other sports.
3. Scoring is different in pickleball and can often be confusing for beginners.
 - a. Describe each of the three numbers in the score and what is different about the team that serves first in a game.
 - b. Describe how many points is played to in most normal games.
4. Demonstrate how to assemble and set up a portable net, and how to pack it back in the bag properly.
5. Demonstrate the following strokes, being able to hit them at least three times in a row consecutively with an instructor:
 - a. Forehand
 - b. Backhand
 - c. Serve (to both right and left sides of the court)
 - d. Volley (basic block volley)
 - e. Dink
 - f. Lob
6. Play three games, demonstrating proper announcing of the score prior to each serve, and changing of serving and receiving positions on the court.
7. While pickleball is a low-intensity and safe sport for someone who is currently unfit to try, people do get injured playing. Describe at least two types of injuries seen in pickleball and what can be done to prevent those injuries.
8. Demonstrate stretching and proper warm-up exercises to prevent two of the injuries above.
9. Describe at least three aspects of the game that reflect Christian values and list a Bible text to support that value.
10. How can pickleball be part of “exercise evangelism” and used by a school or church for community outreach?.

Skill Level 2

New in 2019