

## CTPA-PB-1 Agenda Outline for the Student

**NOTICE: Student is expected to review BEFORE the course:**

1. the three 2-minute videos on the basic rules and scoring on [www.CTPApickleball.com](http://www.CTPApickleball.com) from the main page “pickleball tab”- the videos are mid-way down the page – AND
2. the “Overview: Basic Rules of Pickleball” (same page)

**Doing this ahead of time will make your class more meaningful and allow us more time during class to focus on training and practice.**

- **Safety rules:** Stretching ahead of time. Good indoor court shoes that do not slip (ideal is indoor shoes with good traction and putting them on indoor to avoid having mud or stones in the treads). You should not play outdoor on a wet court. Eye protection is recommended.
  - Another court ball enters a court, play stops immediately. Yell “ball on court” if your ball is going to go on another court. Stepping on or tripping over a ball can make you fall and get injured.
  - Play stops if a person falls. The point is replayed.
  - NEVER run backwards. Go at a speed that is suitable for your own stability.
- **The Paddle:** You are provided with a free basic paddle that is yours to take home to practice and to use as you learn the game. Most people play with a composite paddle but we suggest you wait a few weeks or months to do your research for what paddle is best for you. The basic grip is with the “V” (thumb & pointer finger) on top of the handle. It’s okay to extend your index finger onto the face of the paddle but avoid choking up too much.
- **The Ball:** There are many version of balls with different bounce and flex characteristics. There is an indoor ball (larger holes since weather is not a factor) and an outdoor ball (smaller & more holes about 40 total holes) in a variety of colors.
- **Lines:** All lines are “in” and are part of the court with the exception of the NVZ line DURING the serve – it is considered “out” if you hit the NVZ line during a serve. You do NOT get a second serve in this case.
- **Scoring:** First number is your team’s score. Second number is the other team’s score. The third number identifies if you are the first or second server for your team. For instance: 5-2-1 means my team has 5 points, your team has 2 points and I am the 1<sup>st</sup> server. The team who starts the game gets only one serve. The reason for this is because it becomes very unfair to the receiving team IF the starting team gets 2 serves...they can rack up points quickly and actually win the game without the 2<sup>nd</sup> team even having gotten to serve/score points.
- **Two Bounce Rule** – both the receiving team *and* the serving team must let the ball bounce before returning it.

**Everyone around the net outside of the non-volley zone (nvz).**

**Students are expected to know the different parts of the court from watching the three 2-minute videos.**

- **Ready Stance:** Feet are shoulder/hip width apart. Knees slightly bent, leaning forward with weight on the balls of your feet. Shoulders square to the ball. Most important is paddle is **ALWAYS** up and held in front of you!  
**\*\*Advanced technique:** Use your paddle as a site (crosshairs) to follow the ball.
- **NVZ RULES:** Many people call the NVZ “the Kitchen”, but the official term is “non-volley zone”. No volleying (hitting the ball on the fly) while inside or on the line of NVZ. “Volley” means hitting the ball in the air without a bounce on your side first. The NVZ line is part of the NVZ. Your momentum, after a shot, cannot take you into the NVZ after you hit the return shot. EVEN your hat, sunglasses/glasses or paddle cannot fall into the NVZ after your “volley” shot. If you “fall” into the NVZ after your shot...you lose the rally. Your partner CAN pull you back before you fall into the NVZ if they see you teetering after your shot and you CAN jump to the sides out of the court to avoid falling into the NVZ after your shot.

- **Prime Position at NVZ:** The prime position for good players is toes 2 inches from NVZ line. Playing a “dink” shot over the net forces your opponent to hit an “underhand” shot, but all that will be discussed and practiced in the CTPA PB-2 course.

- **Ground Strokes:** Right Handed Players: **Forehand**

1. Get in position to (ideally) get the ball waist high and about an arms-length away.
2. Ready your paddle with your right hand back into position to stroke the ball.
3. Step toward the ball with your left foot and make contact with the ball.
4. Keep your left hand out in front of your body with your palm facing the ground at the same height as your paddle. This will help keep you balanced.
5. Watch the ball make contact on your paddle until you hear the contact. This will help you watch the ball more consistently.
6. Keep a firm wrist and pretend you are hitting four balls lined up in a row during your follow through. Follow through in the direction of your target.
7. When hitting a low forehand shot bend your knees with your right knee as close to the ground as possible, then stay down all the way through the shot.
8. Quickly return to your ready position for the next shot.

- **Ground Strokes:** Right handed players: **Backhand**

1. Run to a spot where the ball will be waist high or as close to waist high as possible in your ready position.
2. Set your feet in a closed stance position (side by side) pointing your right shoulder and looking over your right shoulder toward your target then step with your front foot toward your target.
3. Bend your knees on low balls and keep your head and body down all through the shot and follow thru.
4. Point the butt end of your handle like a gun at the ball.
5. Paddle face should be perpendicular to ground.
6. Paddle head should start below the flight of the ball (low to high).
7. Contact point should be out in front of the spot you plant your front foot.
8. Keep a firm wrist at contact and you will be more consistent and watch the ball hit your paddle.
9. Make a long follow through in the direction of your target. Pretending you are hitting four balls in a row will help.
10. Quickly return to your ready position for the next shot.

- **Serving** *The person on the right ALWAYS serves first. It's the server's responsibility to make sure your partner is also behind the service line! When the serve is returned you have to allow it to bounce once before you can return it. If you win the rally you will then serve from the left hand side. When you lose the rally, it will be your partner's turn to serve. You can only get points when you are serving.*

1. Stand behind the service line and use a bowling motion. (*The paddle must be below your wrist and below your waist line to be a legal serve. No side arm serves. Think bowling*)
2. Point your paddle toward the ground with bent knees.
3. Toss the ball in front of your body in the direction of target. Your target should be the very center of the serving box. This will give you a lot of leeway for error.
4. Step toward the target with your front shoulder pointing at your target.
5. Swing in an upward motion with the paddle below the wrist and watch the ball contact your paddle below the waist. Keep your eye on the ball until you hear it make contact.
6. Follow through in the direction of your target.
7. The goal is to first get the serve in. Ideally hit the ball as deep toward the opponent's baseline as possible.

- **Return Serve** The person on the right will receive the serve first. Hold your paddle above your head until you are ready and your partner is up at the NVZ line. You will never rotate with your partner while the opponent is serving. You only rotate partners when you are serving and win a point.
  1. You are now using your ground strokes techniques to return the ball *after it bounces* in the service box.
  2. Ideally hit the ball up the middle and as deep as possible without going out.
  3. This is not like tennis. You do not need a hard return of the serve. Actually a slow, long, semi-lob service return can be the best.
- **Play**
- **When to take CTPA PB-2?** When you can consistently get 80% of your serves & returns in and can sustain longer rallies. You will learn and practice the most important three shots of pickleball. The serve techniques, return techniques and the very important “third” shot. You will learn more on dinking, lobbing and various court positions.
- **Hand out the certificate credit for CTPA membership and for one free indoors beginners class.**

### Practice Handout and other Reference Source

- **Practice at home drills:** (Paddle & one ball is to be taken home)
  1. Bounce the ball on the paddle 20-30 times. First Forehand, then backhand. Then try alternating forehand/backhand between hits.
  2. Locate a wall and stand 4 to 10 feet away where you can hit the ball to a spot about 3 to 6 feet high. Hit the spot and let the ball bounce once and hit it back to the same spot. Practice with forehand and back hand. Increase distance from the wall.
  3. Stand about 3 to 4 feet from wall and hit the ball underhand against the wall toward a spot marked on the wall. Hit the ball back before it bounces and continue. Practice forehand and back hand.
  4. Find a friend and hit back & forth in the driveway or street.
- **Additional resources:** [USAPA.ORG](http://USAPA.ORG) contains useful information:
  1. Rules
  2. Learning to Play
  3. Places to Play
- **YouTube videos:** There are a wide variety of videos available on YouTube for different aspect of pickleball and they can be a very valuable resource for you. We encourage you to watch some championship doubles national tournaments and get a sense of how the professionals play the game.
- **Go to the courts and watch higher rated players play:** Since CTPA courts are assigned by ratings, you can watch 2.5 or 3.0 or 3.5, etc and get a sense of what the different level of play looks like.