

Pickleball UNIT PLAN

Lesson Objectives	Skill/Concept + Cues	Lesson Activities
Lesson 1 *	<ul style="list-style-type: none"> • Paddle Grip, Positioning <ul style="list-style-type: none"> • Paddle grip: Shake hands with paddle • Ready position: Knees bent, paddle in front Forehand/Backhand Turn sideways, step with opposite foot, follow through • Rallying: Control, aim, consistency 	<p>Activity 1: Paddle Tap Warm-Up (5–7 minutes) Objective: Build paddle control and comfort Students tap the ball repeatedly on their paddle while moving around the space, alternating between forehand and backhand.</p> <p>Activity 2: Shadow Swings (5 minutes) Without balls, students practice forehand and backhand swings using correct form, mimicking gameplay movements.</p> <p>Activity 3: Drop Feed Rally (10–12 minutes) Students pair up and attempt to rally using drop feeds and groundstrokes, counting how many they can hit in a row.</p> <p>Activity 4: Rally Quest (10 minutes) Challenge to reach a target number of successful</p>

		consecutive hits. Rotate partners after each attempt.
Lesson 2**	<p>Serving</p> <ul style="list-style-type: none"> • Paddle under waist • Contact below waist • Diagonal cross-court • Step with opposite foot <p>Rallying</p> <ul style="list-style-type: none"> • Same as previous lesson • Ready position • Follow through <p>Communication</p> <ul style="list-style-type: none"> • Call "Mine" or "Yours" • Encourage partner • Eye contact 	<p>Activity 1: Serve & Switch (10 minutes) Pairs practice serving cross-court and switching roles. Focus on underhand technique and accuracy.</p> <p>Activity 2: 4-Square Pickleball (15 minutes) Players rotate through squares after rallies. Courts are divided into 4 squares; students must rally within their square and try to move up.</p> <p>Activity 3: Rally Royale (10 minutes) Teams compete for longest rally. Emphasis on communication and consistency. Rotate roles frequently.</p>
Lesson 3**	<ul style="list-style-type: none"> • Gameplay & Strategy • Serving to backhand side • Moving together in doubles • Staying out of the kitchen (non-volley zone) 	<p>Activity 1: Quick Rule Review + Court Walk (5–7 minutes) Review scoring, kitchen rules, and doubles positions. Walk students through the layout.</p>

	<ul style="list-style-type: none"> • Communicate every play • Sportsmanship • Encourage others • Respect opponents • Shake hands/fist bump 	<p>Activity 2: Doubles Gameplay with Coaching (20 minutes)</p> <p>Students play short games to 5 points. Teacher rotates between groups offering coaching and rule clarifications.</p> <p>Activity 3: Challenge Court Rotation (10 minutes)</p> <p>Winning teams rotate up, others rotate down. Keeps energy high and teams balanced.</p>
Lesson 4		
Lesson 5		
Lesson 6		

--	--	--

*Lesson that was video taped

**Lesson that assessment was conducted