

4-H Camps Pickleball Camp

Written by: Janette Wagner

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Extension
UtahStateUniversity



I Pledge

My **HEAD** to clearer thinking
My **HEART** to greater loyalty
My **HANDS** to larger service, and
My **HEALTH** to better living.

For my club, my community,
my country and my world.



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CAMP OVERVIEW

Name of Camp:

Pickleball Camp

Specified Project Area:

Healthy Living

Number of Days of Camp:

3

Hours Camp Will Run Per Day:

2.5

Schedule Outline:

See Event Timeline to plan details of your event

15 min Registration and welcome games

15 min Icebreaker

30 min Clinic

30 min Drill

10 min Snack Break

35 min Game Practice

15 min Debrief and Pick-up

Note: For this camp, you will need a pickleball court for every four campers. If you have fewer courts, there are two options:

- For each clinic or drill that requires a net, have ½ the group observe while the other ½ plays, switching groups often. For clinics or drills that don't require a net, designate areas where all campers can execute the drills.
- Divide the campers into two groups. One group will be doing the activities as outlined below while the other group does additional activities you have planned. Then they will switch. You will need to plan an additional hour and 35 minutes to each day and may want to consider adding a lunch break.

INTRODUCTION

Camp Description

This camp involves exploring pickleball. Attendees will learn safety and rules and have a blast getting hands on experiences with pickleball.

Camp Goal(s)

- To have students understand the rules and basic play of pickleball enabling them with skills to develop better play and healthy habits.
- Students will also learn if pickleball is a “spark” for them

Knowledge Learned and Skills Gained

Students will gain knowledge of how to safely play pickleball. They will gain the basic skills of serving, hitting and score keeping.

YOUTH COUNSELORS

- Be at least 14 years old, ideally with some experience with InfiniD.
- Counselors will have their own small group of approximately 4-8 campers. Because of this, counselors must model appropriate behaviors at all times. Any counselor that does not display appropriate behaviors will not be allowed to participate in the program.
- Counselors are expected to teach their group in small group activities, and help manage all campers during large-group activities. They will help plan and execute icebreakers and oversee mission play and monitor progress.
- Be at the camp 30 minutes before camp starts to help set up.
- Stay after camp ends approximately 30 minutes or until camp is cleaned up.
- Have a positive attitude and help campers have a good time at the camps. If you are having fun, the campers will too.
- Use this form to plan responsibilities:

ADULT	YOUTH

CAMP CONTENT

DAY ONE

ICEBREAKER

Name of Icebreaker:

Know My Name

Supplies Needed:

Pickleball for each group

Time Allotted:

15 minutes

How to Play:

1. Divide players into teams of approximately eight.
2. Have the teams stand in a circle and ask each camper to think of a descriptive word that starts with the same letter as their name, e.g. "Basketball Beth" or "Creative Carl."
3. Teams toss the ball from one person to another. As each person catches the ball they introduce themselves using their description until everyone has been introduced.
4. The second time through, players will toss the ball from one person to another and everyone says the receiving person's descriptive name until all players have caught the ball.
5. For the last round, players toss the ball but this time, they add on each person's name before they can say their own. For example, if you're the third person after Beth and Carl, you'll say "Basketball Beth" and "Creative Carl" before you say your descriptive name. If you can't remember, just bounce the pickleball on the ground and catch it, and your team will help you.

ACTIVITY 1

Name of Activity:

Safety and Rally

Objective:

Campers will be eager to get their hands on the paddle and hit the ball, so this activity allows them to just start hitting the ball back and forth and start getting a feel for the paddle and the ball. Basic safety will be introduced.

Supplies Needed:

Pickleball court and ball for every four players, a paddle for each player

Time Allotted:

30 minutes

How to Run the Activity:

1. Identify key safety rules. Encourage students to:
 - Immediately STOP if they hear a whistle
 - Not leave the area of the courts without permission.
 - Drink plenty of water and stay hydrated.
 - Not engage in horseplay or talk over instructors.
 - Not backpedal to play lobs or shots over their head.
 - Be respectful to other players at all times.
 - Know what space is theirs (lines of the court or cones)
 - Stop play and yell out, "BALL, BALL, BALL," if a ball from another court comes onto your court and is rolling towards someone's feet
 - Listen to instructions and obey counselors at all times.
2. Divide the campers into groups of four on each court with two campers on each side of the net.
3. Tell students to try to send the ball over the net. They can hit with one bounce or none and if the ball lands outside the lines then it is out.
4. Camp counselors will watch play and make sure campers are playing safely. They can slowly introduce rules as campers are ready for them, but the objective of this clinic is to have campers experience trying to get the ball over the net.

Suggested Debrief Questions:

- What about the safety rules made sense?
- What about the safety rules surprised you?
- What was fun about hitting the ball? What was frustrating?
- What do you think would make pickleball more fun?
- How do you feel about playing pickleball?

ACTIVITY 2**Name of Activity:**

Serve and Catch

Objective:

For students to learn to judge and move to the ball and learn the serving and two-bounce rules.

Supplies Needed:

Pickleball and paddle for each player.

Time Allotted:

30 minutes

How to Run the Activity:

1. Explain serving rules and parts of the court
 - Serve from behind the back line of the court and within the side-lines.
 - All serves must be below the waist
 - All serves must land in the opposite square past the no volley zone (also known as the kitchen)
2. Practice Serving
 - Have students practice by starting at the no-volley line and gradually move back toward the baseline as their skill improves.
 - Work on keeping the ball in the correct court, deep and in the middle.
 - Their partner will be on the other side of the net. They will catch the ball and serve it back.
3. Explain the “Two-Bounce Rule”
 - The receiving player must let the ball bounce once before returning the serve
 - The serving side has to let the return of the serve bounce once before returning the shot
4. Serve and catch
 - Split the campers into doubles teams. Without paddles, have them practice serving (throwing) the ball into the correct court.
 - Instead of returning the ball, the opposite team will simply catch it after it bounces and then throw it back.
 - The opposite team will also let the ball bounce and catch it.
 - Now the second person on that side will “serve” and then service will rotate to the other team.
 - Keep rotating service until time is up.

Suggested Debrief Questions:

- What was easy or hard about serving?
- Why do you think we have you play without a paddle?
- What do you think the ball has to bounce on each side after a serve?
- What would happen if there wasn't a two-bounce rule?

SNACK BREAK:**Time Allotted:**

10 minutes

ACTIVITY 3:**Name of Activity:**

Game Practice

Objective:

To give the participants the experience of playing a pickleball game focusing on rules and skills learned today.

Supplies Needed:

Pickleball net and ball for every court. Paddle for every player.

Time Allotted:

35 minutes

How to Run the Activity:

1. Explain these basic rules:
 - The scoring system is identical to badminton: only the team who is serving can score points.
 - Each match is decided over 3 games with each game played to 11.
 - All serves must be below the waist and must land in the opposite square past the no volley zone.
 - The “Double or Two Bounce Rule” states that on a serve, the receiving player must let the ball bounce once before returning the serve, and the serving side has to let the return of the serve bounce once before returning the shot.
 - The ball can be volleyed (hit before it bounces) during a rally only after the aforementioned double bounce.
 - All lines are in bounds during play.
 - No player may hit a ball while in the no volley zone unless the ball first bounces in the no volley zone.
 - If another ball or player interferes with a rally, replay that point.
2. Tell the campers that it’s okay if they forget some of the rules while they’re playing, the counselor is there to help.
3. Divide the campers into doubles teams.
4. Teams will play practice games.
5. Counselors will oversee a court, helping players with rules and scoring.

*Note to counselors: It is easy to want to share all of your pickleball knowledge. In order to keep your campers focused and stress-free, just give them one thing to concentrate on. Praise them when they do it well (even if some other things are going wrong) and once they’ve become proficient, add something new.

Suggested Debrief Questions:

- How was it playing a game?
- What did you think about the rules? Did you like them? Were they restrictive?
- What would make pickleball easier?
- Do you want to do this again?

CAMP CONTENT

DAY TWO

ICEBREAKER

Name of Icebreaker:

This or That

Supplies Needed:

This or That List (see appendix)

Time Allotted:

15 minutes

How to Play:

1. Line up students in the center of your gym or field.
2. Give the campers two choices to pick from (this or that) and point to any area left or right to run to when they decide which choice they prefer.
3. They may only stay on the center line undecided twice.

ACTIVITY 1

Name of Activity:

Forehand, Backhand

Objective:

Campers will understand the difference between forehand and backhand. They will improve their ability to meet the ball on their backhand, hit on a diagonal and make a dink shot.

Supplies Needed:

Pickleball court and ball for every four players, a paddle for each player

Time Allotted:

30 minutes

How to Run the Activity:

1. Review key safety rules. Encourage students to:
 - Immediately STOP if they hear a whistle
 - Not leave the area of the courts without permission.
 - Drink plenty of water and stay hydrated.
 - Not engage in horseplay or talk over instructors.

- Not backpedal to play lobs or shots over their head.
 - Be respectful to other players at all times.
 - Know what space is theirs (lines of the court or cones)
 - Stop play and yell out, "BALL, BALL, BALL," if a ball from another court comes onto your court and is rolling towards someone's feet
 - Listen to instructions and obey counselors at all times.
2. Demonstrate forehand
 - Grip paddle with a handshake so that the forefinger is extended up and behind the shaft of the grip with the three fingers and thumb wrapped around the grip, forming a V on top.
 - Step with the opposite foot toward the target.
 - Keep the racquet face perpendicular to the floor.
 - Swing low to high.
 3. Have campers try forehand stroke without a ball
 - Have students shake hands.
 - Next, have them shake hands with their paddle, making sure to make a V with their forefinger and thumb.
 4. Demonstrate backhand
 - Grip the racquet with the V of the thumb and forefinger on the top back edge of the grip (1/4 turn).
 - Step with the same side foot toward the target.
 - Keep the racquet face perpendicular to the floor.
 - Swing low to high.
 5. Have campers try backhand without a ball.
 6. Explain and demonstrate a dink shot.
 - The dink shot is a slower, softer shot hit from near the no-volley (kitchen) line that drops downward once it crosses the net and lands in the opponent's no-volley zone. When you hit this shot, it forces your opponent to let the ball bounce before hitting it, which usually causes them to hit the ball in an upward direction.
 - A proper dink shot passes low over the net and lands shallow in the kitchen.
 - Tell players to be in a ready position at the kitchen line. Place feet shoulder width apart, weight on balls of feet, bent knees, hands out in front of the body, eyes forward.
 7. Explain and demonstrate the volley shot.
 - A volley is when a player hits the ball back over the net before it bounces.
 - This shot must be done with the player's feet behind the non-volley (kitchen) zone line. It is a fault if the player or any part of their body crosses over the line on the volley follow through.
 - Demonstrate by having two counselors dink back and forth and then hit a volley when a dink is hit high.
 8. Divide the campers into groups of four on each court with two campers on each side of the net.
 9. Divide your remaining time for this activity into 3 sections. Students will do the following three exercises switching when you blow your whistle.
 - Forehand to forehand dinks
 - Backhand to backhand dinks
 - Any dinks, hitting volleys when they can

Suggested Debrief Questions:

- Which shot was easier for you, forehand or backhand? Why do you think that is?
- What was fun about dinking? Do you think a dink is a good pickleball shot?
- What happened if the ball landed at your feet?

ACTIVITY 2**Name of Activity:**

Patient Dinks, One Bounce Partner Drill

Objective:

Students will learn to be more patient with dink shots and gain more confidence in their forehand and backhand shots.

Supplies Needed:

Pickleball for every two players and paddle for each player.

Time Allotted:

30 minutes

How to Run the Activity:

1. Patient dinks (10 min)
 - Have groups of 6-8 form a circle.
 - One player will hit a dink shot.
 - Have each player yell “mine” before they hit the ball.
 - See how many hits the group can get.
 - Optional: have each player call the ball before hitting and call out another player’s name when they hit it.
2. One Bounce Partner Drill (15 min)
 - Group campers into pairs.
 - Position pairs about 30 feet apart.
 - Have students drop-hit the ball to their partner, who lets it bounce once before returning.
 - When an error is made, begin with a drop hit once again.
 - First use forehands only and then backhands only.
 - Change partners $\frac{1}{2}$ way through.

Suggested Debrief Questions:

- What is your best pickleball stroke?
- Which stroke takes the most patience?
- What skills are you improving in?
- Which skills do you want to practice more?

SNACK BREAK:**Time Allotted:**

10 minutes

ACTIVITY 3**Name of Activity:**

Game Practice “King’s Court”

Objective:

To give the participants the experience of playing a pickleball game focusing on rules and skills learned today.

Supplies Needed:

Pickleball net and ball for every court. Paddle for every player.

Time Allotted:

35 minutes

How to Run the Activity:

Counselors will oversee a court, helping players with rules and scoring.

- Divide players into doubles teams.
- Court 1 is the “Kings Court” with other courts following.
- Play pickleball for ten minutes.
- Winners move up and split (change partners), losers move down and split.
- Winners on the “King’s Court” stay and the losers on the last court stay.

Suggested Debrief Questions:

- How was it playing a game?
- What did you think about the rules? Did you like them? Were they restrictive?
- What would make pickleball easier?
- Do you want to do this again?

CAMP CONTENT

DAY THREE

ICEBREAKER

Name of Icebreaker:

Pickleball Freeze Tag

Supplies Needed:

- Pickleball and paddle for each camper
- Silly cap for tagger and colorful t-shirt (big) for reliever or something else to distinguish them from other players. If your group is small, this is probably not needed.

Time Allotted:

15 minutes

How to Play:

Assign one tagger and one reliever. The tagger will wear their color jersey and the reliever will wear a cap. The tagger, reliever and the rest of the team must balance a pickleball on a paddle. The only way they may walk or run is if the ball is balanced on the paddle. If the ball falls off the tagger's paddle, the tagger cannot tag until the ball is balanced again. The players must remain still if they are tagged or if their ball falls off until the reliever comes to tag them. Then the players are back in the game. Everyone must stay within cones and boundaries.

ACTIVITY 1

Name of Activity:

Review Game and Eye Hand Coordination Game

Objective:

Campers will review skills and rules learned the past two days.

Supplies Needed:

Pickleball court and ball for every four players, a paddle for each player

Time Allotted:

30 minutes

How to Run the Activity:

1. Review key safety rules. Encourage students to:
 - Immediately STOP if they hear a whistle

- Not leave the area of the courts without permission.
 - Drink plenty of water and stay hydrated.
 - Not engage in horseplay or talk over instructors.
 - Not backpedal to play lobs or shots over their head.
 - Be respectful to other players at all times.
 - Know what space is theirs (lines of the court or cones)
 - Stop play and yell out, “BALL, BALL, BALL,” if a ball from another court comes onto your court and is rolling towards someone’s feet
 - Listen to instructions and obey counselors at all times.
2. Play Skills/Rules Review Game
 - Divide players into two teams
 - Have players sit along the baseline of a court.
 - Have each team take turns drawing a card.
 - ◊ If they draw a yellow card, have them demonstrate the skill shown.
 - ◊ If they draw a red card, have them explain the rule listed.
 - ◊ If they draw a green card, have them go to that part of the court or point to that part of equipment.
 - Optional: allow teammates to help each other demonstrate/explain. You can make this game as cooperative or competitive as you’d like.
 3. Play Hand Eye Coordination Game
 - Have students spread apart from each other with their ball and paddle.
 - Hold the paddle face up.
 - Try to bounce the ball on the paddle.
 - ◊ Tell students to keep their eye on the ball.
 - ◊ The ball should go no higher than one foot above the paddle.
 - ◊ The arm is extended in front of the body for ball control.
 - Count how many volleys in a row for one minute.
 - Repeat the activity twice and have students attempt to improve their score.

Suggested Debrief Questions:

- What surprised you about the game?
- What did you learn?
- What helped you improve your score in the hand eye coordination game?

ACTIVITY 2

Name of Activity:

Four Corners

Objective:

Students will be introduced to the volley shot and will improve accuracy in serving, backhand, forehand, volley and dink shots.

Supplies Needed:

Ball for every counselor and coach. Will vary. Paddle for every player

Time Allotted:

30 minutes

How to Run the Activity:

1. Divide campers into groups based on the number of counselors/coaches available. Each counselor/coach will be in charge of a “corner.” You can define the corners based on the number of courts and counselors you have available.
2. Campers will work on skill until whistle blows and then move to the next corner
3. Blow whistle about every 4-5 minutes.
 - Corner 1 - Serve accuracy drill
 - ◊ Have students line up with their coach.
 - ◊ Have students serve the ball in between two orange cones.
 - ◊ When the whistle blows, the player proceeds to Corner 2.
 - Corner 2 - Backhand drill
 - ◊ Coach tosses the ball.
 - ◊ Player returns the ball to the coach demonstrating the backhand.
 - ◊ When the whistle blows, the student reports to corner 3.
 - Corner 3 - Forehand drill
 - ◊ Coach tosses the ball.
 - ◊ Student returns the ball to the coach demonstrating the backhand. (For more advanced players, this can be a volley stroke.)
 - ◊ When the whistle blows, the student reports to corner 4.
 - Corner 4 - Ready Drill
 - ◊ Coach dinks the ball to student.
 - ◊ Student maintains ready position between hits.
 - ◊ Student watches for an opportunity to volley.
 - ◊ Coach gives player a volley opportunity after two or three dinks
 - ◊ When the whistle blows, the student reports back to corner 1.

Suggested Debrief Questions:

- What is your best pickleball stroke?
- Which stroke takes the most patience?
- What skills are you improving in?
- Which skills do you want to practice more?

SNACK BREAK:**Time Allotted:**

10 minutes

ACTIVITY 3

Name of Activity:

Game Practice “King’s Court” (same as Day 2)

Objective:

To give the participants the experience of playing a pickleball game focusing on rules and skills learned today.

Supplies Needed:

Pickleball net and ball for every court. Paddle for every player.

Time Allotted:

35 minutes

How to Run the Activity:

Counselors will oversee a court, helping players with rules and scoring.

- Divide players into doubles teams.
- Court 1 is the “Kings Court” with other courts following.
- Play pickleball for ten minutes.
- Winners move up and split (change partners), losers move down and split.
- Winners on the “King’s Court” stay and the losers on the last court stay.

Suggested Debrief Questions:

- How has your playing improved?
- What would you like to get better at?
- What is the hardest part about pickleball? What is the most fun?
- Who would you like to play pickleball with?

CAMP WRAP UP

Application

Pickleball Camp was full of learning new skills, building teamwork, and practicing leading. Now's your chance to continuing growing by getting involved. Are you part of a 4-H Pickleball club? Why not start one in your community? Clubs are a great place to make lasting friendships and get better and better in your project. Talk to your local Extension Youth Coordinator for help in getting a 4-H Pickleball Club up and running.

Maybe Pickleball didn't end up being your "thing." There is probably another club you can join. Find out from your county's Youth Coordinator.

If you are in 7th grade or above, consider joining your county's Healthy Living [TRY Team](#). You'll attend a fun, two-day training and then teach the youth in your county what you've learned. Developing healthy living habits while your young is a positive move. Talk about putting all your new-found skills to work- TRY Team will definitely do that!!

No matter which path you take, we hope to see you often at 4-H!

<https://extension.usu.edu/utah4h/events/try>

Sample Schedule

Time	What	Where	Supplies	Assignments
12:30-1:30	Registration	Academy Square	<ul style="list-style-type: none"> • Table, tablecloth, & chairs • Nametags • T-shirts • Check-in sheets • Pens • Decorations • Teardrop banners • A-frames 	Teen Leaders <ul style="list-style-type: none"> • Greet • Help youth find rooms • Games Megan & Collegiate <ul style="list-style-type: none"> • Check-in table
12:30-1:30	Games/lunch if brought	Academy Square Patio		Teen Leaders <ul style="list-style-type: none"> • Lead games • Be ready at opening Megan & Collegiate <ul style="list-style-type: none"> • Clean up registration • Be ready at opening
1:45-2:15	Opening Ceremonies	Huntsman Library Auditorium	<ul style="list-style-type: none"> • Script • Decoration • Flags 	Teen Leaders <ul style="list-style-type: none"> • Perform opening Megan & Collegiate <ul style="list-style-type: none"> • Oversee opening
2:15-2:30	Group Time & Adult Orientation	Outside	<ul style="list-style-type: none"> • Water bottles • Team tokens • Chaperone packets • Meeting Checklist 	Teen Leaders <ul style="list-style-type: none"> • Lead group time Megan & Collegiate <ul style="list-style-type: none"> • Run adult orientation • Make sure workshops are ready
2:40-4:20	Workshops	Lucy Phillips/ Outside	<ul style="list-style-type: none"> • Shades • Workshop totes • Air Horn • First Aid Kit • Snack 	Teen Leaders <ul style="list-style-type: none"> • Rotate with groups Megan & Collegiate <ul style="list-style-type: none"> • Set up snack

APPENDIX

“This or That” List

- Sweet, Salty
- Books, Movies
- Text, Talk
- Blonde, Brunette
- Hot, Cold
- Radio, iPod
- Morning, Night
- Frosting, Cake
- Quiet, Loud
- Spicy, Mild
- Fast, Slow
- Kissing, Hugging
- Basketball, Football
- Front row, Back row
- Soccer, Volleyball
- Tall, Short
- Chocolate, Vanilla
- Rebel, Rule follower
- Shy, Outgoing
- Beach, Snow
- Funny, Serious
- Cars, Trucks/SUV's
- Cats, Dogs
- iPhone, Android
- Hip hop, Pop
- Couch, Play
- Soda, Water
- Giving, Getting
- One friend, Lots of friends
- Big family, Small family
- Jeans, Shorts
- Rain, Sunshine.

Skills & Rules Cards

Print on Red

Double
Bounce

Water

Whistle

When can
you score?

Kitchen
or non-volley zone

Serving

Skills & Rules Cards

Print on Blue

Service
Area

Kitchen
or non-volley zone

Baseline

Kitchen
Line

Net

Serving

Skills & Rules Cards

Print on Yellow

Forehand

Backhand

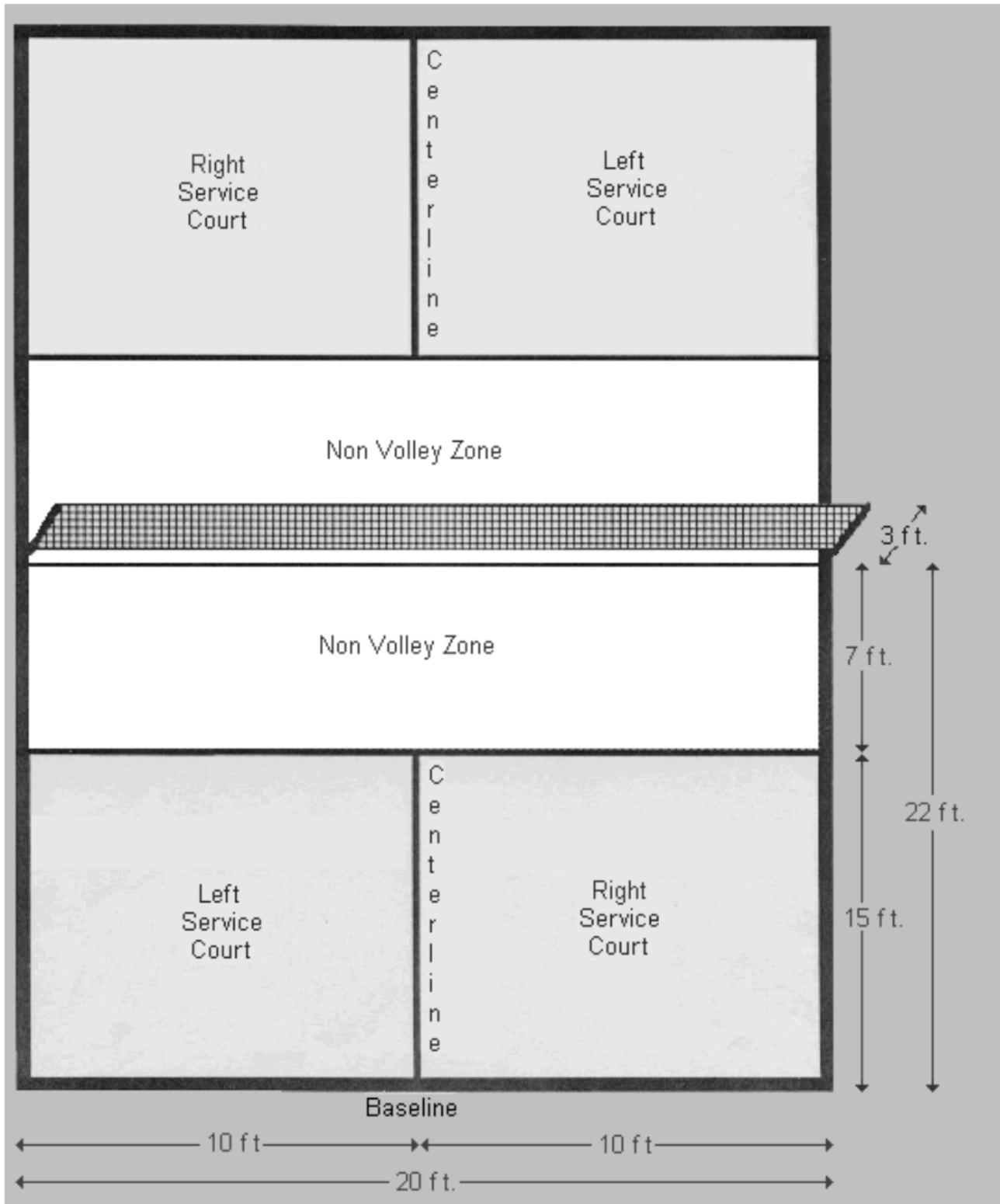
Dink

Serve

Volley

Ready
Position

COURT LAYOUT



RULES SUMMARY

<https://usapickleball.org/what-is-pickleball/ifp-official-rules/rules-summary/>

The following is an abbreviated form of the rules to give a quick overview of how the game is played. If there is a conflict between this summary and the official rules, the official rules prevail.

Basic Rules

- Pickleball is played either as doubles (two players per team) or singles; doubles is most common.
- The same size playing area and rules are used for both singles and doubles.

The Serve

- The server's arm must be moving in an upward arc when the ball is struck.
- Paddle contact with the ball must not be made above the waist level.
- The head of the paddle must not be above the highest part of the wrist at contact.
- A 'drop serve' is also permitted in which case none of the elements above apply.
- At the time the ball is struck, the server's feet may not touch the court or outside the imaginary extension of the sideline or centerline and at least one foot must be behind the baseline on the playing surface or the ground behind the baseline.
- The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court.
- Only one serve attempt is allowed per server.

Serving Sequence

- Both players on the serving doubles team have the opportunity to serve and score points until they commit a fault *(except for the first service sequence of each new game).
- The first serve of each side-out is made from the right/even court.
- If a point is scored, the server switches sides and the server initiates the next serve from the left/odd court.
- As subsequent points are scored, the server continues switching back and forth until a fault is committed and the first server loses the serve.
- When the first server loses the serve the partner then serves from their correct side of the court (except for the first service sequence of the game*).
- The second server continues serving until his team commits a fault and loses the serve to the opposing team.
- Once the service goes to the opposition (at side out), the first serve is from the right/even court and both players on that team have the opportunity to serve and score points until their team commits two faults.
- *At the beginning of each new game only the partner on the right side of the serving team has the opportunity to serve before faulting, after which the service passes to the receiving team.

Scoring

- Points are scored only by the serving team.
- Games are normally played to 11 points, win by 2.
- Tournament games may be to 15 or 21, win by 2.
- When the serving team's score is even (0, 2, 4, 6, 8, 10) the player who was the first server in the game for that team will be in the right/even court when serving or receiving; when odd (1, 3, 5, 7, 9) that player will be in the left/odd court when serving or receiving.

Two-Bounce Rule

- When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning, thus two bounces.
- After the ball has bounced once in each team's court, both teams may either volley the ball (hit the ball before it bounces) or play it off a bounce (ground stroke).
- The two-bounce rule eliminates the serve and volley advantage and extends rallies.

Kitchen or Non-Volley Zone

- The non-volley zone is the court area within 7 feet on both sides of the net.
- Volleying is prohibited within the non-volley zone. This rule prevents players from executing smashes from a position within the zone.
- It is a fault if, when volleying a ball, the player steps on the non-volley zone, including the line and/or when the player's momentum causes them or anything they are wearing or carrying to touch the non-volley zone including the associated lines.
- It is a fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens.
- A player may legally be in the non-volley zone any time other than when volleying a ball.
- The non-volley zone is commonly referred to as "the kitchen."

Line Calls

- A ball contacting any part of any line, except the non-volley zone line on a serve, is considered "in."
- A serve contacting the non-volley zone line is short and a fault.

Faults

- A fault is any action that stops play because of a rule violation.
- A fault by the receiving team results in a point for the serving team.
- A fault by the serving team results in the server's loss of serve or side out.

Determining Serving Team

- Any fair method can be used to determine which player or team has first choice of side, service, or receive. (Example: Write a 1 or 2 on the back of the score sheet.) To make play smoother with less time making decisions, you can determine at the beginning of your camp which side will serve first, such as the "north side" or the "side with the 4-H banner."

GAMEPLAY TERMS

These are some of the most common terms you'll hear while you're playing. These include specific shots you can take, strokes you can use, and a few rules to keep in mind.

Ace: An ace is a serve that is not returned by your opponent.

Backhand: A backhand stroke is made on your non-dominant side. You know it's a backhand hit when the back of your hand is facing the net as you hit the ball.

Cross-Court: The court diagonally opposite your court. When serving, you must hit the ball cross-court to your opponent.

Dead Ball: A dead ball is called after a fault.

Dink Shot: A dink shot is a soft and controlled shot that is intended to move downward shortly after it clears the net, landing in the no-volley zone (ideally at your opponent's feet).

TIP - This slow-moving shot can be an effective weapon that you should strongly consider adding to your game.

Double-Bounce Rule: The double-bounce rule dictates that when the ball is served, the receiving team must let it bounce once before returning, and then the serving team must let it bounce once before returning. (Thus, two bounces.)

Double Bounce: A double bounce is when the ball bounces twice on one side of the court. A double bounce is a fault.

Double Hit: A double hit is when the ball hits a player's paddle twice before going over the net. If a double hit is the result of one continuous motion (meaning, without a second swing or push), it is technically a legal hit.

Drop Shot: A drop shot is a groundstroke shot that falls short of the opponent's position.

Fault: A fault is any action that stops play because of a rule violation. A fault by the receiving team results in a point for the serving team; a fault by the serving team results in the server's loss of serve or a side out.

Forehand: A forehand stroke is made with your dominant forearm is facing forward. This is typically the most comfortable and natural stroke.

Groundstroke: A groundstroke is made just after the ball bounces off the ground.

Half Volley: A half volley is a groundstroke shot where the paddle contacts the ball immediately after it bounces from the court and before the ball rises to its potential height.

Let: A let is a serve that hits the net and lands in the proper service court. Let serves are replayed.

Lob: A lob is a shot that returns the ball as high and deep as possible, forcing the opposing side back to the baseline.

Rally: Rally is continuous play that occurs after the serve and before a fault.

Side Out: A side out is declared after one side loses its service and the other side is awarded service.

Volley: A volley is hit in the air, during a rally, before the ball has hit the ground.

COURT TERMS

These are the terms for the physical areas on a pickleball court. You definitely want to learn these terms.

LINES

Baseline: The baseline runs parallel to the net at the back of the court. The baseline can't be crossed when you serve.

Centerline: The centerline extends from the kitchen to the baseline and divides the court into two equal halves.

Sideline: The sideline runs perpendicular to the net on either side of the court. The sideline separates in-bounds from out-of-bounds.

ZONES

No-Man's Land or Transition Zone: The No-Man's Land (also referred to as the Transition Zone) is the area on the court between the kitchen and the baseline. You should try to avoid this area as much as possible because it opens up angles for your opponent to hit at you.

Kitchen or Non-Volley Zone: The non-volley zone is the area within 7 feet on both sides of the net where volleying is not allowed. One of the best places to position yourself is right behind the non-volley zone. The net will limit the number of angles at which your opponent can hit at you.

COURTS

Service Courts: The service courts are the areas on either side of the centerline, bounded by the non-volley line, the baseline, and the sideline.

