

PICKLEBALL STUDY GUIDE



Questions

1. What year was pickleball invented

2. What is a volley? _____

3. Do you have to win by 2 points?

4. Can the ball bounce twice?

5. Can you hit the ball twice on your side? _____

6. Can you serve overhand _____

7. Can ball bounce in the non-volley zone on a serve? _____

History

The mini-tennis game called Pickleball was created during the summer of 1965 on Bainbridge Island in the Puget Sound area of Washington. The original purpose of the game was to provide a sport for the entire family, according to co-inventor's U.S Congressman Joel Prichard and William Bell. How did Pickleball get it's name? Pickles was the family dog that would chase after the missed balls and then hide in the bushes. Pickle's ball was later shortened to the namesake of Pickleball.

Double Rules

Games to 11 must win by 2

Only score if you are serving

Ball can be hit in the air (volley), but not in the non-volley zone

Ball can only bounce once: if ball lands on the line (baseline or sideline), it is in
Alternate serves with partner when in possession of the serve (start on the right side)

On the serve both sides must let the ball bounce once

On the serve the ball may not land in the non-volley zone

It is a fault if the ball...

-is hit out of bounds

-does not clear the net

-is volleyed in the non-volley zone

-did not bounce once before the serve was returned

-bounced more than one time

-is hit more than one time on your side

Skill Cues

Forehand

- Shake hands with racquet
- Pivot and step towards target
- Step in opposition
- Keep your eye on the ball

Backhand

- Step with same foot as racquet hand
- Step towards your target
- Swing through the ball with a firm wrist
- Keep your eye on the ball

Serve

- Serve is underhand
- One foot behind baseline
- Serve cross court
- Ball must pass non-volley zone
- If ball hits net on first serve it is a redo.

8. Hitting a forehand shot you step with opposite foot forward

9. Never keep your eye on the ball when hitting.

10. Double bounce rule means you want it to bounce two times in a row.

11. Non-Volley zones is commonly called the "house"

Double bounce rule

-When the ball is served the receiving team must let it bounce once before returning, and then the serving team must let it bounce before returning, thus two bounces.

Non-Volley Zone

-The non-volley zone is commonly referred to as "the kitchen"

-You can not volley in the non-volley zone. (Ball must bounce in zone before you hit)

-Player is allowed to stand in non-volley zone.

Court

