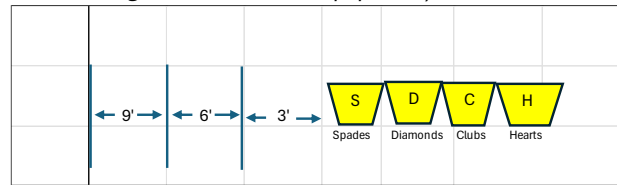




Pickleball Control Progression Activity

This activity is a progressive way to teach ball and paddle control, beginning with movement and ball, progressing on to paddle self-fed, and ending with feeder fed (underhand toss and paddle fed ball).

Equipment: 4 buckets (ex. sand-pail), 1 deck of cards, gaffer tape, Velcro dots, 6 indoor pickleballs, 6 beanbags. *(Dollar store is a great resource for equipment)*



Set up:

- Using Velcro tabs, join buckets together in a row.
- Using gaffer tape, put down 3 lines; 3', 6' and 9' from first pail
- Place 1 suite (Hearts, Diamonds, Spades and Clubs) of cards in each pail. Cards are placed upside down in buckets (numbers or face cards are not showing).

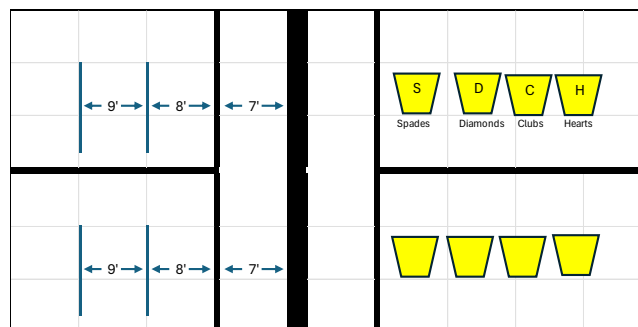
Goal: Toss the ball underhand into each pail and collect 1 card from each suite.

Procedure: *May begin progression using bean bags then progress to indoor Pickleball.*

- The athlete stands behind the 3' line
- The athlete has 6 attempts to toss the ball underhand and try to collect one of each suite of cards.
- If the ball lands in bucket, the athlete collects a card from that bucket. *Athlete may not look at the card before picking up one.*
- Athlete must collect all 4 suits before moving back to the next line (6' then 9')
- Record athlete's points on a chart. #2-#10 cards = face value (2-10 pts.), J, Q, K, Ace= 20 points, Joker = 50 points.

Activity Variations: Use for *Groundstrokes, Volleys*

Set up: On-court. *Athlete still collects cards and points recorded*



An athlete should be proficient in each of the following variations before progressing to the next step.

A. Groundstrokes

Progressions: *Begin at the no-volley line after success move to the next line back.*

1. The athlete underhand tosses the ball to the buckets to collect cards.
2. The athlete uses a paddle to drop hit the ball into each of the four buckets using the line progressions above.

Followed by

3. Using a feeder, the feeder **underhand** tosses ball to the athlete:
 - ✓ The athlete catches the ball after 1 bounce, then underhand tosses toward the bucket. *6 attempts*
 - ✓ The athlete catches the ball after 1 bounce, then drops hit the ball toward the bucket. *6 attempts*
 - ✓ After the fed ball bounces one time, the athlete hits the ball toward buckets. *6 attempts*
4. Using a feeder, the feeder **paddle feeds** the ball to the athlete.

An athlete should be proficient in each of the following variations before progressing to the next step.

 - ✓ The athlete catches the ball after 1 bounce, then underhand tosses toward the bucket. *6 attempts*
 - ✓ The athlete catches the ball after 1 bounce, then drops hit the ball toward the bucket. *6 attempts*
 - ✓ After the paddle fed ball bounces one time, the athlete hits the ball toward buckets. *6 attempts*

B. Volleys

Progressions: *Begin at the no-volley line after success move to the next line back.*

1. Athlete tosses ball overhand toward the buckets.
2. Athlete tosses the ball up and with paddle up, taps the ball toward target.
3. Using a feeder, the feeder **underhand** tosses ball to the athlete.

An athlete should be proficient in each of the following variations before progressing to the next step.

 - ✓ The athlete catches the ball in the air with no bounce, then underhand tosses toward the bucket. *6 attempts*
 - ✓ The athlete catches the ball in the air, then paddle taps (paddle up) the ball toward the bucket. *6 attempts*
 - ✓ The athlete hits the ball in the air toward the bucket. *6 attempts*
4. Using a feeder, the feeder **paddle feeds** the ball to the athlete.

An athlete should be proficient in each of the following variations before progressing to the next step.

 - ✓ The athlete catches the ball in the air, then overhand hand tosses toward the bucket. *6 attempts*
 - a. The athlete catches the ball in the air then tosses the ball up and taps the ball toward the bucket. *6 attempts*
 - b. The athlete overhand hits the paddle fed ball toward buckets. *6 attempts*

Keys to success:

- ❖ Start with movement before adding paddle.
- ❖ Start easy for success and add challenges slowly
- ❖ Keep record of athletes points to see improvement.
- ❖ Return to the previous progression step, if an athlete finds the challenge too difficult.
- ❖ Always end with a success
Make it fun!