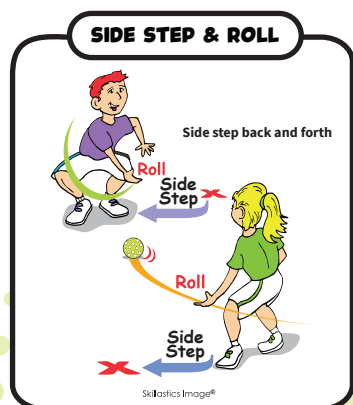


Pickleball Activity Stations

Station teaching is an effective way to work with kids of multiple ages and abilities. Stations can be adapted based on available equipment and the skill level of the students. The diagrams below include eight skill activities taken from the USA Pickleball *Let's Play Youth Pickleball Playbook*. These activities are intended to help students control the ball and rally successfully with a partner. Nets are not required and activities can be performed in any space (indoor or outdoor).

Musical Stations

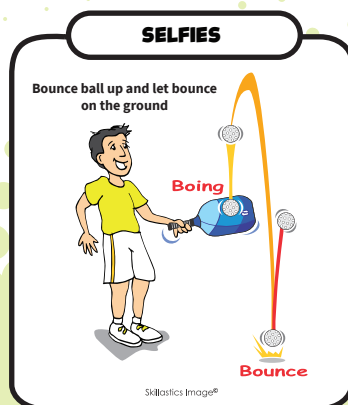
Choose four to eight activities based on the class size and age of the students. Place description cards against cones positioned throughout the playing area. Divide the class into groups of four to eight students and position them at each of the stations. Have students perform the activities to music for a specified amount of time and rotate players after the music stops to a new station. Be sure to provide quick turbo tips regarding proper form, cooperating, playing safely, etc., in between station rotations to ensure a successful class.



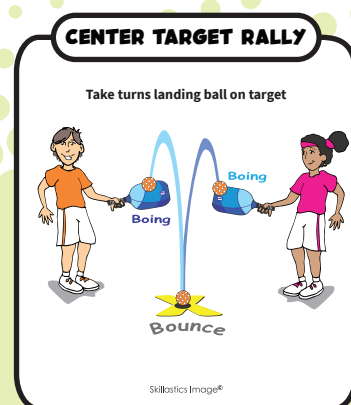
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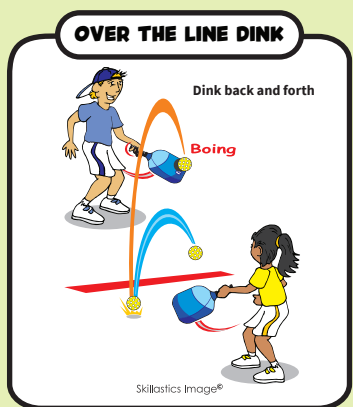
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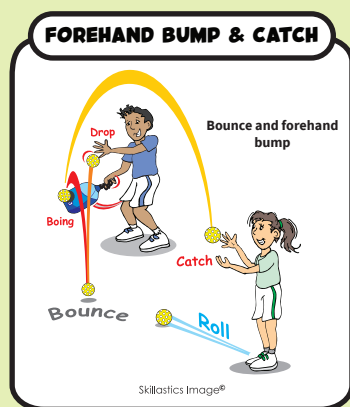
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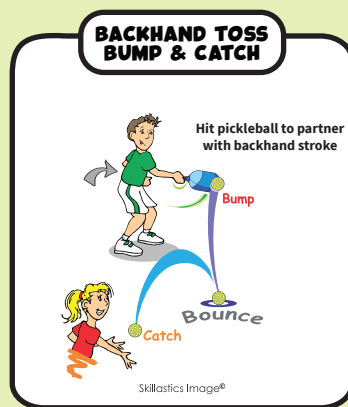
4



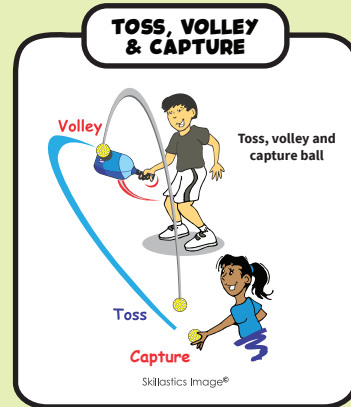
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6



7



8

Note: Additional games, play rotations, bonus activities and activity cards are available both digitally and laminated through the USA Pickleball for purchase or, with USA Pickleball Youth Program Provider Membership. For more information, visit usapickleball.org/recplay



Activity Descriptions

- 1. Sidestep & Roll (one ball per pair):** Partners stand three to five feet apart and begin side stepping back and forth while rolling a ball to each other.
- 2. Toss-to-Targets (one ball & two targets per pair):** Two players stand several feet apart from each other and take turns trying to underhand toss a ball into a target. Players should extend with their arm and follow through towards the target. If successful, the other player has to do five jumping jacks.
- 3. Selfies (one paddle & one ball per student):** Alternate bumping the ball up off the paddle and then on the ground keeping the rally “eye high.”
- 4. Center Target Rally (one paddle per student & one ball and target per pair):** Partners stand approximately three feet apart. Player one bounces the pickleball up on his/her paddle “eye high” and then lets the pickleball bounce on the floor. Player two quickly moves his/her paddle under the pickleball and bounces the ball up, repeating the process.
- 5. Over the Line Rally (one paddle per student, one ball per pair):** Partners stand approximately ten feet apart with a line or imaginary line between them. Partners work together and dink back and forth using short controlled swings. Rubber spots can be placed on front of each player as targets.
- 6. Forehand, Bump & Catch (one paddle & ball per pair):** Partners stand approximately six feet apart. Player one forehand bumps the ball lightly to his/her partner, who catches the ball and rolls it back.
- 7. Backhand Toss, Bump & Catch (one paddle & ball per pair):** Partners stand approximately six feet apart. Player two underhand tosses the pickleball toward the backhand for player two. Player two lightly hits the ball after the bounce and back to their partner, who catches the ball.
- 8. Volley Toss, Tap, & Capture (one paddle & ball per pair):** Partners stand several steps apart. One partner tosses a ball underhand to the forehand or backhand side of their partner. Without letting the ball bounce, the partner gently taps the ball back to their partner.

Note: Additional fitness stations can be included in a station routine to provide additional variety, improve fitness, and maximize available equipment.

For information on obtaining youth equipment, accessing online videos, and more, visit, usapickleball.org/recplay.

