



URPA

2023

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2023 Junior Tournaments in Utah

Brigham City Recreation (221 N 600 W)

April 21st—22nd:

- Brigham City Junior Challenger & Tournament **Bcutah.org**

June 9th:

- Brigham City/ USU Sagebrush Team Tournament **Bcutah.org**

***Check out our full tournament line up for 2023, Juniors are encouraged to play! brighamcity.activityreg.com**



Meet your 2023 Reps



2023 Representatives

Linda Weeks - Farmington Recreation

lweeks@farmington.utah.gov

Tracy Murray - Kaysville Recreation

tmurray@kaysvillecity.com

Tammy Wursten - Kaysville USAPA Ambassador

tamslam@hotmail.com

2023 URPA Juniors Pickleball State Challenge

Jackie Wardle - Clearfield Recreation

Jackie.wardle@clearfieldcity.org

Juniors Tournament of Champions

Mandy McLean - Tournament Director

Brigham City, Utah

amclean@bcutah.org

Ambassadors and Instructors

USA Pickleball - USA Pickleball is the governing and sanctioning body for Pickleball in the United States. Rules, clarifications, ratings, memberships, and tournament sanctioning are all under the umbrella of USA Pickleball

(<https://www.usapickleball.org>)

Pickleball Champions - Pickleball Champions are volunteers that have a passion for the sport and want to help it grow, at all ages. They are a great contact to have, especially when you are getting pickleball started in your community. Although they are not all instructors, they can help you get to know other good contacts in your local pickleball community. If available, they are often willing to help structure, promote, or even volunteer at local tournaments. A list of official USAPA Ambassadors can be found, with their email addresses, at: www.usapa.org/usapa-ambassadors

Certified Instructors - Getting players in your community started off on the right foot is important. Certified instructors are a great resource in helping with clinics, camps, and other teaching opportunities. There are two major certifications, the Professional Pickleball Registry (PPR), and the International Pickleball Teaching Professional Association (IPTPA). We have many PPR & IPTPA certified instructors in Utah that can be found at the following websites www.pprpickleball.org / www.iptpa.com

Introducing Pickleball To Your Community

There are many ways to get youth in your area playing pickleball. A few ideas from some of our most successful pickleball playing cities in Utah are the following:

Pickleball Camps - 2-3 week camps that start introductory play and teach the foundations of play.

Each week introducing a new concept of play

Court Terms: non-volley line, non-volley zone, sideline, baseline, right and left service area...

Serve/Return of Serve

Dinks

Third Shot Drops

Drives and Overheads

Integrate games and challenge matches to help the youth reach their goals and play the game.

Skills Days - Invite everyone from your area to come work on a specific skill on a Saturday morning with an instructor and a promise of drop-in style/rotational play to follow.

Youth Pickleball Club - A block of courts are set aside at a consistent time and day specifically for youth use. Time and day are marketed and staff are present during the assigned time to help facilitate fair/fun play.

Generation Gap Tournaments - Generation gap tournaments require that partners must be at least 20 years apart in age. These tournaments are a great way to appeal to your adult players while getting youth out also as a result!

Leagues - Divided by skill level and can be ran in a number of ways.

Social Mixer - Everyone is given a random number (up to the amount of players attending.) Each round is played with a new partner and against new opponents.

King of the Court model - Players are distributed randomly. Court 1 is the “Kings Court” with other courts following. Each court plays a game 1-11 win by 1, timed at 12 minutes to make rotation consistent. Winners move up and split (change partners), losers move down and split. Winners on “1” will stay and the Losers on the last court will stay. Another option is to allow each game to be played to completion. Teaching them how to strategize to win the game. Bandanas are put on the fence and when the game is done the bandana is moved to the net. Once a majority of games are completed then the rotation continues. Encourage players to continue to play or have them do some drills to complete their time on the court till others are done.

Ladder Leagues - Players are randomly put in groups of 4. Each player plays with every other player on their court (3 matches), 1-11 win by 1. Score of each game is recorded with the use of a scoresheet on a clipboard at each court. Best 2 scorers in terms of total points from all matches move up a court. Two lower scores move down one court. (Like the King of the Court Model but a little more accurate.) However, if there is a large discrepancy in skill neither this or King of the Court truly determine ability as 90% of all shots can be played to the weaker players. <https://holdmycourt.com/> has an online tool that keeps track of results and allows players to view.

Running a Youth Program in your City/Agency

- Individual agencies are encouraged to develop youth players in the Spring and early Summer.
- Agencies recommended to allow players to have competitive experiences as part of their camps and clinics by having challenge matches against others of their same skill level (ladder).
- Instructors working closely with the youth help those interested in competing to determine their most appropriate skill level for tournament play.
- The State Challenge 2023 will be held in early August (see pg. 10)
- Gold medalists from the State Challenge in each division (2.0, 2.5, 3.0, 3.5, 4.0, and 4.5+ mixed, boys, and girls doubles) will be given a free registration to the Juniors Tournament of Champions in Brigham City UT. Free entry applies to the skill level played at the State Challenge or higher.
- The Tournament Director has the right to review and adjust players as necessary.



URPA Logo Use/Requirements

The URPA Logo is a great tool to attract participants to your event.

Please use this logo to advertise all youth events you plan.

This keeps the branding congruent.

Youth Lesson Structure

It is recommended that lessons are structured as follows:

- Explanation of Skill (What is the skill?)
- How to execute skill (Demonstrate)
- Why that skill is important
- Opportunity to practice/try reps of skill/drills
- Thoughts and Troubleshooting
- Activity!

(EXAMPLE) Dinks or Dink Shots

What: Dinks are soft/short shots that occur when you are by the NVZ that land close to the net on your opponents side.

How: Feet just a little wider than shoulder width. Imaginary “V” letter in front of your body is your contact area. Knees bent. You are hitting up on the ball with an “open” paddle face.

Why: Dinks are important as they create a shot for your opponent that is hard to attack. It allows you to “reset” a point if you are out of position. It also moves your opponent out of position and can create openings.

Thoughts: Don’t let the ball land right at your feet (protecting your nest egg.) Choose to dink cross-court as this reduces your margin of error (net is lower in the middle and you have more court if you tend to over hit). As an offensive shot it is a tougher return if your shot is hit at the opponent’s feet or at their backhand.

Activity: Get in a circle and work on patient dinks. Having each player yell “mine” before they hit the ball. See how many hits the group can get. As a ‘get to know you” activity have each player call the ball before hitting and call out another player’s name when they hit it. This is a patient activity of teamwork.

Game: Fireball! Played in the NVZ area (refer to page 30)

Explanation of Ratings / Skill Levels

Pickleball is best enjoyed when players play in their appropriate skill level. “Seeding” players isn’t as accurate as you might have a total roster of 2.5 skill level players. Young and old can play together when placed on-court within their own skill level.

There are several resources to help players self-rate by having them evaluate their abilities in several different pickleball-specific skills. These include the IFP (International Federation of Pickleball) ratings chart and the Pickleball Guru ratings flowchart. The two above mentioned are included in this booklet on pages 16 & 17 in the Resources section.

As instructors and coaches it is important that we assist our players in rating appropriately so they can have the best equal level of competition for tournament play. When players win at their skill level in a well attended or sanctioned tournament, that is a good indicator that it may be time to move up in their skill rating.



Teach the Teacher

Come as a Program Coordinator or Pickleball Instructor to learn basic teaching techniques for all players.

May 3, 2023 – Farmington Gymnasium
(1:00pm-2:30pm or 6:00pm– 7:30pm)

Contact: Linda Weeks 801-939-9279

294 S 650 W Farmington, Ut 84025

lweeks@farmington.utah.gov

2023 Tournaments

	Dates	Location	Contact	Registration
State	Thurs., 8/3 Fri., 8/4	Steed Park 300 N 1000 W, Clearfield	Jackie Wardle Jackie.wardle@ clearfieldcity.org	Clearfield.city/ parks- recreation
Junior TOC	Mon., 8/14 Tues, 8/15	Rees Pioneer 221 N 600 W Brigham City	Mandy McLean amclean@bcutah.org	bcutah.org/ recreation

- **All teams at the State Challenge level must have at least one player from Utah.**

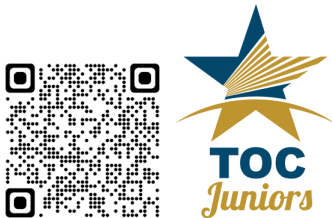
URPA Junior Pickleball State Challenge

SITE	DATE
Steed Park 300 N 1000 W Clearfield UT jackie.wardle@clearfieldcity.org	8/3/23-8/4/23

2023 Juniors Tournament of Champions



**Look for
updates on
URPA
Juniors Pickleball
Facebook Page**



SITE	DATE
Rees Pioneer Park, Brigham City, 221 N 600 W amclean@bcutah.org	8/14/23-8/15/23

URPA Junior Pickleball State Challenge Format 2023

- State Challenge competitions shall include boys, girls, doubles, and mixed doubles format.
- 2.0, 2.5, 3.0, 3.5, 4.0, and 4.5+ are to be offered.
 - In the event that divisions are too small to successfully run by themselves, divisions may be combined but awarded separately.
 - In the event that divisions are too large, an effort will be made to run by age within the skill.
- The format for all events and divisions are intended to be round robin with a minimum of 4 games.
 - No round robin pool should be larger than 9 teams.
 - Pools of more than 10 teams may be split into 2 brackets. With the top two teams from each pool competing in a new round robin to determine Gold, Silver, and Bronze medalists.
- For all skill divisions with pools of 4 or fewer teams, matches shall be best of three games, first to 11 points, win by 2, top out at 13.
- **All teams at the State Challenge level must have at least one player from Utah. Juniors must be 18 or under as of 12/31/23 to compete unless specifically addressed by the tournament.**

Scoring

- For smaller pools / divisions. Tournament Directors have the discretion to play games to either 11 or 15, win by 2 or a win by 2 with a cap.
- Ties are determined by:
 - 1) Wins
 - 2) Head to Head (In a 3 or more team tie)
 - 3) Overall point differential
 - 4) Point differential within the matches that create the ties.

*(Point differential figuring example sheet can be found on page 26) Any teams that withdraw from round robin play will have their scores eliminated that have been played or will have been played. *note this is different than the USAPA Rules.*

General courtesy rules of the game for parents and participants to know:

- While points are being played, all spectators should refrain from cheering or making any other loud or distracting noise until the point is over.
- **Coaching is not allowed except during timeouts and in-between games. Only Junior players are allowed in the alleyways beside the courts.**
- Timeouts are 1-minute long and should be used as a brief break to hydrate, snack and/or strategize. They are not meant for excursions away from the court.

Juniors Tournament of Champions



- Gold medalists from the State Challenge in each division will be given free registration to the Juniors TOC division of their awarded skill level or higher in Brigham City, August 14th & 15th. (Gold Medalists that would like to participate in the Junior TOC will be required to register and pay for their registration fee but will receive a refund post tournament.)
- 2.0 - 4.5+ skill levels will be offered this year in both Doubles and Singles.
- The 2.0 - 2.5 tournament structure is built to focus on player experience. Tournament format will be a round robin to maximize the amount of play. There will be a local ambassador/mentor assigned to 2 teams, creating a 4:1 player to mentor ratio. Mentors will ensure that the experience is filled with learning, positivity and a focus on fun. Referees will be hand-selected locals that will keep the games fair, but will also support the players' needs, helping their matches to be successful and enjoyable experiences.
- 3.0, 3.5, 4.0, and 4.5+ Junior's divisions will be a double-elimination format. In divisions with 8 or more teams, medalists will be awarded scholarship funds from the **John A Gullo American Dream Foundation** that will be held in a foundation and available for use for post-secondary education opportunities in the players' futures.

Tournament Of Champions History

Brigham City's Tournament of Champions (TOC) is one of the flagship tournaments for pickleball nationwide. Starting in 2013, the TOC was the first tournament to ever offer prize money, the first tournament to use certified refs for all professional matches, and the first Tier 1 Tournament outside of Nationals. The vast majority of pickleball professionals come and play at the TOC. The atmosphere is electric and we welcome you to see and enjoy the highest caliber of pickleball. The TOC continues to push the sport to new competitive heights.

Anna Leigh Waters & Ben Johns Tournament of Champions 2022



GENERAL RESOURCES

IFP Summary of player ratings.

Full chart can be found at:

<https://www.ifpickleball.org/Home/Skills>

1.0: Limited knowledge of the game.

1.5: Has minimal skills, played a few games.

2.0: Holds short rallies and understands doubles play.

2.5: Making most volleys, some backhands, but has weak court coverage.

3.0: Consistent serve, returning medium-paced balls, but lacks directional control, trying dinks.

3.5: Demonstrating aggressive net play, beginning to anticipate opponent's shots.

4.0: Using 3rd shot strategies but loses rallies due to impatience, fully knows game rules.

4.5: Keeping ball in play, solid footwork, beginning to master 3rd shots.

5.0: Master, ready for highest competition.

THE GURU'S RATINGS FINDER

The Simple "Yes or No" Way to Figure Out Your Skill Level—Fast

YES = "Yes" to 5 or More Statements

NO = "No" to 2 or More Statements

- I know where to stand at the beginning of each point
- I usually get my serves "in"
- I usually let the return of serve bounce
- I am getting the hang of keeping score
- I can often keep the ball in play.
- I know what a dink shot is.

NO

NEWBIE

2.0

YES

- I have the basic rules down 100%.
- I am working on getting my serves & return of serves deeper.
- I am working on getting my dinks shallower/lower.
- I am capable of hitting a few dinks in a row.
- I can usually hit backhand shots when I need to.
- I'm trying to add more power or softness to my game.

NO

BEGINNER

2.5

YES

- I know almost all of the "special case" rules.
- My serves & returns are almost always deep.
- I sometimes try to hit a 3rd shot drop shot.
- I try to be strategic about how and where I hit the ball.
- I have a wide variety of shots in my arsenal.
- I actively work with my partner to win the point.

NO

NOVICE

3.0

YES

- I can often anticipate my opponents' shots.
- I often finish the point when my opponent gives me an opening.
- I am usually consistent with drop shots and dink shots.
- I almost always play at the non-volley line.
- With a good partner I can cover almost any shot.
- I try to be patient & wait for the opening.

NO

INTERMEDIATE

3.5

YES

- I can consistently convert a hard shot to a soft shot.
- I am almost always patient & wait for the opening.
- I rarely make unforced errors.
- I consistently use power & finesse to my advantage.
- I can easily sustain a rally of 40 or more shots.
- I have competed in tournaments at the 4.5 level or higher.

NO

ADVANCED

4.0

YES

EXPERT

4.5-5.0

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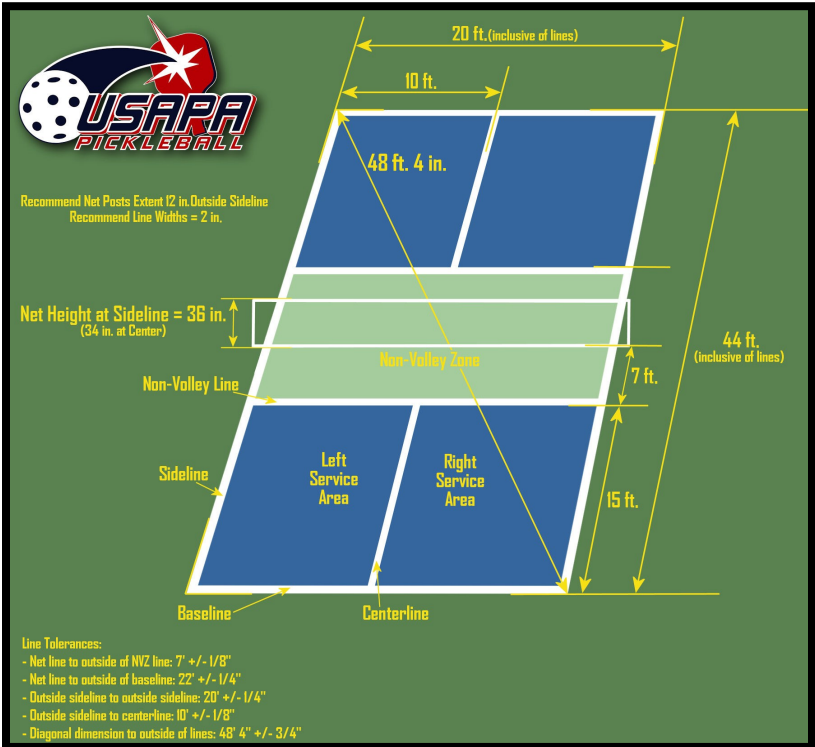
Pickleball Rating Finder courtesy of The Pickleball Guru more information at <https://www.pickleballguru.com>

How to Run a GREAT Tournament for Your Agency

- Market well (city website, pickleball Facebook groups, emails, and flyers at all courts that you influence).
- Stay true to your marketed format! No changes should be made once play has begun.
 - Day-of format adjustments irritate players. Especially when their expectation for number of games played has been reduced.
 - Be prepared to make adjustments depending on your registration if needed.
 - Plan a general time for the start of your tournament with a clarification of actual start time 1 week prior to the tournament.
- Make sure that Men's, Women's, and Mixed Doubles are all offered. Singles may be offered for tournaments at large complexes with available courts, but is currently significantly less popular than doubles and should be your lowest priority for events.
- Be organized. This includes staying on-time, having an effective method for getting correct players on and off their correct courts, and having knowledgeable staff about the tournament and scoring format.
 - Pod leaders/court monitors (a person assigned to facilitate a certain division or sets of courts) are a great way to improve the efficiency of your tournament .
 - Educate spectators that coaching is not allowed until there is a timeout or between games.
 - Have a plan for inclement weather with towels and brooms for clearing the courts of water.

- Be sensitive to the number of courts you have when planning your bracket time.
- For example: with 4 courts available registration max is 10 teams. With 6 courts available, 14 teams should be your max and so on.
- Players love swag and food components. Successful and cost-effective suggestions include party-size subs that can be cut into individual sandwich sizes, tables full of nuts, granola bars and fruit. Putting waters/sports drinks and granola bars in a swag bag with sponsor coupons, etc. (This is not a requirement).
- The culture of Pickleball is to give winners medals. Taking time to make your medals unique and awesome always adds excitement to your event. URPA will be providing the metals and T– shirts for the URPA Junior Pickleball State Challenges.





Court Timing Guidelines for your GREAT Tournament

Rule of Thumb Match Timing

The following include
a 3 minute warm-up

<u>Format</u>	<u>Average Time Taken</u>
First to 11 win by 2	20 minutes
First to 11 win by 1	17 minutes
First to 15 win by 2	30 minutes
First to 15 win by 1	25 minutes
2 out of 3 games to 11, win by 2	45 minutes

Round Robin Tournament Timing Example

		Courts 1-10 in Gyms A-F				
	Time	A/1	A/2	B/3	B/4	C/5
9 Teams	10:30	2.5 MXD	2.5 MXD	2.5 MXD	2.5 MXD	3.0 MXD
1 to 11	10:50	2.5 MXD	2.5 MXD	2.5 MXD	2.5 MXD	3.0 MXD
win by 2	11:10	2.5 MXD	2.5 MXD	2.5 MXD	2.5 MXD	3.0 MXD
13 max	11:30	2.5 MXD	2.5 MXD	2.5 MXD	2.5 MXD	3.0 MXD
	11:50	2.5 MXD	2.5 MXD	2.5 MXD	2.5 MXD	3.0 MXD
	12:10	2.5 MXD	2.5 MXD	2.5 MXD	2.5 MXD	3.0 MXD
	12:30	2.5 MXD	2.5 MXD	2.5 MXD	2.5 MXD	3.0 MXD
	12:50	2.5 MXD	2.5 MXD	2.5 MXD	2.5 MXD	
	1:10	2.5 MXD	2.5 MXD	2.5 MXD	2.5 MXD	
	1:30	3.5 - 1	3.5 - 1	3.5 - 1	3.5 - 1	3.5-2
	1:50	3.5 - 1,2	3.5 - 1,2	3.5 - 1,2	3.5 - 1,2	3.5-2,2
	2:10	3.5 - 1,3	3.5 - 1,3	3.5-1,3	3.5 - 1,3	3.5-2,3
	2:30	3.5 - 1,4	3.5 - 1,4	3.5 - 1,4	3.5-2,4	3.5-2,4
	2:50	3.5 - 1,4	3.5 - 1,5	3.5 - 1,5	3.5-2,4	3.5-2,5
	3:10	3.5 - 1,5	3.5 - 1,5	3.5 - 1,6	3.5-2,5	3.5-2,5
	3:30	3.5 - 1,6	3.5 - 1,6	3.5 - 1,6	3.5-2,6	3.5-2,6
	3:50	3.5 - 1,7	3.5 - 1,7	3.5 - 1,7	3.5-2,7	3.5-2,7
	4:10	3.5 - 1,7	3.5- 1,8	3.5- 1,8	3.5-2,7	3.5- 2,8
	4:30	3.5- 1,8	3.5- 1,8		3.5- 2,8	3.5- 2,8
	4:50					4.0-6
	5:10	3.5 finals				
	5:30					
	5:50					
	6:10					
	6:30	5.0mxd	5.0mxd	5.0mxd	5.0mxd	5.0mxd
	6:50	5.0mxd	5.0mxd	5.0mxd	5.0mxd	5.0mxd
	7:10	5.0mxd	5.0mxd	5.0mxd	5.0mxd	5.0mxd
	7:30	5.0mxd	5.0mxd	5.0mxd	5.0mxd	5.0mxd
	7:50	5.0mxd	5.0mxd	5.0mxd	5.0mxd	5.0mxd
	8:10	5.0mxd	5.0mxd	5.0mxd	5.0mxd	5.0mxd
	8:30	5.0mxd	5.0mxd	5.0mxd	5.0mxd	5.0mxd
	8:50	5.0mxd	5.0mxd	5.0mxd	5.0mxd	5.0mxd
	9:10	5.0mxd	5.0mxd	5.0mxd	5.0mxd	5.0mxd
	9:30	5.0mxd	5.0mxd	5.0mxd	5.0mxd	5.0mxd
	9:50	5.0mxd	5.0mxd	5.0mxd	5.0mxd	5.0mxd

Example Bracket Sheets

D/6	E/7	E/8	F/9	F/10	Time	
3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	10:30	2 brackets of 7
3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	11:00	
3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	11:30	3.0mxd 1 to 15 win by 1
3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	12:00	
3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	12:30	
3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	1:00	
3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	3.0 MXD	1:30	
<i>Additional RR for top 2 teams in each pool</i>			3.0 MXD	3.0 MXD	2:00	
			3.0 MXD	3.0 MXD	2:20	
3.5-2	3.5-2	3.5-2	3.0 MXD	3.0 MXD	2:40	
3.5-2,2	3.5-2,2	3.5-2,2				
3.5-2,3	3.5-2,3	3.5-2,3				
3.5-2,4	4.0-1	4.0-1	4.0-1	4.0-1		
3.5-2,5	4.0-1	4.0-2	4.0-2	4.0-2		
3.5-2,6	4.0-2	4.0-2	4.0-3	4.0-3		
3.5-2,6	4.0-3	4.0-3	4.0-3	4.0-4		
3.5-2,7	4.0-4	4.0-4	4.0-4	4.0-4		
3.5-2,8	4.0-5	4.0-5	4.0-5	4.0-5		
4.0-5	4.0-6	4.0-6	4.0-6	4.0-6		
4.0-7	4.0-7	4.0-7	4.0-7	4.0-7		
4.0-8	4.0-8	4.0-8	4.0-8	4.0-8		
4.0-9	4.0-9	4.0-9	4.0-9	4.0-9		
4.0-10	4.0-10	4.0-10	4.0-10	4.0-10		
4.0-11	4.0-11	4.0-11	4.0-11	4.0-11		
	4.5mxd	4.5mxd	4.5mxd	4.5mxd	6:30	
	4.5mxd	4.5mxd	4.5mxd	4.5mxd	6:55	
	4.5mxd	4.5mxd	4.5mxd	4.5mxd	7:20	
	4.5mxd	4.5mxd	4.5mxd	4.5mxd	7:45	
	4.5mxd	4.5mxd	4.5mxd	4.5mxd	8:10	
	4.5mxd	4.5mxd	4.5mxd	4.5mxd	8:35	
	4.5mxd	4.5mxd	4.5mxd	4.5mxd	9:00	
	4.5mxd	4.5mxd	4.5mxd	4.5mxd	9:25	
	4.5mxd	4.5mxd	4.5mxd	4.5mxd	9:50	
	1 Game to 15 win by 1				done	
					10:15	

Bracket Organization and Tie Breakers

Organizational suggestions for round robin brackets:

- Put a triangle in the corner of the square once you assign a match. This way you know the match is playing.
- When results are given and reported, move to the next round and circle those team numbers. Once there are two team numbers that are circled you know they are available to play their match.
- Don't allow players to skip ahead to upcoming rounds. Although this looks time-efficient when two or more teams are waiting for their opponents to finish the current round, the time you save at that moment will create a waiting period later in the bracket .

Tie Breaker Determination

- Ties are determined by:
 - 1) Wins
 - 2) Head to Head (In a 3 or more team tie where all teams have beat each other you move to 3)
 - 3) Overall point differential
 - 4) Point differential within the matches that create the ties

Lesson Plan Examples

Lesson One

Thoughts

Reason Why

Activity

Grips

Continental - Hammering a nail or shaking a hand. Advantages: Slice, low balls, transition shots, adaptable, good for power and touch. Disadvantage: Difficult to relax wrist to shape the ball

Eastern (with finger on paddle face) - Easier to generate power, more support, and easier topspin on forehand. Disadvantage, low balls on the side, high backhands.

V-Table Tennis Grip (one to two fingers on the one side and thumb up on the other side) - Advantage: More support, defending from the body. Disadvantage: Power, transitioning, and hard to extend the elbow.

Stance

10:00-2:00 o'clock, "V" reset of the paddle, knees bent prior to contact and extending up during your swing.

Serve

Feet typically facing the same direction. Forward is usually easier for beginners. Weight is transferred back to front leg prior to contact, creating lift and power. Hip, trunk, and shoulder rotation: Rotate towards the target to create depth. Elbow in, close to your trunk. Arm at contact: contact made in an upward motion. Tip of paddle must be below wrist and below waist on contact. Arm extends toward the target from the shoulder. Hinges at the shoulder. Follow through: toward the target or very slightly across the body.

Activity to help them feel weight distribution transfer: 1) Use a heavier ball or bean bag with both players at the NVL. Have them underhand toss, with follow through, to a partner on the other side of the net. Toss back and forth, slowly scooting back towards the baseline.

2) Use a pickleball with the receiver catching the ball on the paddle and with their free hand. They will then hit a return back to them. At the NVL, the ball is caught prior to hitting the ground. As they move back, the ball will be hitting the ground before they catch it. It is great to involve two players working together so you are freed up to teach.

Lesson One Continued....

Serve deep, within the last yard of the court. For beginners, favor the middle for a better percentage of success.

If your serve is coming up short, open up the face of the paddle.

You should be requiring your opponent to stand behind the baseline to properly return your serve.

A deep serve usually creates a shorter return, which gives you more options.

Return of Serve

Returns should also be deep. Usually to the weakest opponents backhand.

- Slight split step, enabling two steps to distribute weight prior to contact.
- Rotation of hips and shoulders
- Paddle backswing
- Contact point in front of the body and sometimes to the side
- Follow through towards the target using extension of the arms

On the receiving end of a serve choose which side you want to return from and favor. Either your forehand or backhand side. This will make your return more deliberate and consistent.

Activity:

Put tape down on the court about 1 yard from the baseline.

Practice serves back and forth on just one half of the court. Have them play a game going straight ahead, "skinny singles".

They must:

- Serve deep beyond the line you have taped down
- Return Deep beyond the line you have down
- If both are successful, they play out the point
- Rally scoring
- Once someone gets 5 points have the winners raise their paddles and play against another winner. Repeat.

Lesson Two

Thoughts

Reason Why

Activity

Dinks

- “V” Letter in front of you. That is your contact area
- Visualize a nest egg in which the ball can’t land. You need to protect that area.
- Don’t let the ball get caught at your feet
- Feet slightly wider than shoulders in closed stance with pivot step toward the ball
- Rotation of hips and shoulder against feet
- Offhand balanced allowing shoulder rotation
- You are hitting up on the ball. Your paddle face should be open.
- Choose to dink cross-court. **Less margin for error**

There is more court and net is the lowest in the middle. When you are attacking, hit to the opponent closest to you. **Less time to react**

Dink softer with a more open paddle face and a short backswing

Minimal to no trunk rotation. **Ball is played much quicker and there’s no time**

Go down the line when your opponent is out of position

If you go soft at the feet, they cant hurt you

Game: Four players at non-volley line

Doesn’t matter who starts it, but begin with a dink by bouncing the ball first. There needs to be 3 subsequent hits inside the NVZ and then the point can be played out. Each side keeps track of their own points. Once a team gets to 5 points have them rotate around on the court so they have a new partner.

For more advanced players, allow for players to start with two balls and they dink across from each other until one team messes up. “Fireball” is called and the remaining ball is played out amongst all 4 players .

Lesson Three

Thoughts

Reason Why

Activity

Warm-up: arm circles, core rotations, lunges, catching and tossing ball on paddle...

Third Shot Drops and Transitioning

A third shot is the shot that is hit after your opponents return, the 3rd hit of the rally, thus the third shot. Because your opponents should be at the NVL after their return, the goal of a third shot drop is to hit a ball that lands in front of your opponents and forces them to hit up on the ball. **Aiming for your ball to land in the kitchen is great, but the most important thing is that you shot goes over then net. Allowing a margin of error to get you ball over the net is better than hitting strictly precise shots because of the lower percentage of success.**

Stance: Light split step, allowing two steps forward

Unit Turn: Rotation of hips and shoulders against feet

Contact point: In front of the body and in front of the knees

Follow through: Forward motion toward target, offhand balanced allowing shoulder rotation.

Transitioning - Stop your motion. Split step - balls of feet, slowly moving forward and opposite arm out to keep balance.

Approach shots - Demonstrate the following: Third shot drop, Drive, Half Volleys, Volleys.

The team forced to move the least usually wins the point.

Activity: Four players on the court. One side with both players at the NVL and the other two in “no man’s land” or the transition area. Doing skinny singles straight ahead. NVL player is aiming at the feet of the one in the transition area, working on pace and placement. The one in Transition is working on doing a drop shot. Transition player is not to move forward.

Lesson Four

Thoughts

Reason Why

Activity

Drive:

- Go down the line if your opponent is out of position
- When you are attacking, hit the one closer to you or the one moving
- You drive the ball when they don't come in. Preferably to their backhand
- Favor the side you are better at. Example: Off to the far side so you can return with your forehand. Endeavor to play to your strengths and your opponents' weaknesses

Overheads:

- Lob as an offensive move and a neutral ball
- Do not back peddle, but turn sideways and retreat back, enabling you to get behind the ball and hit a drop shot
- If it's not a good lob, line up for the ball and hit the overhead with pace and placement

Activity:

- Both players at the baseline
- Serve - Goal is deep
- Return - Goal is deep
- Transitioning - shoot for a drive every shot from the server will be hard, allowing for the receiver to work on their touch and drop shot
- Play out the points, allow out balls to go out as to not create a bad habit.
- Switch servers so that each player gets to do both roles

***These four foundational lessons were generously created and shared by Linda Weeks.*

What Pickleball should I use? This is your choice!

Dura Fast 40

Onix Fuse

Franklin X 40

Abbreviated Rules (found at usapickleball.org)

The following is an abbreviated form of the rules to give a quick overview of how the game is played. You can find the complete rulebook at USAPA.org. If there is a conflict between this summary and the official rules, the official rules prevail.

Basic Rules Overview

- 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 serve must be made underhand
- Paddle contact with the ball must be below the server's waist (navel level).
- The serve is initiated with at least one foot behind the baseline; neither foot may contact the baseline or court until after the ball is struck.
- The serve is made diagonally crosscourt and must land within the confines of the diagonally opposite service court (the area between the non-volley zone and the baseline).

Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve and lands in the proper service court; let serves are re-played).

- The serve shall be made with only **one hand releasing the ball**. The serve shall not impart manipulation or spin on the ball with any part of the body immediately prior to the serve. Exceptions: Any player may use their paddle to perform the drop serve (see Rule 4.A.8.a). A player who has the use of only one hand may also use their paddle to release the ball to perform the volley serve.

Service 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 service sequence is made from the right-hand court.
- If a point is scored, the server switches sides and initiates the next serve from the left-hand 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 the correct side of the court (except for the first service sequence of the game*).
- The second server continues serving until his/her team commits a fault and loses the serve to the opposing team.

*At the beginning of each new game only one partner on the serving team serves before faulting, after which the service passes to the receiving team.

- Once the service goes to the opposing team (at side out), the first serve is from the right-hand court and both players on that team have the opportunity to serve and score points until their team commits two faults.

In singles the server serves from the right-hand court when his/her score is even and from the left when the score is odd.

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-side court when serving or receiving; when odd (1, 3, 5, 7, 9...) that player will be in the left-side court when serving or receiving.

Double-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 (groundstroke).

The double bounce rule eliminates the serve and volley advantage and extends rallies.



Line Calls

- A ball contacting 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.

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 in the non-volley zone, including the line, and/or when the player's momentum causes him/her or anything the player is 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."

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 and side out if second server.

● **A fault occurs when:**

- ✦ The ball is hit into the net or out of bounds
- ✦ A serve does not land within the confines of the receiving court
- ✦ The ball is volleyed before a bounce has occurred on each side after the serve
- ✦ A ball is volleyed from within the non-volley zone
- ✦ A ball bounces twice before being struck by the receiver
- ✦ A player, player's clothing, or any part of a player's paddle touches the net or the net post when the ball is in play
- ✦ There is a violation of a service rule
- ✦ A ball in play strikes a player or anything the player is wearing or carrying
- ✦ A ball in play strikes any permanent object before bouncing on the court

The server serves before the referee calls the score in an officiated match

Determining Serving Team

Players use any fair method to determine who will serve first, such as picking number 1 or 2 written on the back of the scoresheet in a tournament. The winner has the option to choose side, or to serve or receive. In recreational play local players or clubs often designate a particular end of the court (e.g., north side) as the side to serve first.



Junior TOC 2022



Junior TOC Mixed Doubles





**Thank you Utah Juniors
Pickleball Committee!**



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