



The following lesson plan is what was used in the *Introductory Lesson Sample*. This plan uses a 65-minute timeline -- if the instructor has more or less time, or students who develop the skills more or less quickly, the duration of the activities could be adjusted.

Time	Activity	Details	Teaching Points	Comments
0:00 - 0:02	Meet & Greet	Learn names Set expectations Outline goals	General safety rules.	
0:02-0:05	Try to Rally	Group of 4 tries to rally cooperatively	Work together to keep the ball in play.	Promote effort and safety.
0:05-0:12	Throw Pickleball	Toss and catch from near the nvz	Receiving the ball well really matters. Thigh-high impact point. 'Set' and sideways when catching.	Can move players laterally for more challenge.
0:12-0:28	Rally Progression	Self-rally (gs/volleys) Partner toss/hit	GS: Thigh-high impact point. 'Set' and sideways when catching. Volleys: Chest high impact point. Facing net.	Practice with both FH and BH.
0:28-0:31	Try to Rally	Apply new technical skills to group rally	Work to receive the ball well. Send 'friendly' balls to improve consistency.	
0:31-0:41	Friendly, Friendly, Play	Shots 1 & 2 must be friendly and allowed to bounce. Then play to win.	Reinforce set-up and impact point.	
0:41-0:50	Learn to Serve	Experiment with drop serve and traditional.	Crosscourt to service box. Behind the baseline.	Practice from both the left and right side.
0:50-0:57	Return and Run	Returners must run to net after the return of serve.	Volleying takes time from opponents. Returners have the first chance to volley.	Players are "scary" when near the net. Introduce server's partner positioning.
0:58-1:03	Real Points	Play real points with rally scoring.	No new teaching points. Reinforce prior ones.	Praise and encourage. Finish on a high note.
1:03-1:05	Wrap-Up	Transition from rally scoring to regular scoring.	Congratulate players. Review key points.	Explain next steps.

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REMEMBER: KEEP IT FUN, KEEP IT LIGHT, CELEBRATE THE WINS!

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