



Mr. Linda's Physical Education Class

History of Pickleball

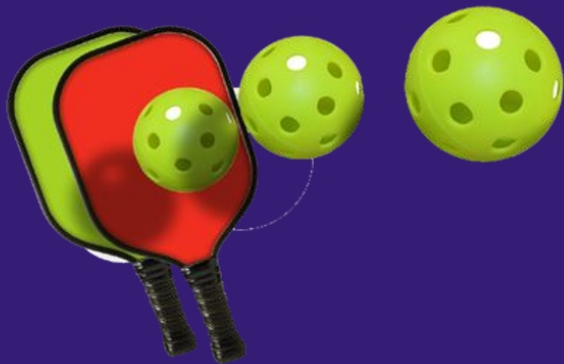
Game Creation

1965 - After playing golf one Saturday during the summer, Joel Pritchard, congressman from Washington State and Bill Bell, successful businessman, returned to Pritchard's home on Bainbridge Island, WA (near Seattle) to find their families sitting around with nothing to do. The property had an old badminton court so Pritchard and Bell looked for some badminton equipment and could not find a full set of rackets. They improvised and started playing with ping-pong paddles and a perforated plastic ball. At first they placed the net at badminton height of 60 inches and volleyed the ball over the net. As the weekend progressed, the players found that the ball bounced well on the asphalt surface and soon the net was lowered to 36 inches. The following weekend, Barney McCallum was introduced to the game at Pritchard's home. Soon, the three men created rules, relying heavily on badminton. They kept in mind the original purpose, which was to provide a game that the whole family could play together.

The Name

The sport of Pickleball has a very interesting name, especially since no pickles are used. Accounts of how the name originated differ. According to Barney McCallum, the game was officially named after the Pritchards' dog Pickles who would chase the ball and run off with it. According to McCallum, "The Pritchards had a dog named Pickles, and you're having fun at a party, right? So anyways, what the heck, let's just call it pickleball."

Equipment



- **A Paddle**
- **A net**
- **A pickleball** (The ball is unique, with holes through it like a wiffle ball.)
- **Official Court Dimensions** (*A pickleball court is the same size as a doubles badminton court and measures 20x44 feet. In pickleball, the same court is used for both singles and doubles play*)
- **Official Net Height** (*The net height is 36 inches at the sidelines and 34 inches in the middle*)

Critical Elements of The Forehand / Forehand Serve

- The Continental Grip (The handshake Grip) Creates a "V" between your thumb and index finger.
- Start in a ready position
- Non-Dominant foot forward and paddle back
- Weight transfer back to front
- Striking ball with "square" surface, in line with front foot
- Follow through and return to ready position

Rules Of Pickleball

Serving Rules

- Purpose of serve is to initiate play, not score point
- Players must keep one foot behind the back line when serving.
- The serve is made underhand.
- The paddle must pass below the waist.
- The serve is made diagonally cross court
- Must clear the non-volley zone.
- Only one serve attempt is allowed, except in the event of a let.
- When you score a point on your own serve you switch sides with your partner and serve again

Gameplay Rules



- Each team must play their first shot off the bounce.
- No volleying is permitted within the non-volley zone
- Games are played for time using rally scoring
- The line is inbounds
- Every 3 serves the servers must switch.

How To Play Pickleball



Pickleball Rules

