

## Physical Literacy Kit Guide:

### Pickleball Kit

This guide has been created to help your library utilize this physical literacy kit in your daily programming and community.

The intent of the kit is to promote movement, physical activity opportunities, and fun! Physical literacy is a foundational skill for everyone in the community. The health-related benefits of being able to move are endless!

This is an opportunity for your library to create barrier-free, movement-based programs and integrate physical literacy into existing programs.



### Why a Physical Literacy Kit?

Physical Literacy lays the foundation for one to have an active lifestyle. Just as children learn math skills through teaching and practicing, they also need to learn movement skills through playing and moving; this is “physical literacy”. The contents of this kit have been carefully selected to promote a wide range of movement skills. Have fun using the equipment and games provided. Do not be constrained by the suggestions found in the kit – use your imagination and get moving! The skills emphasized in the kit include tossing, throwing, catching, kicking, hitting, balancing, and twirling.

### Links and Resources for more inspiration:

<https://pickleballcanada.org/>

[https://www.pickleballcentral.com/?utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=pickleball\\_paddles&msclkid=9da3fd584a5f1a3c0c80a1a05c6cbcb7](https://www.pickleballcentral.com/?utm_source=bing&utm_medium=cpc&utm_campaign=pickleball_paddles&msclkid=9da3fd584a5f1a3c0c80a1a05c6cbcb7)

<http://letsmovelibraries.org/>

<https://activeforlife.com/physical-literacy/>

<http://sportforlife.ca/physical-literacy/>

### Items in the kit:

- 2 pickleball sets which include:

- o 8 paddles



- o 2 nets



- o **2 frame bases**, with the following pieces in each frame:

- 2 #1 pieces



- 2 #2 pieces



- 1 #3 piece



- 2 #4 pieces



- 5 #5 pieces



- 1 #6 piece



- 1 fibreglass rod



- o 8 wiffle balls



**Feedback Sheet**

It is imperative that we receive feedback on the impact and usefulness of this kit! Please complete the feedback sheet, so we can improve our physical literacy kits. We also ask your library to share with us “kits in action” stories, photos, videos, so that we can promote the great programming and activities that are happening.

**Terms of use:**

- Physical Literacy Kits are only for use by the Southeast Regional Library branches
- The Physical Literacy Kits are intended for branch staff, volunteers, and board members to put on new and unique branch programs as well as give guidance to how these kits can be used.

**Final Reminder:**

Physical Literacy Kits are a shared Regional Resource. Please be considerate of other branches and HQ staff when using the Physical Literacy Kits:

- Ensure all items are returned
- Any losses or damage is reported right away
- The Kits are returned on time
- Kits are returned in the same state you received them (i.e. clean, complete, operable)
- Please complete the feedback sheet and return it with the kit

**The kit comes with instructions for setting up the net. Please follow those when getting started.**

What is pickleball? <https://youtu.be/arpiphsvTCA>

### Rules for Pickleball (taken from Pickleball Canada)

Here are the key rules that beginning players need to know.

#### The Two Bounce Rule

The ball must bounce twice, once on each side of the court, before players can hit the ball in the air or on the “volley”. When the ball is served, it bounces in the receiver’s service court, the serving team must stay back and wait for the ball to bounce again on their side before they can move up and play the ball in the air.

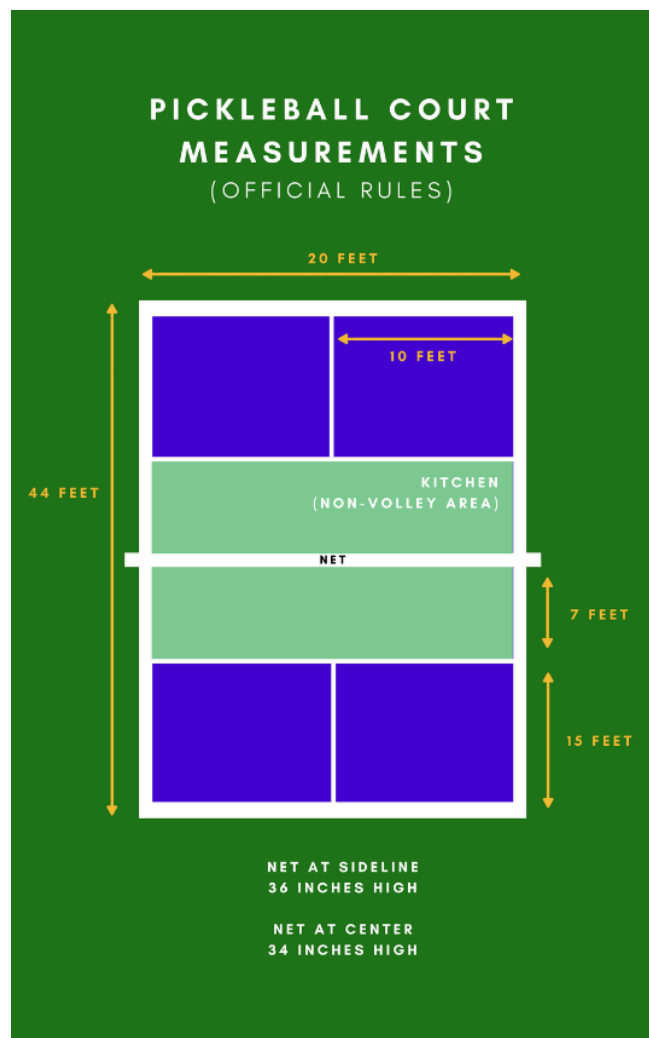
This rule is instrumental in providing long rallies in the game of Pickleball. The serving team cannot serve the ball deep and then run to the net and smash it down “the throat” of their opponents. They must stay back and wait for the return bounce. New players often forget this and start to move up quickly with the serve and get caught hitting the ball in the air.

Coaches/instructors must remind both players on the serving team to stay back at the service line until the ball has bounced on their side. After the ball has bounced twice either team can play the ball on the bounce or in the air.

#### The Non-Volley Zone Faults

The Non-Volley Zone is a rectangle that is 7' X 20 feet on both sides of the net. Since Pickleball was designed as a family game this area was put in place so that a player has to stay back from the net when hitting the ball in the air. Thus, cutting down on the number of smashes and possible injury to an opposing player. This also helps make for longer rallies.

This is one of the most difficult rules for players to get used to, especially tennis players. You cannot step on the NV-line or into the NV-Zone when making a volley shot, a shot in the air. Your forward momentum cannot take you into the NV-zone after you hit the ball even if it is missed



on the other side. No article of clothing, jewelry or paddle can fall into the zone on a volley or it is a fault. Your hat or paddle falling in is considered a fault.

**Key points.** This only applies when you are volleying or hitting the ball in the air. You can step in after making a ground stroke. You can go into the NV-zone to get a ball that bounces in there first. You can stand in the NV-zone all day if you want, you just cannot play the ball in the air. It is a fault if you step in even after the ball is missed or hit by the opponents.

It may help to tell beginners that this rule was introduced to prevent players from going to the net and smashing it at their opponents as in tennis. It is safer and longer rallies result because there are fewer "put aways" standing 7' back from the net.

## **Points**

The game of Pickleball is usually played to a score of 11. The winning team must win by two points or play continues until one team wins by 2. In tournament play, games can be played to 15 or 21. Unlike tennis or badminton, only the serving team can win a point. The receiving team must get the "side down" and get the serve back before earning points. You earn a point when the other team commits a fault. Faults are described below.

## **Scoring**

Scoring in pickleball can be very confusing to beginners. The first rule of etiquette in pickleball is that the server and only the server should announce the score. The player that is standing in the right-hand service area of the serving side always starts. That player is server number 1 for this sequence only. The next time they get the serve, their partner maybe in the right court to start and they become server number 1.

The sequence for announcing the score is as follows; serving team's score first, opponents score second and server number third. So, if the server announces 3, 4, 1, the serving team has 3 points, the opposing team has 4 points and server number 1 is serving. If the serving team wins a point, the score would be 4, 4, 1. The serving team switches courts after winning a point but the receiving team stays as is.

Remember the server only gets one fault and they lose their serve. You only get one chance to get your serve in, not two as in tennis.

## **Serving**

To start the game, teams may decide to rally for serve playing the ball three times over the net before it is in play. Often, one team just decides to start. The team serving first gets only one serve their first time. This rule helps prevent "blow" out games with one team getting a large number of points to start. The server making the first serve should announce 0, 0, 2. The score

is 0, 0, and because the team gets only one serve, the server is number 2. When the serve switches to the other side that team gets two serves and play continues that way until a score of 11 is reached.

In review from the first session, the server must serve underhand making contact with the ball below the waist. The top of the paddle face must be below the wrist and the server must have both feet behind the service line at the time of contact with the ball. The ball must be served to the diagonally opposite court and it must be clearly in the service area. The ball cannot hit any part of the non-volley zone including the non-volley line. A serve that hits the net but lands in the service area is called a “let” and is reserved. Before serving the ball, the server should make sure all players are ready. Take a minute to check to make sure your partner is ready and that the opposing team is ready.

If you are receiving the serve but you or your partner are not ready, hold up your hand or paddle. If the server serves to you, anyway, do not swing at the ball and call for a “let” serve because you were not ready. Returning the ball indicates you were ready and the point stands.

### **Calling Lines**

Pickleball like most racquet sports relies on the integrity of the players in calling shots in or out. The rule of etiquette suggests that players will call the lines as honestly and fairly as they can. Players should call the lines on their side of the net and opponents will do the same on their side. Opponents should never make a call on the other side of the net unless they are asked. If a team cannot decide on a line call, then the benefit always goes to the opponent. If a team asks for an opinion from an opponent, that decision is final. Again, fairness is the rule of the day. Remember it is only a game. Keeping this in mind, will prevent conflict on the court.

### **Faults**

A point is earned, or a serve is lost if a fault occurs. Remember, as in volleyball a point can only be scored by the serving team. A fault occurs on a serve when the ball hits short of the service court including the non-volley line. If the ball is served to the wrong court, long behind the back service line or out of the bounds that is a fault.

After the serve, a fault occurs if a player steps in the non-volley court or on the non-volley line while making a volley shot. If the ball is hit into the net or other permanent object such as the pole, that is a fault.

A balls that hit outside the boundary lines of the court are considered out and a fault. If the ball hits a player, they have committed a fault. On the serve, if a ball is hit into the wrong court and the opposing player in that court is hit or catches the ball that is considered a fault on the receiving team.

A player should not catch a ball that is heading out of bounds because that is considered a fault

as well. Always let the ball bounce first. An indication of an out ball should be made by yelling out or by hand jester indicating out. This should be done quickly.

Failing to hit the ball before it bounces twice is a fault. However, if the ball bounces twice off your paddle while you are making a continuous forward motion, this is legal. If the ball hits any part of your paddle hand, the hand below the wrist, is considered part to the paddle and legal.

If a ball hits a player or his/her clothing, while standing on or off the court during a rally, this is a fault and a point for the opponents.

Find more links about playing etiquette, history of pickleball, and more:

[https://pickleballcanada.org/basic\\_rules\\_of\\_pickleball.php](https://pickleballcanada.org/basic_rules_of_pickleball.php)

Are you interested in learning about further available resources for pickleball?

<https://pickleballsaskatchewan.weebly.com/>

Email: [saskatchewanpickleball@gmail.com](mailto:saskatchewanpickleball@gmail.com)

#### Program Suggestions

- Host a community pickleball tournament! Encourage all ages to participate, and even hold certain sections meant for children/adults.
- Weekly pickleball workshop – an opportunity to find a community member that may be interested in leading a workshop
- Connect with existing teams in the province and consider bringing in someone to host a one-day workshop

#### Webinars/YouTube Videos:

*Check out these videos that provide best practices and ideas for movement-based program in libraries!*

Movement-Based Programs in Public Libraries: Best Practices from the U.S. and Canada:

<https://www.youtube.com/watch?v=i6t-CDZTCoM>

Senior Fitness Programs in the Library: <https://www.youtube.com/watch?v=FYze8uQDwK0>

The 'Library of Things' and Active Living (Let's Move in Libraries Webinar):

<https://www.youtube.com/watch?v=9qE06RsI5Wl>

Music, Movement and More - A Let's Move in Libraries Video Featuring Bucyrus Public Library:

<https://www.youtube.com/watch?v=Z7ggbd-0Kjw>