

## Objective

By the end of this lesson, you will be able to understand the basic rules of Pickleball and practice your skills in serving and rallying.

## Materials and Prep

- Pickleball paddles
- Pickleball balls
- A Pickleball court (you can use chalk to draw lines on a flat surface)
- Comfortable sports attire and sneakers
- Water bottle for hydration
- Basic knowledge of the Pickleball court dimensions and rules

## Activities

- **Warm-Up:** Start with a light jog around the court to get your muscles warmed up.
- **Serving Practice:** Practice your serving technique by hitting the ball over the net from the baseline.
- **Rallying Fun:** Rally with a partner or against a wall to work on your hand-eye coordination and control.
- **Mini Game:** Play a friendly game of Pickleball with a family member or friend to put your skills to the test.

## Talking Points

- Remember, in Pickleball, the serving team must let the ball bounce once before hitting it. You can say, "Let the ball bounce first before hitting it!"
- When playing, try to stay behind the baseline while serving. You can say, "Stand behind this line to serve!"
- Focus on hitting the ball over the net and into the opponent's court. You can say, "Hit the ball over the net like a pro!"
- Don't forget to move your feet and position yourself to hit the ball effectively. You can say, "Move your feet and get ready to hit the ball!"
- Lastly, have fun and enjoy the game! Pickleball is all about having a good time while being active. You can say, "Have fun and play your best!"