

## LESSON 2: SERVES

### Grade-Level Outcomes

#### Primary Outcomes

**Serving:** Performs a legal underhand serve with control for net/wall games such as badminton, volleyball or pickleball. (S1.M12.6)

**Serving:** Executes consistently (at least 70% of the time) a legal underhand serve to a predetermined target for net/wall games such as badminton, volleyball or pickleball. (S1.M12.7)

#### Embedded Outcome

**Accepting feedback:** Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. (S4.M3.6)

### Lesson Objectives

The learner will:

- practice serving in grids.
- practice receiving a serve.
- evaluate her serve to understand what critical elements she is able to perform and which ones she needs to adjust.

### Equipment and Materials

- Grids for groups of 4
- Enough paddles for each student
- 2 balls for each group, with extra quickly available as needed
- Recording devices for group

### Introduction

*I hope that you practiced striking at home because the forearm and backhand are the most important strokes in pickleball. Every day, try to strike using a short-handled implement. This will help you become proficient in pickleball. Today, we will learn how to serve in pickleball.*

Show video clip found by using the key terms “serving in pickleball” or “starting a game of pickleball.”

## Instructional Task: Students Explore Serving

### ■ PRACTICE TASK

In grids, four students explore serving from multiple distances and angles to get a feel for the paddle, the ball, and serving.

#### Extensions

- Same activity, but add a net.
- Challenge students to serve deep, short, low, etc.

#### Guiding questions for students:

- How does this serve compare to the serve in other sports?
- What differences in this serve need to be implemented for a successful and legal serve?

**EMBEDDED OUTCOME: S4.M3.6.** Ask students how they are offering feedback to help other students know what they are doing well and what they can work on.

## **Student Choices/Differentiation**

- The size of the ball can be larger or something that floats in the air longer, allowing students a better opportunity to connect with the ball.
- Students may choose their own groups.
- A net does not need to be used, allowing students to focus on the correct technique for serving.

## **What to Look For**

- Students toss the ball slightly in the air, 12 inches (30 cm) or less above waist.
- Students keep their eyes on the ball from toss to hit.
- Students step with opposition as they serve.
- Students keep the wrist locked and use their arm swing to send the ball where they want it to go.
- Contact occurs below the waist.
- Students are using the correct grip.

## **Instructional Task: Self-Evaluating the Serve**

### **■ PRACTICE TASK**

In grids with four or five students, use a device to record their serves. Students self-evaluate how they are doing by comparing their serves to the cues and a video on the proper serving technique.

### **Refinement**

Make sure that students are evaluating using the critical elements of the serve.

### **Guiding questions for students:**

- What did you notice about what you were doing correctly?
- What did you notice that needed changing?
- Did your serve become better after you made the change? Why or why not?

## **Student Choices/Differentiation**

- Students may use a different-sized ball or object to serve.
- They may serve over a net.
- If they are using a net, the distance they are serving from may be shortened to continue their focus on serving and not power and distance.

## **What to Look For**

- Are students noticing what they are doing correctly or incorrectly?
- Are students trying to adjust their serve based on what they are seeing?
- How are students working together to help each other? Are they offering feedback appropriately to help their peers learn?

## **Instructional Task: Serve and Serve Receive**

### **■ PRACTICE TASK**

In groups of four in grids or a pickleball court, players practice the serve, which is returned by the receiver.

Both players on one side can serve at the same time. Students take five serves and switch to receiving.

### **Extensions**

- Repeat, specifying the location of the serve.
- Repeat, specifying the location of the return (down the line, cross-court).

**Refinements**

- Stop the activity and practice the serve or serve receive if students are performing incorrectly.
- Make sure that students are starting in a ready position.

**Student Choices/Differentiation**

- Students focus on performing the critical elements of the serve correctly and then sending the ball over the net.
- On the return, students focus on critical elements and making contact with the ball.

**What to Look For**

- Which students are applying the critical elements correctly for the serve, forehand, and backhand?
  - What critical elements are students struggling with?
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**Formal and Informal Assessments**

Using a checklist of the critical elements for serving, students self-evaluate how they are performing each element of the serve.

**Closure**

- Ask students who would be willing to share their video of the serve and break down what they were performing correctly and what they needed to adjust.
- Discuss with students what was observed as a group and what was noticed about students working together helping each other.

**Reflection**

- Are students able to serve with correct form?
- How many students were past using correct form and working on accuracy or serving over the net and having the ball land in play?
- What will need to be reviewed based on what you observed today?

**Homework**

Have students continue to watch the video of how to serve correctly and watch video of themselves, if technology allows.

Have them practice the serve and general striking with a short implement at home or at school.

**Resources**

Curtis, J. (1998). *Pickle-ball for player & teacher*. Boston: Brooks/Cole Cengage Learning.

Dougherty, N.J. (Ed.) (2010). *Physical activity & sport for the secondary school student*. 6th ed. Reston, VA: National Association for Sport and Physical Education.

Pickleball Channel: [www.pickleballchannel.com](http://www.pickleballchannel.com)

USA Pickleball Association: [www.usapa.org](http://www.usapa.org)

Internet keyword search: "pickleball serves"