

LESSON 3: FOREHAND AND BACKHAND PRACTICE

Grade-Level Outcomes

Primary Outcome

Forehand & backhand: Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games such as paddle ball, pickleball or short-handled racket tennis. (S1.M14.6)

Embedded Outcome

Working with others: Accepts differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback. (S4.M4.6)

Lesson Objectives

The learner will:

- demonstrate critical elements of the forehand and backhand grips.
- apply the critical elements of the forehand and backhand strokes during the practice task.

Equipment and Materials

- Enough paddles for every student
- 2 to 4 balls per grid
- Enough courts for groups of 4

Introduction

We learned the basic skills of pickleball so far. Today, we will practice the skills more. It can take a lot of practice to become an expert at striking. Let's see how much we can improve with working hard in today's lesson. Can anyone tell me the critical elements of the forehand and backhand strokes?

Instructional Task: Review Grip, Forehand, and Backhand From a Partner Toss

■ PRACTICE TASK

Check students' grips as they work in grids.

Have students toss a yarn ball or hit a shuttle to a partner, exploring backhand and forehand striking.

Extension

Move from a controlled environment to an unpredictable environment.

Refinement

Refine skill as needed. Spend as much time as needed so that at least 80 percent of students are successful.

EMBEDDED OUTCOME: S4.M4.6. Encourage students to provide positive feedback and support to classmates.

Student Choices/Differentiation

- Students may toss the ball from a variety of trajectories.
- A net does not need to be used.
- If a student is struggling to contact the ball, have the tosser throw the ball in front of the student and to the backhand side until he becomes proficient and can move to practicing from a variety of angles.

- To increase accuracy for those who have the correct form, place hoops or markings down for the student to aim toward.

What to Look For

Forehand

- Students are using the V-grip.
- From ready position, students turn body while bringing the paddle back.
- Non-dominant shoulder is pointed toward the target.
- Students step forward with non-dominant leg.
- Paddle swings parallel to the ground.
- Contact occurs next to forward leg, and follow-through continues after contact.

Backhand

- From ready position, students turn sideways to the target while bringing the paddle back.
- Dominant shoulder is facing the target.
- Students step toward the target, striking ball in front of the body.
- Students contact the ball as they are stepping forward and follow through after contact.

Instructional Task: Topspin and Backspin

■ PRACTICE TASK

In the same grids, students practice adding topspin and backspin to a ball tossed directly in front of them.

Extensions

- Students can aim for the hoops or markings on the court or grid.
- Challenge students to perform the strokes from a variety of trajectories and angles.

Refinement

Make sure that students are striking the ball high to low (backspin) or low to high (topspin).

Guiding questions for students:

- What causes the ball to have topspin?
- What did you do that created backspin on the ball?
- How does your arm swing affect your spin?
- How does the trajectory of the ball influence the type of spin you choose to use?

Student Choices/Differentiation

- Students not yet ready to focus on the spin may continue to practice the basic forehand and backhand strokes.
- Students may continue to have the ball thrown from a variety of trajectories and speeds.
- Students may review clips about applying spin.

What to Look For

- For backspin, the stroke on the ball comes from a high to low position, causing the ball to spin backward after it is struck.
 - Is the stroke high to low?
 - Is the ball rotating backward?
- For topspin, the stroke on the ball must come from a low to high position, causing the ball to spin forward after it is struck.
 - Is the stroke low to high?
 - Is the ball rotating forward?

Instructional Task: Forehand and Backhand From a Serve

■ PRACTICE TASK

Students continue to work on serving, applying the critical elements.

Students who are ready can use either the forehand or backhand to return the serve.

Extension

Students can play a modified game of pickleball. The server scores a point for serving the ball correctly to a partner. The receiver scores a point for returning the serve correctly. Students play for a set amount of time and switch playing partners.

Student Choices/Differentiation

- Students may choose the swing that they feel will be most successful, based on the serve.
- Students may choose to use topspin or backspin on their returns.

What to Look For

- While serving, are students applying the critical elements?
- Are students in the correct position to return the ball?
- Are students using the correct grip and swing, based on the position they have put themselves in?
- Are students trying to create topspin or backspin?

Formal and Informal Assessments

- Informal
- Exit slip: What are the critical elements of striking for topspin and backspin?

Closure

- Ask students to explain and demonstrate how to perform the forehand and backhand strokes.
- Have students give examples of what helped them be successful and what challenged them.
- Ask students to explain and demonstrate backspin and topspin.
- Use examples from what was observed to help students in learning these skills.

Reflection

- What level have students reached in learning the different strokes?
- How many students were able to practice and show understanding of topspin and backspin?

Homework

Practice the backhand movement even if you do not have the equipment. Use a hairbrush or similar object to practice grips and swings. Review the critical elements of all strokes and serves taught so far, posted on the school's physical education website.

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
- USA Pickleball Association: www.usapa.org