

ACCURACY

(noun)

The quality of being correct, precise,
or on target.

Jill has excellent **accuracy** when striking the ball.



ACTIVELY ENGAGE

(verb)

To participate in an activity while showing genuine interest and a desire for excellence.

Because Laura was **actively engaged** in physical education class, she learned how to strike the ball with good technique.



BACKHAND

(noun)

A stroke made from the side of the body opposite of that of the hand holding the racket.

Jamie returned the ball to Kyle using a **backhand**.



BALANCE

(noun)

The ability to adjust the distribution of weight in order to remain upright and steady.

Kendra kept her **balance** perfectly as she delivered a smooth and accurate backhand.



BASELINE

(noun)

The line at either end of the court from which a player serves.

Vanessa lost the serve because she stepped on the **baseline**.

CENTERLINE

(noun)

The line down the center of the court that divides the right service area from the left service area.

Jacob's serve was illegal because it did not cross the **centerline**.



COMPARE

(verb)

To note the similarities between two or more things.

The class worked to **compare** health- and skill-related fitness.



CONFLICT RESOLUTION

(noun)

**The act of finding a peaceful solution
to a disagreement.**

Finn and Orion were able to use Rock, Paper, Scissors
as a successful **conflict resolution** strategy.



CONTINUOUS

(adjective)

Without stopping.

The **continuous** rally was so impressive because the students worked cooperatively to keep the pickleball in play.



CONTRAST

(verb)

To note the differences between two
or more things.

It's easy to **contrast** good sportsmanship with
poor sportsmanship.

CONTROL

(verb)

To manage or regulate the movement or actions of something.

It's important to **control** your movement and effort in order to ensure safety in physical education class.



COOPERATE

(verb)

To act with others toward the same end
or purpose.

Janice and Marcelle learned how to **cooperate** during
their game of Doubles Rally Tally.



COOPERATION

(noun)

The process of working together for a common goal or outcome.

Andi and Caleb were able to drastically improve their serving skills because of their outstanding **cooperation** and growth mindset during practice.



DEFENSE

(noun)

The team or players in a game or sport who are trying to steal away possession of the ball and stop their opponent from scoring a goal or point.

Kelsey and Brad spaced themselves evenly across the court while playing **defense** so that they could maximize their chances of returning the serve.



DIRECTION

(noun)

The course along which something moves.

It is important to be able to quickly change **directions** in the fast-paced game of pickleball.

DOUBLES

(noun)

A match or game that is played with teams of two — most frequently associated with net games.

Jess and Joey played **doubles** against Tucker and Jordan.



DROP-SHOT

(noun)

A soft shot, hit off of a bounce from deep in the court, with the intention of landing the ball close to the net in the opponent's non-volley zone.

Cynthia had been hitting hard at her opponents all game, so she decided to switch it up by hitting a **drop-shot**.



ENCOURAGE

(verb)

To offer support, confidence, or hope to someone else.

I want to **encourage** my classmates to try their best and to never give up.



ENCOURAGEMENT

(verb)

To support, display confidence, or offer hope to someone else.

Louis provided **encouragement** to Jeremy to finish the game strong, even though they were both feeling exhausted.



ENJOYMENT

(noun)

A positive feeling caused by doing or experiencing something you like.

Ms. L found a lot of **enjoyment** in helping her students develop the confidence to play pickleball successfully.

ETIQUETTE

(noun)

The set of customary or acceptable behaviors among members of a group or in a specific setting.

Chandler demonstrated proper **etiquette** for pickleball by staying quiet during his opponent's serve.



FAIR PLAY

(noun)

Honest and honorable treatment, action, or conduct while playing a game or sport.

The entire class focused on **fair play** by following the spirit of the game and using positive language.



FAULT

(noun)

An action that stops play because of a rule violation.

Alecia was able to serve 7 times before her team committed a **fault**.

FEEDBACK

(noun)

Information about a performance or piece of work, with a focus on improvement or critique.

Sonya used the corrective **feedback** she received from the teacher to improve her pickleball performance.



FOCUS

(verb)

To pay close attention to someone or something over a sustained period of time.

Kandice was able to **focus** on the serving practice drill for an entire 15 minutes.



FOLLOW THROUGH

(verb)

To continue moving after an object has been kicked, struck, or thrown.

Anna **followed through** perfectly, which gave her incredible power and accuracy.



FOOTWORK

(noun)

The position and movement of feet during the performance of a skill or movement.

Jayson was able to improve his backhand stroke by focusing on the cues for his **footwork**.



FORCE

(noun)

Strength or energy as an attribute of physical action or movement.

Joe used enough **force** to return the pickleball over the net.



FOREHAND

(noun)

The stroke used to return a ball that's been hit to the right side of a right-handed player or to the left side of a left-handed player.

Luke is right-handed, so he returned a shot on his right side by using a **forehand**.



GRIP

(verb)

To hold something in a specific way.

Learning how to **grip** the pickleball paddle is the first step in learning how to strike a pickleball.



GROWTH MINDSET

(noun)

Defined by psychologist Carol Dweck as a belief that abilities can be developed through dedication and hard work; raw talent and common knowledge are just starting points.

Porsche had never played pickleball before, but because she demonstrated a **growth mindset**, she was able to improve her skills and enjoy match play.

HEALTH-RELATED FITNESS

(noun)

A group of 5 physical characteristics that contribute to a person's overall well-being. The 5 components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

Katie understood the importance of each component of **health-related fitness** and made every effort to be active for 60 minutes a day.



IMPROVE

(verb)

To achieve a higher standard or quality; to make or become better.

I was able to **improve** my lob during today's practice lesson.



KITCHEN

(noun)

The 7-foot non-volley zone in front of the net in pickleball.

Kelly realized she was standing in the **kitchen**, so she waited for the ball to bounce before she returned it.

LEFT SERVICE AREA

(noun)

The box on the left side of the court when a player is facing the net. It is marked by the centerline, baseline, left sideline, and non-volley line. If a player is serving from their left service area, they must serve diagonally into the opponent's left service area.

Because Scott is left-handed, he decided to start the game in the **left service area**.



LET

(noun)

A service error in which the ball hits the top of the net but still lands in the proper service court, resulting in a replay.

Tina was allowed a second service attempt because her first serve was a **let**.



LOB

(noun)

A shot intended to go high over the opponent's head and into the back of the court.

Shea saw that her opponents were both standing close to the net, she she hit a **lob** far over their heads.



OFFENSE

(noun)

The team or players in a game or sport who are attempting to score or move the ball forward.

Natalie and Nicole were very aggressive when they were playing **offense**.



PATTERN

(noun)

A set of movements or actions that occurs in a predicable and often repeating manner.

The students maintained the correct hitting **pattern** during the forehand and backhand drills.



PICKLEBALL

(noun)

A paddle sport that combines elements of ping-ping, tennis, and badminton.

Pickleball is a lifetime activity that can be enjoyed by people of all ages.



PLACEMENT

(noun)

Location.

The **placement** of your serve on the court is very important.



POSITIVE LANGUAGE

(noun)

A method of verbal communication that uses an optimistic tone and focuses on what is good or can be improved in a given situation, task, or environment.

Jorge uses **positive language** with his partner because he appreciates it when others use positive language with him.



POSTURE

(noun)

The position in which the body is held.

Maintaining a strong and upright **posture** will allow you to react quickly during your pickleball match.



POWER

(noun)

The ability to produce maximum force in the shortest time.

Farrah hit the ball with so much **power** that her opponents were not able to return it.

PRACTICE

(verb)

To perform an activity or exercise repeatedly and/or regularly in order to improve or maintain skill.

Leo knew that he would only improve his skill if he continued to **practice** with purpose.



RALLY

(noun)

The act of hitting of a ball back and forth between players before a point is scored.

The **rally** went on for so long that by the end, both teams were exhausted.



READY POSITION

(noun)

A body position in which the feet are shoulder-width apart, the knees are bent, and the hands are up and out. This allows an athlete to react to anything that happens next.

Tasha and Sierra maintained a **ready position** while on defense; they wanted to be ready to react to the serve.



RESPECT

(noun)

A feeling of deep admiration for someone or something due to their abilities, qualities, or achievements.

Jonah had immense **respect** for the way Harris played the game.



RESPONSIBLE

(adjective)

The state of working toward or fulfilling a duty or obligation.

Trina was a **responsible** student who stayed actively engaged throughout each lesson.



RETURN

(verb)

To send something back to a person or place.

Gary dove to **return** the ball to his opponent's side of the court.



RIGHT SERVICE AREA

(noun)

The box on the right side of the court when a player is facing the net. It is marked by the centerline, baseline, right sideline, and non-volley line. If a player is serving from their right service area, they must serve diagonally into the opponent's right service area.

Because Leonard is right-handed, he decided to start the game in the **right service area**.



RULES

(noun)

A set of understood laws or commands that keep a space or activity under control.

We learned the **rules** to the game before we played.



SAFE

(adjective)

Protected against physical, social, and emotional harm.

Using positive language helps us create a **safe** and respectful classroom.



SELF-OFFICIATE

(verb)

To play by the rules and score by being honest, and doing so as oneself or a group. A referee is not needed.

Honesty and integrity are important when **self-officiating** a game of pickleball.



SERVE

(noun)

The act of hitting or sending a ball into play to start game play.

Sam and Jordan remained focused and in a ready position while they waited for the **serve** to come from their opponent.



SINGLES

(noun)

A match or game that is played 1v1 — most frequently associated with net games.

Jess played Jordan in **singles**.



SKILL CUE

(noun)

Individual elements of a skill performance that are important to successful execution.

Jo understood why each **skill cue** helped her improve the accuracy of her serve.



SKILL-RELATED FITNESS

(noun)

A group of 6 psychomotor characteristics that contribute to a person's ability to successfully complete a physical performance. The 6 components of Skill-Related Fitness include Agility, Balance, Coordination, Power, Reaction Time, and Speed.

All six components of **skill-related fitness** can be improved by practicing pickleball regularly.



SMASH

(noun)

An overhand shot intended to hit the ball downward, hard into the opponent's court.

The ball bounced high in front of Yvonne, so she got ready, reached high, and hit an overhead **smash** hard into her opponent's court.



SPIRIT OF THE GAME

(noun)

An overarching concept that places the responsibility of fair play on each player. Respect, adherence to rules, and the joy of play are valued over competition.

Players will need to demonstrate proper etiquette and respect in order to uphold the **spirit of the game**.



STRATEGY

(noun)

A plan of action for achieving a goal.

Chris and Rob sat down to develop a **strategy** to defeat Corey and Alondra, their toughest opponents yet.



STRIKE

(verb)

To hit forcibly and deliberately.

Rafael and Stephanie practiced every day to be able to **strike** the ball with both power and accuracy.



TIMING

(noun)

The moment or sequence of moments in which some action or movement occurs.

As soon as Kai was able to find the correct **timing** for his serve, his pickleball play improved quickly.

UNDERHAND

(adjective)

A skill executed with the arm or hand below shoulder level. All serves in pickleball must be underhand serves.

Jayden worked hard to perfect his **underhand** serve.



VOLLEY

(verb)

To hit a ball or object up into the air repeatedly without catching it.

Candace and Shelly could **volley** the ball over the net 30 times without letting it drop.



WEIGHT TRANSFER

(noun)

A change in the center of gravity beyond its base of support in order to create movement or generate force.

Maintaining an athletic stance or ready position while awaiting a serve will allow you to perform a **weight transfer** in any direction.

