Berrien Springs Partnership Syllabus and Instructor Qualifications

# **CLASS TITLE: Andrews Jr. Cardinal Pickleball**

# **GRADE OR AGE LEVELS: 6th - 12th Grades** **FORMAT: IN-PERSON**

# **START DATE: 08/23/23 END DATE: 12/06/23**

# **# WEEKS TOTAL: 16 WEEKS OFF: N/A**

# **DAY/TIME REQUIRED: Wednesdays**

# **ADD’L DAYS/WK AVAILABLE: TBD**# **HOURS (REQUIRED):** **16** # **HOURS (POSSIBLE): 20TOTAL SEMESTER HOURS POSSIBLE: 16-20****LOCATION/ADDRESS:** **Andrews University, Johnson Gym, Berrien Springs** **MAIN INSTRUCTORS:** **Kevin Wilson****CONTACT INFORMATION:**  **Phone: 269-208-1933 Email: scott.e.schalk@gmail.com**

ADDITIONAL REGISTRATION AT SITE REQUIRED? **Yes**
IF YES, INSTRUCTIONS FOR REGISTRATION: **Medical paperwork – bring copy of insurance card**

MAIN INSTRUCTOR QUALIFICATIONS**: Coach Wilson is a 4.0 Pickleball champion in multiple tournaments and helps coordinate efforts with Berrien Springs Community Pickleball.**

COURSE DESCRIPTION:

**Andrews Jr. Cardinals Pickleball is a beginner to intermediate level class designed for those students interested in learning about pickleball. Students will learn the basic rules, skills and strategy of pickleball through practice and games. This class is perfect for students looking for a fun and active way to stay fit, make new friends and learn a new sport that is sweeping across the world.**

#

# SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING ACTIVITY

Week 1-2: Intro to Pickleball and Basic Skills

* Introduction to the game of pickleball and its rules
* Basic grip and stroke techniques for the forehand and backhand
* Introduction to the serve and serve return

Week 3-4: Strategy and Footwork

* Introduction to basic pickleball strategy and court positioning
* Basic footwork drills for moving on the court
* Introduction to the dink shot and drop shot

Week 5-6: Volleys and Overheads

* Techniques for the volley and overhead shots
* Footwork and positioning for volleys and overheads
* Basic strategy for incorporating volleys and overheads into your game

Week 7-8 - Match Play and Scoring

* Introduction to scoring and the rules of match play
* Practice drills for improving match play skills and strategy
* Tips for staying focused and maintaining a positive attitude during matches

Week 9-10: Singles Play

* Strategy and tactics for singles pickleball
* Introduction to the lob shot and its use in singles play
* Practice drills for singles play

Week 11-12: Doubles Play

* Strategy and tactics for doubles pickleball
* Introduction to the third shot drop and its use in doubles play
* Practice drills for doubles play

Week 13-14: Advanced Strategy and Tactics

* Advanced strategies for both singles and doubles play
* Introduction to the concept of the "no volley zone" and its impact on strategy
* Practice drills for improving decision-making and shot selection

Week 15-16 Final Review and Practice

* Review of all skills, strategy, and tactics covered throughout the course
* Practice drills to improve overall pickleball ability
* Final practice matches and feedback on individual performance.

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

1. Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
2. The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

ADDITIONAL RESOURCES: (online, books, video, etc.): N/A

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

**Attendance: 80% unless excused absence from parents**

**Behavior:** **Good attitude and sportsmanship**

**Weather: Classes will be cancelled based on school closings**