

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Warm-up</p> <p><b><u>Cognitive:</u></b> Introduction</p> <ul style="list-style-type: none"> <li>- Equipment</li> <li>- Court</li> <li>- Rules</li> <li>- Scoring</li> <li>- Double Bounce</li> <li>- No Volley Zone</li> </ul> <p><b><u>Skill:</u></b> Serve</p> <ul style="list-style-type: none"> <li>- Underhand</li> <li>- Diagonal</li> <li>- Alternating Sides</li> </ul> <p>Activity: Criss-Cross</p> <p><b>Pers./Soc.</b> = Responsibility With Equip.</p>	<p>Warm-up</p> <p>Review Serving</p> <ul style="list-style-type: none"> <li>- 2 minute Criss-Cross</li> </ul> <p><b><u>Skill:</u></b> Lob Shot</p> <p><b><u>Cognitive:</u></b> Placement Strategy and trajectory</p> <p><b><u>Drill:</u></b> Serve &amp; Return (Lob shot to back court)</p> <p><b><u>Skill:</u></b> Drop Shot</p> <p><b><u>Cognitive:</u></b> Placement Strategy</p> <p><b><u>Drill:</u></b> Over / Under</p> <p><b>Pers./Soc.</b> = Cooperation</p>	<p>Warm-up</p> <p>2 minute Criss-Cross</p> <p><b><u>Skill:</u></b> Forehand Drive</p> <p><b><u>Cognitive:</u></b> Trajectory</p> <p><b><u>Drill:</u></b> Soft Toss</p> <ul style="list-style-type: none"> <li>- Increase distance</li> <li>- Alternate heights</li> </ul> <p>Drill: Number Zones</p> <p><b>Pers./Soc.</b> = Take Turns</p> <p>Activity: Scrimmage</p>	<p>Warm-up</p> <p>2 minute Criss-Cross</p> <p><b><u>Skill:</u></b> Backhand Drive</p> <p><b><u>Cognitive:</u></b> Placement Strategy and Trajectory</p> <p><b><u>Drill:</u></b> Soft Toss</p> <ul style="list-style-type: none"> <li>- Increase distance</li> <li>- Alternate heights</li> </ul> <p>Drill: Number Zones</p> <p><b>Pers./Soc.</b> = Take Turns</p> <p>Activity: Scrimmage</p>	<p>Warm-up</p> <p><b><u>Skill Test Practice Stations:</u></b></p> <ul style="list-style-type: none"> <li>- Serve to lob returns</li> <li>- Serve to Drop returns</li> <li>- Soft-Toss to Forehand</li> <li>- Soft-Toss to Backhand</li> <li>- Over/Under</li> </ul> <p>Activity: Games</p> <p><b>Pers/Soc</b> = Sportsmanship</p>
Week 2	<p>Warm-up</p> <p><b><u>Skill Test Practice Stations:</u></b></p> <ul style="list-style-type: none"> <li>- Serve to lob returns</li> <li>- Serve to Drop returns</li> <li>- Soft-Toss to Forehand</li> <li>- Soft-Toss to Backhand</li> <li>- Over/Under</li> </ul> <p>Activity: Games</p> <p><b>Pers/Soc</b> = Sportsmanship</p>	<p>Warm-Up</p> <p>2-on-2 Tournament (Double Elimination)</p>	<p>Warm-up</p> <p>Finish Tournament</p>	<p>Warm-up</p> <p>Final Skill Tests</p> <ul style="list-style-type: none"> <li>- Serve to zones</li> <li>- Forehand drive to zones</li> <li>- Backhand drive to zones</li> <li>- Lob shot to zone</li> <li>- Drop shot to zone</li> </ul>	<p>Pickleball Test</p> <p>Warm up</p> <p>Games</p>