

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Warm-up</p> <p><u>Cognitive:</u> Revisit:</p> <ul style="list-style-type: none"> - Equipment - Court - Rules - Scoring - Double Bounce - No Volley Zone <p>Introduce: History</p> <p><u>Skill:</u> Serve</p> <ul style="list-style-type: none"> - Underhand - Diagonal - Alternating Sides <p>Activity: Corners</p> <p>Pers./Soc. = Responsibility With Equip.</p>	<p>Warm-up</p> <p>Review Serving</p> <ul style="list-style-type: none"> - Corners <p><u>Skill:</u> Lob Shot</p> <p><u>Cognitive:</u> Placement Strategy and trajectory</p> <p><u>Drill:</u> Serve & Return (Lob shot to back court) (Forehand & Backhand)</p> <p><u>Skill:</u> Overhead Smash</p> <p><u>Cognitive:</u> Placement Strategy</p> <p><u>Drill:</u> Lob-toss Kill</p> <p>Pers./Soc. = Cooperation</p>	<p>Warm-up</p> <p>2 minute Criss-Cross</p> <p><u>Skill:</u> Forehand Drive</p> <p><u>Cognitive:</u> Trajectory</p> <p><u>Drill:</u> Soft Toss</p> <ul style="list-style-type: none"> - Increase distance - Alternate heights <p>Drill: Number Zones (4 zones)</p> <p>Pers./Soc. = Take Turns</p> <p>Activity: Scrimmage</p>	<p>Warm-up</p> <p>2 minute Criss-Cross</p> <p><u>Skill:</u> Backhand Drive</p> <p><u>Cognitive:</u> Placement Strategy and Trajectory</p> <p><u>Drill:</u> Soft Toss</p> <ul style="list-style-type: none"> - Increase distance - Alternate heights <p>Drill: Number Zones (4 Zones)</p> <p>Pers./Soc. = Take Turns</p> <p>Activity: Scrimmage</p>	<p>Warm-up</p> <p><u>Skill Test Practice Stations:</u></p> <ul style="list-style-type: none"> - Serve to lob returns - Serve to Drop returns - Soft-Toss to Forehand - Soft-Toss to Backhand - Over/Under <p>Activity: Games</p> <p>Pers/Soc = Sportsmanship</p>
Week 2	<p>Warm-up</p> <p><u>Skill Test Practice Stations:</u></p> <ul style="list-style-type: none"> - Serve to lob returns - Serve to Drop returns - Soft-Toss to Forehand - Soft-Toss to Backhand - Over/Under <p>Activity: Games</p> <p>Pers/Soc = 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"> - Serve to zones - Forehand drive to zones - Backhand drive to zones - Lob shot to zone - Drop shot to zone 	<p>Pickleball Test</p> <p>Warm up</p> <p>Games</p>