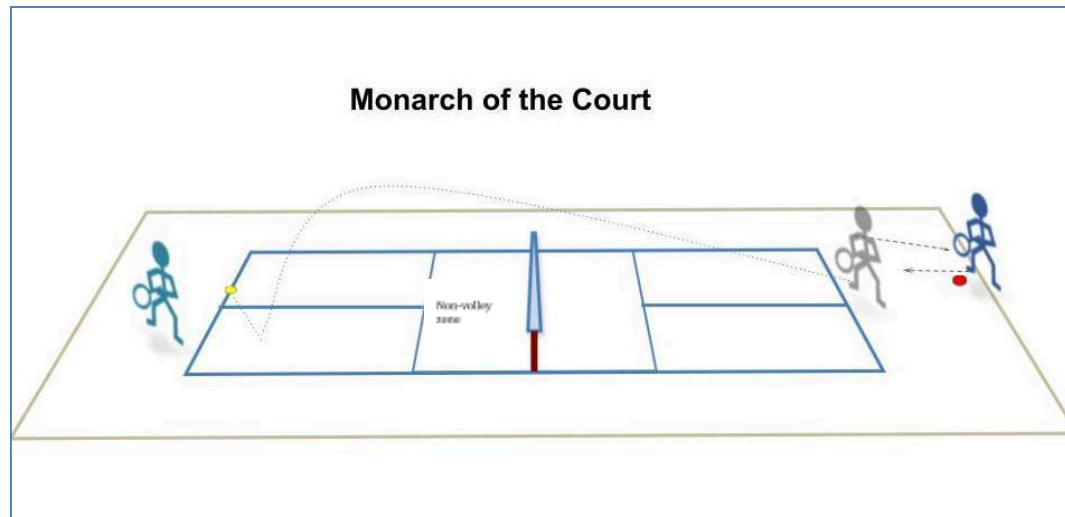


Developing a task progression from a focus game: Backward planning



Intent of the Game: To be the receiver, the Monarch of the court, at the end of the game

1. Servers sends ball across court into opponent's service box from behind baseline and from their hand
2. After ball bounces once in service court it is sent back by receiver across court to server's court
3. Players play out points from return using the Pickleball rules. Note the double bounce rule for when allowed to volley.
Not a non-volley zone.
4. Serving players rotate, waiting servers' field a ball so ready to serve when it is their turn
5. If the serving player wins a point they keep tally, when the server has 2 points they go for 3 points. If the server wins then they become Monarch if they lose then they return to 0 points.

How can you build the game? (a) to make it flow, and (b) adapt constraints based on outcomes

1. Start with 2 chances to get serve in so players do not serve and miss.
2. Allow servers to serve from a closer line than backline.
3. Use (1) snap-catch to receive the ball and then toss to bounce and strike, and (2) Use
4. If monarch wins a "going for 3" they cannot use self-rally.

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Content Analysis for Monarch of the court.

What are the tactical problems in scoring/stop scoring and re-starting play?

- How to get the ball into play and ready to receive the return?
 - *Send to the center of the court target. Recovery after serving.*
 - *Use self-rally to control time to send ball back*
- How to create space to attack from the serve to gain advantage from the serve?
 - *Serve deep and then aim for open space short*
- Where should you send the ball based on opponent's weakness
 - *Aim for the backhand side.*

What off-the-ball movements and on-the-ball skills are necessary to solve these problems?

- *Recovery behind baseline until hit return from opponent (double bounce rule)*
- *Decision to move in anticipation of opponent's response and to favor your strength*
- *Cover step as the opponent strikes the ball.*
- *Adjust to hit ball with forward momentum as much as possible*

Tactical Questions

Space: Where do you go after serving the ball? Where do you serve the ball to create a space to attack? Where is a safe space to send the ball to ensure the ball goes in?

Time: When to use self-rally or snap-catch to keep you in the rally? How to use time to set-up the ball at the impact point? How to take away an opponent's time by (1) moving to volley, (2) hit the ball with control, catch or hit to return quicker?

Risk: When to use height to defend? When to move forward to attack? When to retreat to cover space?

Force: How can you use height on the serve to send returners back? How do you contact the ball with the bat to affect the depth of the serve? How do you make contact with the ball with the bat to develop spin that influences the flight and bounce of the ball?

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Outline Task Progression to follow to learn content for the Culminating Game

Warm-Up

- Self-rally sending ball above head to try to hit line marker
- Alternative side to side, height for time
- Aim to setup before ball bounces
- Focus on impact point and show grip

T a s k	Concept or Skill or	TASK/GAME instructions, drill, or practice and tactical question	Achievable goal of task or game to move on to next task/game	Cues or refinements for skill or strategy	Extensions/ Simplifications S.T.E.P.
1.	Consistency and recovery behind backline marker	Individual – one ball, one blue marker and one bat. Use a blue line marker and find a space on a wall. From hand serve the ball three times in a row against the wall, above head height to bounce in front of the blue marker and snap-catch. Try to rally the ball 10 times in the row landing in front of the line marker with the ball sent above head height. Use a self-rally to strike the ball in the impact point.	10 times with self-rally 10 times without self-rally 10 times on the backhand side.	<ul style="list-style-type: none"> • Stand sideways behind baseline weight back foot ready to rock forward • Hold ball with non-bat hand in front • Drop ball from hand as bat swings • Use height for time. • Set-up before the ball bounces • Continental grip • If good hit, recovery behind marker before ball hits wall 	Snap-catch reaching for the ball. Adjust distance of blue line from wall. Self-Rally
Play game on Monarch of Court					
2.		Threes – 2 balls, 2 yellow corners and 1 blue		• Drop ball from hand as bat swings	Use a straight hit or self-rally to

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	Serve consistency to area of court	<p>line. Task Card for safe and lab serve</p> <p>One person coaches, one server and the other returns using a self-rally.</p> <p>Task is to complete a serve phase of serve to a target area, receive return, and serve snap-catch. Receiver marks a target area with 2 yellow corners.</p>	<p>Start with blue line 1 stride from the service line.</p> <p>If the complete serve phase, then move the marker back one stride.</p> <p>Repeat until able to get 3 serves in a row from backline</p>	<ul style="list-style-type: none"> • Wrist keeps bat side parallel to ground • Step into serve from behind back line • Swing the bat face up at the ball and towards the target • Hit ball extending through target area 	<p>return the ball.</p> <p>Serve to the backhand..</p> <p>As progress back increase height on serve</p>
3.	Serve to target	<p>Pairs - 1 ball, 2 yellow corners.</p> <p>Create a smaller target area to aim at. If partner hits the target area, then reduce in size. Score a point for serve in target, return and then server return to score a point.</p>	<p>Place targets in the area of weakness for the returner to practice their return. Aim to get 4 complete cycles of serve to target, return and server return.</p>	<ul style="list-style-type: none"> • Recovery after serve to being back line • Make perpendicular contact with the bat face to the ball as strike through the ball. • Continental grip "V" thumb and finger 	<p>Ext: Add in spin with target experiment with how the slice across the side of ball or under over to get kick.</p> <p>Use Self-rally to make returns</p>
Play Monarch again with players from each team as Monarch					

Pickleball rules:

Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve and lands on the proper service court; let serves are replayed).

Ball must be served across the court beyond the kitchen (badminton service box) and in the court area.

Reference: From Dr. Tim Hopper pickleball resources