Lesson 1 - Psychomotor Assessment

Students will receive a check (good work), dash (good needs slight improvement), or an X (needs improvement) for the skills that they are observed practicing correctly based on the following guidelines:

**Dink** – A soft short shot that arcs over the net and in the non-volley zone.

**Drop** – A shot that falls short of the opponent’s position, near the front of court

**Lob** – The student can hit the ball high and deep into the opponent’s court

**Serve** – The student is serving behind the non-volley zone line, keeps the ball and serve below their waist

**Rally** – The student can receive and return balls. Their shots will stay in bounds most of the time, and they will return most of the balls that come their way.

<table>
<thead>
<tr>
<th>Name</th>
<th>Dink</th>
<th>Drop</th>
<th>Lob</th>
<th>Serve</th>
<th>Rally</th>
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Lesson 1 – Cognitive Assessment

**Question 1** (1 point)

What is the legal height you are allowed to serve from?

- [ ] a. You can serve from any area you choose
- [ ] b. Between your waist and shoulders
- [ ] c. Anywhere from your shoulders down
- [ ] d. Anywhere below your waist

**Question 2** (1 point)

Which of the following shots are not used in Pickleball?

- [ ] a. Clear
- [ ] b. Lob
- [ ] c. Dink Shot
- [ ] d. Drop shot

**Question 3** (1 point)

When serving, when do the players of one team change their places?

- [ ] a. When they are on the very middle score
- [ ] b. When the teacher comes by to watch
- [ ] c. When the server wins a point
- [ ] d. When they lose a point

**Question 4** (1 point)

When a ball lands out of bounds on a serve, this is an example of a...

- [ ] a. Fault
- [ ] b. Point
- [ ] c. Net
- [ ] d. Let
Question 5 (1 point)

How many points do you need to win a game?

- [ ] a 11
- [ ] b 13
- [ ] c 15
- [ ] d 21

Question 6 (1 point)

To volley means:

- [ ] a To hit the ball after it bounces
- [ ] b To hit the ball in the air, without it bouncing
- [ ] c To hit the ball before your partner does
- [ ] d None of the above

Question 7 (1 point)

When serving, how many feet do you need to keep behind the line?

- [ ] a One
- [ ] b None
- [ ] c Both
- [ ] d All three

Question 8 (1 point)

A shot that falls short of the opponent’s position is known as a...

- [ ] a Clear
- [ ] b Drop shot
- [ ] c Smash
Question 9 (1 point)
During a rally, if the ball is hit short and about to land in the non-volley zone, you should…

- a Let it bounce before hitting it
- b Stop play and award the point to your opponent
- c Let it bounce twice before hitting it
- d Step into the non-volley zone and hit it before it bounces

Question 10 (1 point)
How many times is the ball allowed to bounce per side?

- a 3
- b 1
- c 0
- d 2

Question 11 (1 point)
What are some ways a fault can occur? (Select all that apply)

- a By hitting a ball out of bounds
- b If the ball lands on the line during a rally
- c By not clearing the net

Question 12 (1 point)
The serve must land in the diagonal opposite court.

- True
- False
**Question 13 (1 point)**

During play, the ball can be volleyed in the non-volley zone.

- [ ] True
- [ ] False

**Question 14 (1 point)**

The serving team should let the ball bounce before playing it on the return of the serve.

- [ ] True
- [ ] False

**Question 15 (1 point)**

Only one serve attempt is allowed for the server, unless a let occurs.

- [ ] True
- [ ] False

**Question 16 (1 point)**

The ball must be bounced before serving the ball.

- [ ] True
- [ ] False

**Question 17 (4 points)**

Matching (17 – 20). Match the correct letter to the court marking for each question.

17. Service Center Line
18. Side Line
19. Non-Volley Zone
20. Baseline

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
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<tbody>
<tr>
<td>1 A:</td>
<td>A</td>
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<td>.</td>
<td>a. Side Line</td>
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<td>2 B:</td>
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<td>b. Baseline</td>
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<td>c. Non-</td>
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<td>3 C:</td>
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<td>4 D:</td>
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</table>
Lesson 2 – Psychomotor Assessment

Student Name: _______________________

Serving Post-Assessment

<table>
<thead>
<tr>
<th>Possible Points</th>
<th>1pt</th>
<th>2pts</th>
<th>3pts</th>
<th>Total/Comments</th>
</tr>
</thead>
</table>
| **Serve**       | -Student serves the ball wildly  
|                 | -Ball stays in bounds sometimes  
|                 | -The ball gets over the net, but not diagonally or inbounds  
|                 | -The serve is bounced rather than served from their air  | -The student stands behind the serving line  
|                 | -Student serves the ball below the waist most of the time, or bounces and serves  | -Students serves diagonally and inbounds most of the time  
|                 | -Serve goes over net most of the time  | -The student is standing behind the non-volley zone line  
|                 |                                             | -Student serves the ball below the waist  
|                 |                                             | -Student serves across court diagonally and inbounds  
|                 |                                             | -Serve makes it over net  |
Lesson 2 – Cognitive Assessment

Name: _____________________________

Exit Slip

1. What are the 7 cues to serving? (7 points)

2. If your opponent is in the back of the court, what type of shot would you use? (1 point)

3. If you opponent is in the front of the court, what type of shot would you use? (1 point)

4. True or False: The drop shot should be placed behind the opponent. (1 point)
Lesson 3 – Psychomotor Assessment

Hitting Post-Assessment

<table>
<thead>
<tr>
<th>Types of Hits</th>
<th>1pt</th>
<th>2pts</th>
<th>3pts</th>
<th>Total/ Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lob</strong></td>
<td>-Ball is just high in the air, and doesn’t make it near the back of court -Opponents return the ball easily</td>
<td>-Ball is high in the air and is near the back of the opponent’s court -Most of the time the opponent returns it, but occasionally misses it</td>
<td>-Ball is deep and high into opponent’s court -Opponents return fails or is easy to continue</td>
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<tr>
<td><strong>Dink</strong></td>
<td>-Shot goes over the net and lands on or near the non-volley zone -Shot is a little too hard</td>
<td>-Shot arcs over the net -The ball lands in the non-volley zone</td>
<td>-Shot is short and arcs over the net -Lands in the non-volley zone -Soft shot</td>
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<tr>
<td><strong>Drop</strong></td>
<td>-Shot is not in the front or middle of court -Ball is close to opponent, and easily returned</td>
<td>-Shot is near the front or middle of court -Ball lands in front of where the opponent is positioned</td>
<td>-Shot is in the front of court -Ball lands short of where the opponent is positioned</td>
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</tbody>
</table>

**Grading Scale for Hitting**

A – 7, 8 or 9 points
B – 5 or 6 points
C – 3 or 4 points
D – 1 or 2 points
F – 0 points
Lesson 3 – Cognitive Assessment

Question 1 (1 point)
What is the legal height you are allowed to serve from?

- [ ] a You can serve from any area you choose
- [ ] b Between your waist and shoulders
- [ ] c Anywhere below your waist
- [ ] d Anywhere from your shoulders down

Question 2 (1 point)
Which of the following shots are used in Pickleball?

- [ ] a Drop Shot
- [ ] b Dink Shot
- [ ] c Lob
- [ ] d All of the above

Question 3 (1 point)
When serving, when do the players of one team change their places?

- [ ] a When the teacher comes by to watch
- [ ] b When the server wins a point
- [ ] c When they lose a point
- [ ] d When they are on the very middle score

Question 4 (1 point)
When a ball lands out of bounds on a serve, this is an example of a...

- [ ] a Let
- [ ] b Net
- [ ] c Point
Question 5 (1 point)
How many points do you need to win a game?

- [ ] a 25
- [x] b 21
- [ ] c 11
- [ ] d 15

Question 6 (1 point)
To volley means:

- [x] a None of the above
- [ ] b To hit the ball after it bounces
- [ ] c To hit the ball in the air, without it bouncing
- [ ] d To hit the ball before your partner does

Question 7 (1 point)
A shot that falls short of the opponent's position is known as a...

- [ ] a Drop shot
- [ ] b Smash
- [ ] c Let
- [ ] d Clear

Question 8 (1 point)
During a rally, if the ball is hit short and about to land in the non-volley zone, you should…

- [x] a Step into the non-volley zone and hit it before it bounces
- [ ] b Stop play and award the point to your opponent
Let it bounce twice before hitting it
Let it bounce before hitting it

**Question 9 (4 points)**

**Matching (17 – 20).** Match the correct letter to the court marking for each question.

17. Service Center Line
18. Side Line
19. Non-Volley Zone
20. Baseline

![Diagram of tennis court with labels A, B, C, D for matching questions]

**Column A**

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**Column B**

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<td>c. Non-volley Zone</td>
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<tr>
<td>d. Service Center Line</td>
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</table>
Question 10 (7 points)

Order the follow: What are the 7 cues to serving in order from first to last?

1. Eyes on ball
2. Release ball
3. Ball at waist
4. Rotate
5. Eyes up
6. Swing through
7. Ready position

Question 11 (1 point)

The serve must land in the diagonal opposite court.

☐ True
☐ False

Question 12 (1 point)

The serving team and receiving team should both let the ball bounce before volleying the ball on a serve.
Question 13 (1 point)

A lob is when a player hits the ball high and deep into an opponent's court.

- True
- False

Question 14 (1 point)

The ball must be bounced to serve it correctly.

- True
- False

Question 15 (2 points)

Use these vocabulary terms: Dink and Drop

A _Dink_ shot is used when a player hits the ball in front of an opponent.

A _Drop_ shot is used when a player hits the ball in the non-volley zone.

Blank 1:

Blank 2: