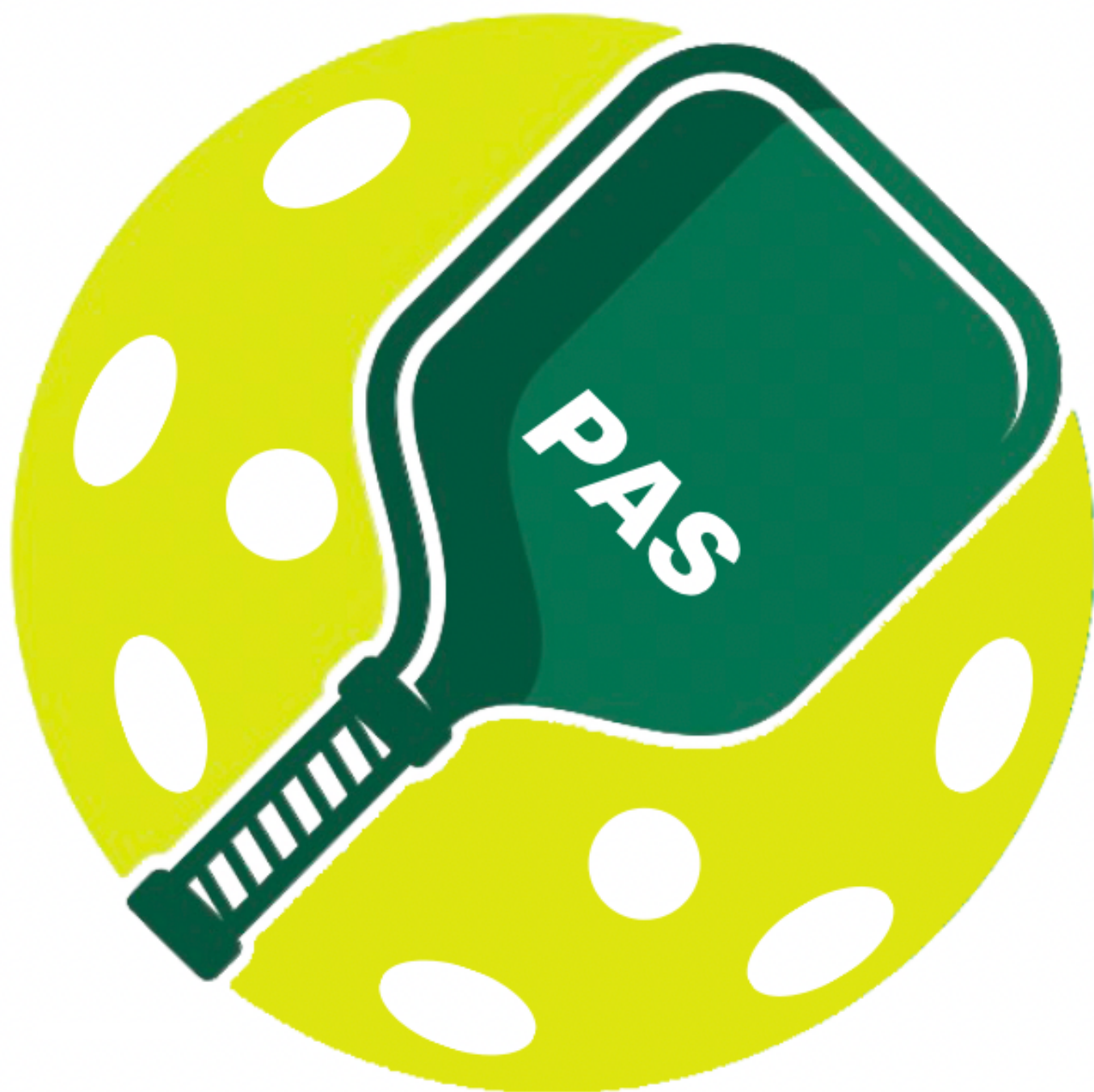


PROGRAMME BOOKLET



Pickleball Academy
Singapore

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ABOUT US

Dear Sir/Madam,

Thank you for your interest in the **Pickleball Academy Singapore**. *Pickleball* is a growing sport in the world, named the fastest growing sport in the US for the past 2 years.

Our founders started off as competitive tennis players for 8 years together. Upon discovering the sport of *Pickleball* in 2018, they fell in love with the fast paced and exciting nature of this unique racket sport, spending a majority of their free time playing and coaching friends and family.

Their official *Pickleball* Coaching Certifications (*Pickleball* Coaching International) were obtained in 2022, and utilising this, **Pickleball Academy Singapore** was conceived to help actively spread their passion for the sport throughout Singapore.

Pickleball Academy Singapore was set up with fun and professionalism at its heart. We aim to provide professional and instructive programmes - spreading our own personal passion for the sport that we love.

Yours faithfully,

Pickleball Academy Singapore



What is *Pickleball*

Pickleball is most importantly a **low-impact sport**, providing a good aerobic workout whilst minimising stress and strain on joints and muscles as compared to other racket sports. This is a major consideration for all age groups looking to minimise strain to their body without compromising having fun and keeping active.



*Middle-aged groups have fun with the low-impact sport

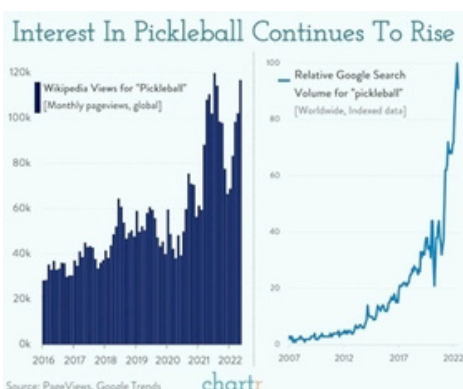


*Challenging and high skill-cap sport for youths

We have experience designing our classes for **both an indoor and outdoor setting**, with different equipments (nets, indoor/outdoor balls) to adapt to any environmental conditions. This makes *pickleball* a sport for everyone in any weather condition!

The sport incorporates many aspects from other racket sports, yet has its own unique elements including a "kitchen", strong teamwork-focused positioning and volleying on almost every point.

We offer group classes where our experienced coaches guide players of all levels to improve their game and most importantly - have fun!



*The fastest growing sport in the US for the past two years

Corporate Programmes

Enabling a fun and conducive environment for groups to learn an up-and-coming sport



Pickleball Programmes

Below are the template programmes that *Pickleball Academy Singapore* offers.

Page 7 - 9 shows our template lesson plans on how our classes are designed to enable students of any level to effectively play *pickleball* while still having fun and safety at its core.

**Pickleball Academy Singapore* is more than happy to accommodate any specific arrangements. Do contact us to arrange the programme you have in mind (E.g weekly lessons, 3-6 hour sessions, longer hours, bi-weekly programmes etc.)

Introductory 1-day Corporate Function

Class size:	*As required
Class duration:	*As required
Equipment provision:	Pickleball Academy Singapore will provide all required equipment for the session
Location:	TBC (dependent on class size and duration)

Introductory 2-day Pickleball Programme

Class size:	30
Class duration:	3hrs per day

Introductory 3-day Pickleball Programme

Class size:	30
Class duration:	2hrs per day

Advanced 3-day Pickleball Programme

Class size:	30
Class duration:	3hrs per day



PICKLEBALL LESSON PLAN

DAY 1: NOVICE

Lesson Objectives:

- Players have an enjoyable experience with *Pickleball*
- Players develop an ability to serve and return
- Players develop an ability to maintain a 5-ball rally (Dinks, Volleys, Drives)
- Players have a basic understanding of positioning and scoring

Time	Activity	Notes
0 - 5	Health check + Warm-up + Day Plan	Identifying health concerns (private) and explaining lesson objectives
5 - 10	Drill: Paddle-free reception	Aim is to help them understand where to receive the ball
10 - 20	Drill: Try to rally down the line (6 to a court)	Quick demonstration on what is to be expected. Emphasise that it is okay to miss, and encourage rotation with new partners
20 - 30	Drill: Rallying cross court with an emphasis on both FH and BH dinking (4 to a court with a 5 th man rotation)	Demonstrate correct technique for both FH and BH, with an emphasis on paddle direction for cross-court
30 - 35	Water break (every 30min)	In line with Sport Singapore recommendations
35 - 40	Introduce volleying	Demonstrate correct footwork and contact point
40 - 50	Drill: Volleying both at the net (4 to a court with a 5 th man rotation)	Watch out for positional errors (foot fails to cross when intercepting) as well as technical errors (dropping of paddle-head)
50 - 60	Drill: Volleying one behind one at the net	Focus on the impact point and note that hitting volley takes away the opponent's response time.
60 - 65	Water break (every 30min)	In line with Sport Singapore recommendations
65 - 75	Introduce serve and return	Watch out for positional errors (foot in the line, wrong directions) as well as technical errors (follow-through errors)
75 - 85	Play points (doubles) with basic positioning	Praise success, talking about the value of the return and volley whilst emphasising the 2-bounce rule
85 - 90	Water break and debriefing	Health check and debrief key teaching points



PICKLEBALL LESSON PLAN

DAY 2: INTERMEDIATE

Lesson Objectives:

- Players practice depth of return for serve and rally
- Players develop a good understanding of serve and return
- Practice executing and returning smashes
- Improving positioning and movement at the net

Time	Activity	Notes
0 - 5	Health check + Warm-up + Day Plan	Identifying health concerns (private) and explaining lesson objectives
5 - 10	Warm-up drill: Rallying cross court with an emphasis on both FH and BH dinking (4 to a court with a 5 th man rotation)	Correct technique for both FH and BH with an increased emphasis on the weaker BH
10 - 20	Drill: Drive and volley	Demonstrate the movement required to approach the net and help correct their technique for an approach volley
20 - 30	Drill: Double touch volley (Emphasis on movement and set-up for the correct volley)	Correct technique when "punching" the volley across the net. Demonstrate the varying types of volleys
30 - 35	Water break (every 30min)	In line with Sport Singapore recommendations
35 - 45	Drill: Exploding mines (Cones with the balls will be set up at the $\frac{3}{4}$ court)	Consistency is the main focus of this drill, with deep balls prioritised. Do not focus on keeping the ball low
45 - 50	Introduce technique for the smash	Important to instil the idea of pronation
50 - 60	Play points (down the line) with double points for volleys	Encourage movement to the net, introducing them to how advanced level play is conducted
60 - 65	Water break (every 30min)	In line with Sport Singapore recommendations
65 - 75	Introduce proper positioning in doubles	Watch out for positional errors (foot in the line, wrong directions) as well as technical errors (follow-through errors)
75 - 85	Play points (doubles) with proper positioning	Praise success, talking about the value of the return and volley whilst emphasising the 2-bounce rule
85 - 90	Water break and debriefing	Health check and debrief key teaching points



PICKLEBALL LESSON PLAN

DAY 3: ADVANCED

Lesson Objectives:

- Improving defensive/resetting skills
- Working on varying playstyles and their effectiveness
- High intensity workout for players

Time	Activity	Notes
0 - 5	Health check + Warm-up + Day Plan	Identifying health concerns (private) and explaining lesson objectives
5 - 10	Warm-up drill: Rallying cross court with an emphasis on both FH and BH dinking (4 to a court with a 5 th man rotation)	Correct technique for both FH and BH with an increased emphasis on the weaker BH
10 - 20	Drill: Surprise drop and play-off the point	Demonstrate the technique and rationale behind the drop
20 - 30	Drill: Single touch movement volley (Controlling the strength and type of volley according to distance)	Focus on correcting wrong technique especially when shifting from a "soft touch" to a "punch"
30 - 35	Water break (every 30min)	In line with Sport Singapore recommendations
35 - 45	Drill: Dink or drive (Single volleyer works on reacting to differing balls)	Control is the main focus of this drill, learning to expect any type of return at the net
45 - 50	Working on consistency and direction for the smash	Varying types of smash (inside-out)
50 - 60	Drill: On the rise returns (Both players at the baseline)	Demonstrate the effectiveness of taking the ball early
60 - 65	Water break (every 30min)	In line with Sport Singapore recommendations
65 - 85	Real Games: Varying styles of play (Double-defensive, tandem)	Frequent rotations between players – a round-robin style organisation would also be possible
85 - 90	Water break and debriefing	Health check and debrief key teaching points

SAFETY AND EQUIPMENT

Safety is our first and foremost priority for all our classes.

All our classes utilise **Sport Singapore** recommendations for mandated warm-up, cool-down and water breaks. With our experience in the sport, we have mandated appropriate safety equipment provided for all students to ensure a zero-accident policy.

Physical Activity Readiness Questionnaire
[A Questionnaire for People Aged 15 to 69]
体能活动适应能力问卷
(适用于15至69岁人士)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age and you are not used to being very active, check with your doctor.

体能活动不但有益身心, 而且还充满乐趣。因此有越来越多的人做运动。对大部分人来说, 体能活动是很安全的。不过有些人则应在增加运动量前, 先征询医生的意见。如果你计划增加运动量, 请先回答下列问题。如果你介于15至69岁之间, 这份体能活动适应能力问卷会告诉你是否征询医生的意见。如果你超过69岁及没有定期运动, 请征询医生的意见。

Common Sense is your best guide when you answer these questions.
Please read the questions carefully and answer each one honestly: Check YES or NO.
请仔细阅读下列问题, 然后据实回答: 「是」或「否」。

	YES 是	NO 否
1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? 医生是否曾说过你的心脏有问题, 并且只可进行医生推荐的体能活动?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you feel pain in your chest when you do physical activity? 你进行体能活动时是否会感到胸口疼痛?	<input type="checkbox"/>	<input type="checkbox"/>
3. In the past month, have you had chest pain when you were not doing physical activity? 过去一个月, 你是否在没有进行体能活动时也感到胸口疼痛?	<input type="checkbox"/>	<input type="checkbox"/>
4. Did you ever lose your balance because of dizziness or consciousness? 你是否因感到晕眩而失去平衡或知觉?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have a bone or joint problem (eg, back, knee or hip) that could be made worse by a change in your physical activity? 改变体能活动方式, 会不会恶化你的骨骼或关节 (例如背脊、膝盖或髋骨)?	<input type="checkbox"/>	<input type="checkbox"/>
6. Is your doctor currently prescribing drugs (eg, water pills) for your blood pressure or heart condition? 医生目前是否有开血压或心脏药物 (例如water pills) 给你服用?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you know of any other reason why you should not do physical activity? 你是否有其他原因不能进行体能活动?	<input type="checkbox"/>	<input type="checkbox"/>

Mandated questionnaire that all participants are subject to prior to any classes.



*Indoor



*Outdoor



*Glasses-compatible

Every student is provided with a complimentary pair of safety glasses to be worn during play.

All safety glasses provided comply with Europe PPE and Singapore certification standards.

CONTACT US

Thank you for expressing interest in our ***Pickleball Academy Singapore.***

Please feel free to get into contact us through the various means below if you have any queries or should you be interested in working with us going forward.

Should you have more specific programme requirements/durations/arrangements, feel free to reach out to arrange a zoom call/in-person meeting to let us know how we can help meet your requirements.

Email: pickleballacademysg@gmail.com

Whatsapp Number: +65 88303397

Instagram: [@pickleballacademysg](https://www.instagram.com/pickleballacademysg)

Website: pickleballacademysg.com

