

# PHED 15C: ADVANCED PICKLEBALL

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2025
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Individual Sports family of activity courses.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 7: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Description

Focus on the strategies of singles and double play, including serving with a variety of spins, forehand and backhand smashes, drop shots, angle play and doubles formations. Strong emphasis on fitness, flexibility and nutrition. How to design a point, set and match will also be a main focus.

## Course Objectives

The student will be able to:

1. Identify the equipment, rules, and etiquette of pickleball.
2. Serve using spins to set up their next shot.
3. Recognize offensive and defensive strategy.
4. Utilize proper footwork and grips.
5. Demonstrate advanced forehand and backhand strokes.
6. Increase levels of fitness and hand-eye coordination.
7. Identify modified table positions.
8. Analyze table awareness with shot selection and placement.
9. Understand why fitness, flexibility, and nutrition are vital to playing pickleball at a high level.
10. Understand how to constructing points will lead to winning.

## Course Content

1. Terminology, equipment and rules of pickleball
  - a. Racquets and types of balls
  - b. Dimensions—type of play
  - c. Etiquette and general play
2. Advanced skills
  - a. Grips—forehand and backhand
  - b. Arm and wrist positioning
  - c. Forehand and backhand strokes, spins
  - d. Footwork
3. Strategy
  - a. Singles
  - b. Doubles

- c. Offensive
- d. Defensive
- e. Conditioning drills
- f. Point construction
- g. Hydration and nutrition

## Lab Content

1. Forehand
2. Backhand
3. Serving long and short
4. Smashes
5. Drop shots
6. Angle play
7. Double rotation
8. Point construction
9. Using flexibility as an advantage

## Special Facilities and/or Equipment

1. Badminton or tennis nets, ping pong paddles, whiffle balls.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Individual and team participation  
 Sportsmanship  
 Critical thinking in competitive game play  
 Demonstration of rules and etiquette of pickleball  
 Participation and game play  
 Video analysis  
 Fitness analysis

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Explanation  
 Demonstration  
 Video

## Representative Text(s) and Other Materials

Baker, Joe, and Richard Movsessian. [How to Play Pickleball: The Complete Guide from A to Z: Illustrated Stroke Techniques and Winning Strategies](#). 2018.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Tests and assignments based on class material.

## Discipline(s)

Physical Education