

HHPA 152 : PICKLEBALL III

Transcript title

Pickleball III

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Recommended preparation

HHPA 145 or HHPA 151.

Course Description

Geared toward students with a basic knowledge of pickleball who want to improve their skills and understanding of the game. Focused on refining shot techniques, learning more advanced strategies, and improving overall court awareness. Students will work on shot accuracy and power and applying more complex tactics for singles and doubles. Game analysis and feedback will help students enhance their competitive edge, preparing them for more advanced play. Repeatable for credit.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Demonstrate proficiency in advanced skill development, including safety practices, strategy implementation, and complex gameplay to enhance overall physical fitness and performance further.
3. Compare and contrast the advanced concepts of pickleball, such as spin, shot selection, and court positioning, while adhering to rules, etiquette, and proper scoring.
4. Execute refined singles and doubles strategies, demonstrating a deeper understanding of positioning, teamwork, and tactical play.

Content outline

1. Brief review of advanced fundamentals with emphasis on integrating skills into competitive match play.
2. Mastery of advanced shot-making (topspin/sidespin variation, dinking under pressure, overheads, and deceptive drop shots).
3. High-level singles strategies with focus on anticipation, exploiting opponent weaknesses, and adjusting tactics mid-match.
4. Refined doubles strategies emphasizing advanced teamwork, communication, stacking, poaching, and coordinated positioning.
5. Advanced serve and return variations (spin, placement, and tactical sequencing) to control tempo and point construction.
6. Transitional play and defensive-to-offensive conversion through court coverage, recovery movement, and counterattack drills.
7. Tournament-style strategies including momentum control, psychological resilience, and pacing for extended play.

8. Competitive round-robin and ladder play with structured peer analysis, tactical debriefs, and applied adjustments.
9. Final competitive matches with comprehensive skill evaluation, strategy presentation, and self-reflection on performance and progression.

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Pickleball paddles will be provided for those students who do not have access to one.

General education/Related instruction lists

- Health