



STEM
sports[®]

Pickleball

Module 5.0

Stroke of Energy

Special Teams Players



MODULE
5.0

What Do You Need?

Supplies Provided

Worksheets, Pickleballs, Pickleball Paddles, Sweet Spot Ball-Striking System and Manual, Tape Measures, and Digital Stopwatches

Materials Needed

Pencils, Calculator (recommended), and Outdoor Space

Engage

How fast can you
hit a pickleball?

Explore

Set-up the *Sweet Spot Ball-Striking System*
and work on your game.
Use the worksheet as a guide.

Explain

In pickleball to hit the ball fast, we have to use our entire body and not just our arms.

Elaborate

Hit the ball using your whole body to generate more speed.

Evaluate

Calculate the velocity of your underhand and overhand hits. Use the worksheet as a guide.



Extend

Challenge Yourself!

Hit the ball from a further distance than in the lesson and calculate your velocity to determine if there was any change.



What is your Dream Job?

STEM Jobs in Sports

- Pickleball Ball Manufacturer
- Pickleball Pro: Youth Trainer & Coach
- Physics Teacher and Pickleball Coach
- Pilates Instructor
- Pickleball Equipment/Pro Shop Manager

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