

Berrien Springs Partnership Syllabus and Instructor Qualifications

CLASS TITLE: Andrews Jr. Cardinal Pickleball

GRADE OR AGE LEVELS: 6th - 12th Grades

FORMAT: IN-PERSON

START DATE: 01/14/26

END DATE: 03/25/26

WEEKS TOTAL: 10

WEEKS OFF: March 18, 2026

DAY/TIME REQUIRED: Wednesday 5:30-7:30pm

ADD'L DAYS/WK AVAILABLE: TBD

HOURS (REQUIRED): 16

HOURS (POSSIBLE): 20

TOTAL SEMESTER HOURS POSSIBLE: 20

LOCATION/ADDRESS: Andrews University, Johnson Gym, Berrien Springs

MAIN INSTRUCTORS: Chris Medina

CONTACT: Phone: 909-554-4616

Email: Inbox.for.Christopher@gmail.com

ADDITIONAL REGISTRATION AT SITE REQUIRED? Yes

IF YES, INSTRUCTIONS FOR REGISTRATION: Visit the Andrews Junior Cardinal Website (www.andrewsjrcardinals.org) for additional registration information, such as medical paperwork, a copy of insurance card, and waivers.

MAIN INSTRUCTOR QUALIFICATIONS: Coach Medina is a PPR Certified Pickleball Coach and USA Pickleball Ambassador. He is the Founder of the Kagoshima Pickleball Guild and The Kyushu Pickleball Association. He is currently one of the leaders of the Berrien Springs Pickleball Club.

COURSE DESCRIPTION:

Andrews Jr. Cardinals Pickleball is a beginner to intermediate level class designed for those students interested in learning about pickleball. Students will learn the basic rules, skills and strategy of pickleball through practice and games. This class is perfect for students looking for a fun and active way to stay fit, make new friends and learn a new sport that is sweeping across the world.

SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING ACTIVITY

Week 1: The History & Future of Pickleball

- Basic rules of pickleball
- Warm up & Stretching
- Basic grip and paddle positions

- Introduction to the “Dink” and “No Volley Zone (NVZ)” footwork

Week 2: Review & Shots

- Review of last week
- Straight dinking (Scoop & Forehand)
- Cross dinking (Backhand)
- Dinking drill (Bingo)
- Dink and volley drill (In & Out of the Kitchen)
- Intro to volleying and service scoring

Week 3: Volleys and Strategy

- Intro to the Serve
- Court positioning
- Strategy – get to the NVZ line
- Drill “Around the World”

Week 4: Shots & Drills

- Back court strokes (forehand and backhand)
- The Block shot
- Drill (King of the Mountain)
- Drill (Bullseye)
- Drill (Drive & Block)
- Game to 11 points

Week 5: Drills & Games

- Drill (9 Points to Target)
- Slice backhand and forehand dink
- Drill (Dink Bingo using slice)
- Full games

Week 6: Shots / Drills / Games

- Drill (Fast Hands)
- The Lob
- Overhead Smash
- Drill (Sock It To Me)
- Drill (Around the World)
- Full Games

Week 7: Shots / Drills / Games

- Drill (Third Shot Drop)
- Drill (Keep Them Back)
- The Speed-Up
- Drill (Dink to Speed Up)

Week 8: Tournament

- Hat Tournament

Week 9: Quiz / Games

- Quiz on History & Rules
- Evaluation Games

Week 10: Tournament

- Final Tournament

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

- 1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

ADDITIONAL RESOURCES: (online, books, video, etc.): N/A

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: 80% unless excused absence from parents

Behavior: Good attitude and sportsmanship

Weather: Classes will be cancelled based on school closings