

horizontal line

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Learn to Play – Follow up steps for beginners. Focus areas for just starting out and preferable after you have taken a hands on learn to play training session.

**The first 4 shots of Pickleball (Core shots)**

The Serve

* Hit your serve and step back behind the line to wait for the 3rd shot
* Vary the speed and height of your serves

<https://youtu.be/BmdnJNCEwxI?si=2bKEV9FcqZRfVv3z>

Return of Serve

* Stand at least 2-3 feet behind the baseline in a wide balanced stance
* Split step as the Server makes contact
* Move or adjust to contact point and use a compact back swing before making contact and moving forward to the NvZ

<https://youtu.be/722mGzXn4RA?si=A0BWGB6dsRvwxwxA>

3rd Shot drop / Drive or Drop/drive (combo)

* you should be waiting behind the baseline after your Serve
* Partner not hitting the 3rd shot should be creeping ahead and assessing the Drop / drive and try to apply pressure

<https://youtu.be/LnTAm5pAr9c?si=s6Dq-9-0hCXUF0NC>

<https://youtu.be/M2Zgs2f8s3A?si=xLsMJHMxFnlxJehd>

4th shot (aka - Keep them back shot /at the feet)

* The return team has a 70/30 advantage of winning the point when they are at the NVZ line and the Serving team is towards the baseline
* It is critical to make the Serving team EARN their way to the NVZ line
* Hit the 3rd / 5th/ 7th shot attempt back towards the serving teams feet (go at the deepest opponent from the net)

<https://youtu.be/vhcl0Lg47x8?si=B7q9CpX3YM3F1gb5>

BONUS VIDEO’s

Strategy for new players (covers first 4 shots)

<https://youtu.be/JGMLn68RZS8?si=gvssdp95XJjvziG8>

<https://youtu.be/DpUHbICkO3g?si=o03ke4TNilCnS71C>