



31 Quick Pickleball Tips

Pickleball is part sport and part strategy and the better you get the more strategic it becomes. These are a mix of basics and strategies to help you to improve.

1. Keep your paddle up in front of your chest. Don't let it drop between shots.
2. Just before your opponent hits the ball watch their paddle and body angle it will tell you where the ball is going
3. We all have a favorite shot. Cover the one you opponent likes to hit.
4. A ball hit on a downward angle towards your opponent's feet gives them a chance to miss it.
5. Make sure you get your serve in. Always pick a target and the center of the box is a good one.
6. Once you get your serve in consistently the ideal placement is deep, down the middle and to the backhand.
7. Hit a soft return of serve with a higher arc to buy yourself time to get to the kitchen.
8. If you have to hit up on the ball it's probably best not to try to hit a winner.
9. When in doubt, hit it soft.
10. If one person is at the back of the court hit shots to keep them there.
11. Down the middle often causes confusion for your opponents.
12. If your opponent likes to poach one or two good shots behind them will probably having them poaching less.
13. Especially in a tournament direct your shots to the weaker member of the team.
14. Not every shot needs to be a winner. Stay patient and wait for the right opportunity to attack.
15. The faster you hit the ball the less precise your placement. Hit it only as fast as you need to win the point.
16. If the ball hits a line it's going to have an odd bounce.
17. Watch your opponent's service return as it's crossing the kitchen line on your side. Which way is it spinning?
18. Call your shots even the obvious ones, you'll know who is going to take it and it helps you breathe.
19. If you are playing outside be mindful of the wind direction.
20. Stay balanced on the balls of your feet so you can move in either direction.
21. The team with the least unforced errors usually wins.
22. Placement is often more important than power.
23. Stop moving (split step) when your opponents paddle is about to contact the ball.
24. For most service returns wait about a foot behind the baseline. It's usually easier to run forward versus back up or return the serve on a short hop.
25. If your opponents push you back from the kitchen line make sure you go back to the kitchen line once you have hit the shot.
26. In a tournament, develop a team strategy and then stick to it, i.e. hit to player B's backhand. During time outs check with your partner to see if you are both sticking to your strategy.
27. Take 5 minutes to warm up, get your heart pumping and then do some dynamic stretching.
28. If you want to get better you have to drill not just play.
29. Don't run to the kitchen line blindly on the third shot, watch the trajectory if it's too high prepared to defend.
30. Most players are not fast enough to switch hands.
31. Be kind to your partner and gracious to your opponents. This is only a game!