**5-Step Pickleball Warm Up**

**1. Dink-to-Dink**

With a partner, dink the ball from the kitchen area (the non-volley zone). Practice both forehand and backhand dinks. Do for about 1 minute.

**2. Volley-to-Volley**

Stand at the kitchen line (non-volley zone line). With a partner, volley the ball in the air back and forth as many times as you can. Practice both forehand and backhand volleys. Do for about 1 minute.

**3. Groundstroke-to-Groundstroke**

Standing at the back of the court, with a partner at the other end of the court, practice your groundstrokes, rallying as long as you can. Do for about 1-2 minutes.

**4. Groundstroke-to-Volley**

Standing at the back of the court with your partner at the kitchen line, hit groundstrokes to allow your partner to volley back the ball to you. Do 3 times and switch positions so that you are at the kitchen line and your partner is hitting groundstrokes to you.

**5. Serve-Return-Plus 1**

Standing at the end line at the back of the court, hit a long ball like a serve to your partner. Your partner will return the ball as deeply as possible. You will then try to drop or drive the ball to the other side of the net. Your partner will take the ball and do the same process with you. Each player will alternate doing this 2 times, twice dropping the ball on the third shot and once driving the ball on the third shot.

Now you are ready to play!