

Student Reminders

Things you may hear instructors say!!!

- Warm up “with purpose” before playing (practice dinks, volleys and 3rd shot drops whenever possible)
- Be in the “ready position” – face forward, knees bent, paddle in front.
- Serves and return of serves should be deep – a lob motion helps to get them deep. Once those shots have been perfected, practice different serving styles.
- Hit balls within your “hitting zone” – 90 degrees to each side and in front.
- Hit, move and “get set” - avoid hitting and moving at the same time.
- Get to the No Volley Zone as soon as possible.
- Avoid “pop-ups” by changing paddle direction and grip strength.
- Be prepared for the “change of pace” from dink to volley at the NVZ.
- Determine when it’s appropriate to play either a hard or soft game.
- Take balls in the air rather than backing up.
- Move side to side and back to front with your partner. Avoid creating gaps on the court.
- THAT BALL IS COMING BACK! “Always be ready” – learn to play with a “defense mindset.”
- Learn and keep trying the “3rd shot drop” – the hardest shot in pickleball. It’ll get you to the NVZ where you can be competitive. If the 3rd shot doesn’t get you to the net hit a 5th or 7th mid court shot. Be patient, “always set between shots.”
- Use a soft grip to “block and drop” hard shots over the net (Hah!).
- Use a punch motion to hit hard volleys at the net with control and direction.
- “If your opponent is back, keep them back.”
- Avoid hitting “out balls”.
- “No one likes a lobber!” but to deal with a lob both players should move back – then work their way forward to the desired positions at the No Volley Zone.
- If your partner is back and you have the opportunity, take an “offensive stance” and poach a ball that is coming down the middle.
- Be patient. “Play the shot you are given.”
- Control beats power.
- Proper positioning is key to success in pickleball.
- “Reserve a Court” with people who help you develop a strategic/winning game.

