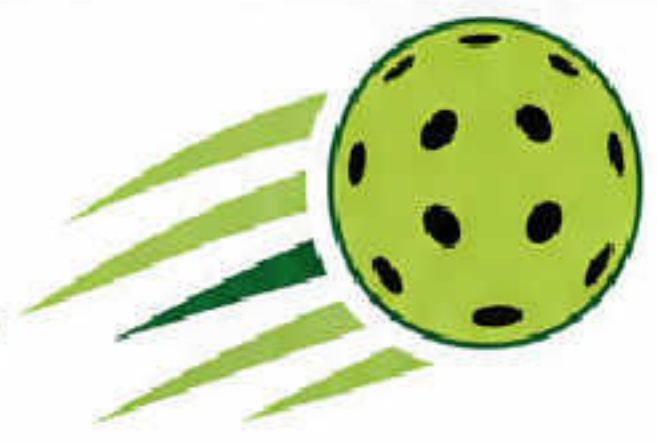


PICKLEBALL DRILLS

10 TIPS CHEAT SHEET



PRACTICE SMART. IMPROVE FAST. PLAY BETTER!



1. DINKING CONSISTENCY

Partner rally dinks back and forth from behind the kitchen. Keep the ball low and in the kitchen.

Focus: Control, soft hands, consistency



2. TARGET DINKING

Dink to specific targets in the kitchen (corners, middle, sidelines). Switch sides.

Focus: Accuracy, placement, control



3. THIRD SHOT DROP

Start at the baseline. Hit a deep serve, simulate a return, then hit a controlled drop into the kitchen.

Focus: Touch, depth, consistency



4. VOLLEY CONTROL

Partner volley back and forth from the kitchen line. No dinking—volley only.

Focus: Hand speed, control, balance



5. MOVE & DINK

Start in the middle. Move side to side while dinking with your partner.

Focus: Footwork, balance, positioning



6. KITCHEN ATTACK

One player dinks. The other looks for a short ball to attack into the kitchen.

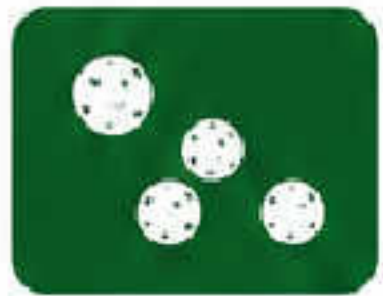
Focus: Patience, timing, shot selection



7. SERVE + 1 DRILL

Serve, return, then hit a third shot drop. Continue the rally from the kitchen.

Focus: Serve placement, third shot



8. RALLY X (EXTEND THE RALLY)

Challenge yourself to rally X number of shots (start at 10, then 20, 30+).

Focus: Consistency, patience, endurance



9. DRIVE & RESETS

One player drives. The other resets with a deep shot. Switch roles after each rally.

Focus: Power, resets, transitions

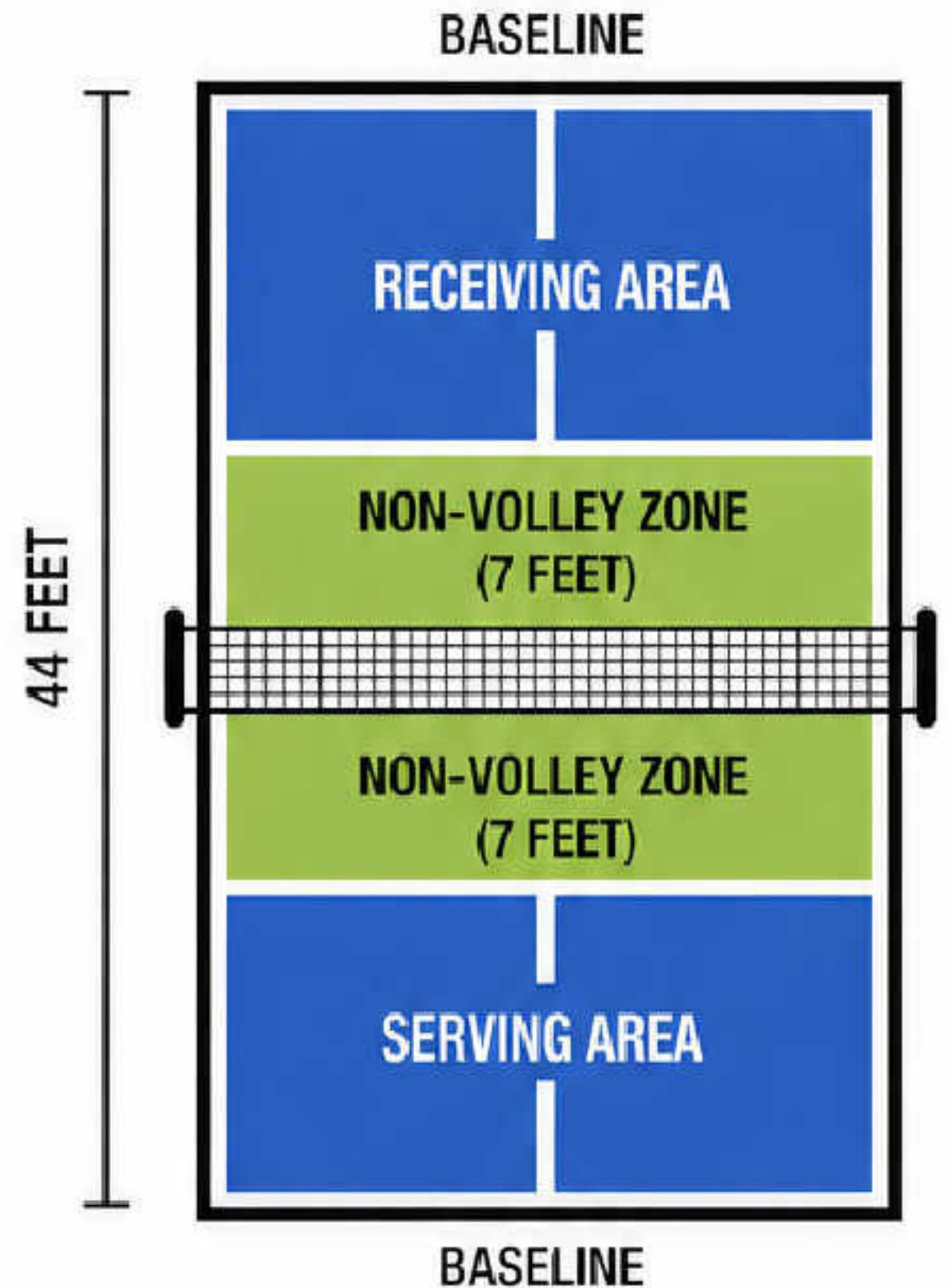


10. GAME SITUATION DRILL

Play points starting at the score you choose (e.g., 9-9 or 10-10). Focus on execution under pressure.

Focus: Strategy, focus, composure

PICKLEBALL COURT OVERVIEW



- PLAYING AREA
- NON-VOLLEY ZONE (KITCHEN)
- NET

KEY REMINDERS

- Practice with purpose and a plan.
- Focus on quality, not just quantity.
- Work on your weaknesses.
- Move your feet and stay in position.
- Have fun and enjoy the process!

WHY DRILLS MATTER



IMPROVE SKILLS

Build consistency, control, and confidence.



GAME READY

Better footwork, decision making, and shot selection.



BUILD MUSCLE MEMORY

Repetition leads to natural reactions.



WIN MORE POINTS

Smart practice leads to better results on the court.

