



HOW TO LOB IN PICKLEBALL

WHAT IS A LOB?

A lob is a high, deep shot hit over your opponent's head and into the back of the court. It gives you time, disrupts your opponent's position, and can turn defense into offense.

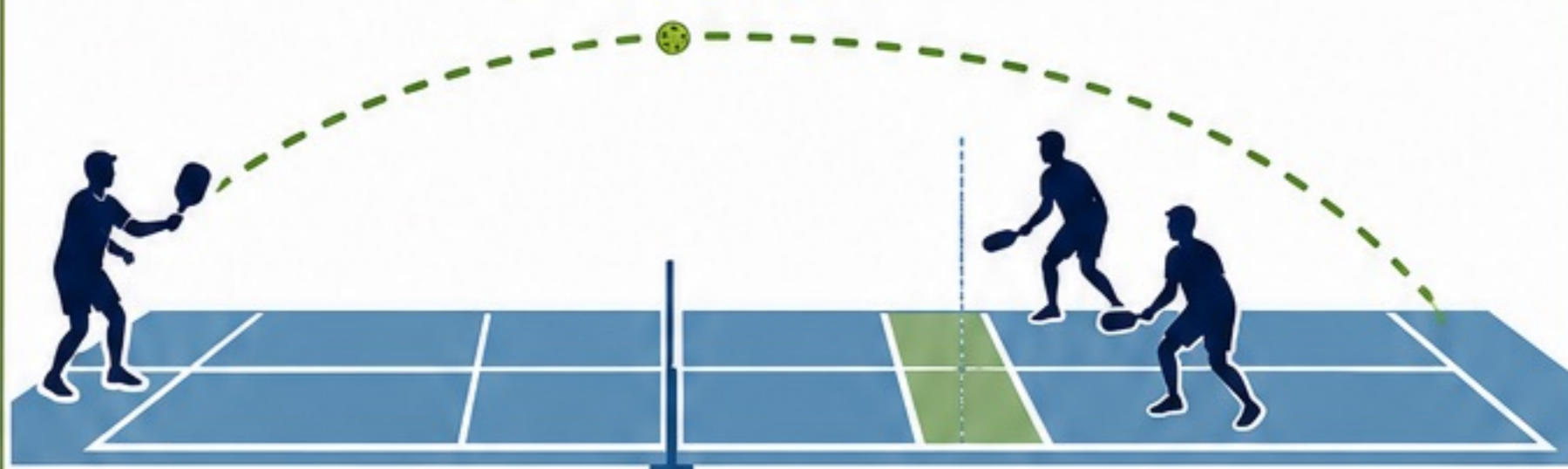


A WELL-TIMED LOB CAN CHANGE THE POINT IN YOUR FAVOR.

WHEN TO LOB

- ✓ When your opponents are at the non-volley line and you're at the baseline.
- ✓ When opponents are poaching (standing in the kitchen).
- ✓ When you're on the defensive and need time to reset.
- ✓ When your opponents are hitting hard, fast shots.
- ✓ When you want to push your opponents back and create space.

THE LOB TRAJECTORY



YOU (BASELINE)

THE LOB

OPPONENTS (NON-VOLLEY LINE)

Aim deep – land the ball near the baseline.

HOW TO HIT A GOOD LOB

1 GET IN POSITION

Move behind the baseline and get set with good balance.



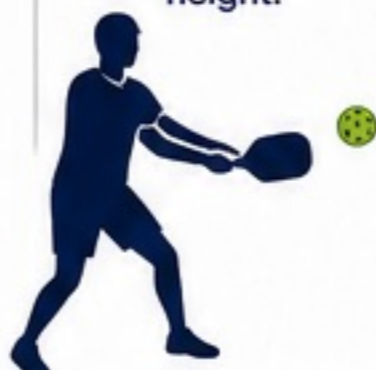
2 PREPARE EARLY

Turn your body sideways, paddle back, and keep your eyes on the ball.



3 MAKE CONTACT OUT IN FRONT

Contact the ball in front of your body, slightly above waist height.



4 USE A SMOOTH UPWARD MOTION

Brush up under the ball with a smooth, controlled swing. Don't hit down on it!



5 FOLLOW THROUGH AND RECOVER

Finish high and let your momentum carry you forward. Then get ready for the next shot!



KEY TIPS FOR A GREAT LOB

- ✓ **Add height:** Clear the net by a good margin.
- ✓ **Add depth:** Aim for the back of the court.
- ✓ **Use pace wisely:** A higher, slower lob gives yourself more time.
- ✓ **Stay patient:** Wait for the right opportunity.
- ✓ **Practice:** The more you lob, the more comfortable you'll become!

COMMON MISTAKES

- ✗ Lobbing too short (easy to attack).
- ✗ Not hitting high enough (hits the net).
- ✗ Using too much speed (goes long).
- ✗ Lobbing from inside the court.
- ✗ Not resetting after the lob.

PRO TIP

A good lob isn't just about getting the ball over—it's about landing it where your opponent can't attack easily.



LOB SMART. PLAY SMART. WIN MORE POINTS!

