

PICKLEBALL

with

PICKLEBALL DRILLS

FOR BEGINNERS

Simple drills to build skills, confidence, and a love for the game!

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| <p>1 BOUNCE & DINK Learn control and get comfortable with the ball.</p> |  | <p>FOCUS: Control, soft hands HOW TO: Bounce the ball, then dink it over the net. Have your partner catch it or dink it back. Keep the ball low and in control.</p> |
| <p>2 DINK RALLY Build consistency and soft hands.</p> |  | <p>FOCUS: Consistency, patience HOW TO: Rally back and forth using only dinks. Keep the ball below net height and land it in the kitchen.</p> |
| <p>3 TARGET DINKS Practice aim and accuracy.</p> |  | <p>FOCUS: Accuracy, placement HOW TO: Place a target (tape, cone, or towel) in the kitchen. Dink to the target and try to hit it as many times as possible.</p> |
| <p>4 DINK & COUNT Improve consistency with a goal.</p> |  | <p>FOCUS: Consistency, control HOW TO: Dink back and forth and count your successful dinks in a row. See how high you can get!</p> |
| <p>5 FOREHAND & BACKHAND DINKS Become comfortable on both sides.</p> |  | <p>FOCUS: Balance, both-hand control HOW TO: Dink using only your forehand for 30 seconds, then backhand for 30 seconds. Repeat and improve.</p> |
| <p>6 DINK & VOLLEY BASICS Learn the next step: move up!</p> |  | <p>FOCUS: Transition, footwork HOW TO: Dink a few times, then move up to the kitchen line and volley your partner's shot back (still below net height).</p> |
| <p>7 THIRD SHOT DROP TO DINK Practice a smart third shot.</p> |  | <p>FOCUS: Soft touch, placement HOW TO: From the baseline, hit a third shot drop into the kitchen. Your partner dinks it back. Repeat.</p> |
| <p>8 DINK SIDE TO SIDE Work on keeping the ball in play with angles.</p> |  | <p>FOCUS: Angle control, consistency HOW TO: Dink cross-court, aiming near the sideline. Keep the ball low and in the kitchen.</p> |
| <p>9 SERVE, RETURN & DINK Put it together from the start.</p> |  | <p>FOCUS: Consistency, rhythm HOW TO: Serve, return, then start a dink rally. Focus on getting the ball in play and keeping it low.</p> |
| <p>10 RALLY GAME Play a mini game and have fun!</p> |  | <p>FOCUS: Mindset, fun, improvement HOW TO: Play a game to 11. You must dink at least 3 times before either team can hit an attacking shot.</p> |

BEGINNER TIPS

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|  <p>KEEP IT LOW Dinks below net height stay in play!</p> |  <p>BE PATIENT Good things happen when you wait.</p> |  <p>MOVE YOUR FEET Small steps help you stay ready and balanced.</p> |  <p>AIM FOR THE KITCHEN The goal is to land your dinks in the non-volley zone.</p> |  <p>HAVE FUN Celebrate small wins and enjoy the game!</p> |
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EVERY GREAT PLAYER WAS ONCE A BEGINNER.
KEEP PRACTICING. KEEP IMPROVING. KEEP HAVING FUN!