

PICKLEBALL FOOTWORK DRILLS

♥ QUICK FEET. BETTER POSITION. BETTER GAME. ♥

Great footwork helps you get in position, stay balanced, and win more points.

<p>1 SPLIT STEP BASICS Get ready, stay light, and react faster.</p>		<p>FOCUS: Ready position, reaction HOW TO: Start in ready position. Your partner feeds a ball. Split step and move to it.</p>
<p>2 SIDE-TO-SIDE SHUFFLE Move efficiently from sideline to sideline.</p>		<p>FOCUS: Lateral movement, balance HOW TO: Shuffle side-to-side between sidelines. Stay low and under control.</p>
<p>3 FORWARD & BACK SHUFFLE Control the kitchen line and transition back.</p>		<p>FOCUS: Forward/back movement HOW TO: Shuffle from the kitchen line to the baseline and back. Stay low and balanced.</p>
<p>4 DIAGONAL DINK RECOVERY Move on a diagonal and recover.</p>		<p>FOCUS: Diagonal movement, recovery HOW TO: Dink diagonally. Move diagonally to the ball and recover to the middle.</p>
<p>5 X DRILL Move in an "X" pattern and return to center.</p>		<p>FOCUS: Change of direction, balance HOW TO: Move to each corner of the kitchen in an "X". Return to the center.</p>
<p>6 T-FORMATION DRILL Move forward, left, right, and back.</p>		<p>FOCUS: Multi-directional movement HOW TO: From the center, move forward, then back. Left, then right. Repeat.</p>
<p>7 AROUND THE KITCHEN Stay low and move around the kitchen with control.</p>		<p>FOCUS: Endurance, foot speed HOW TO: Shuffle around the kitchen line without crossing it. Keep moving!</p>
<p>8 CONE REACTION DRILL React to balls hit to random targets.</p>		<p>FOCUS: Reaction, quick starts HOW TO: Your partner hits to random targets. React and move quickly.</p>
<p>9 LIVE DINK & MOVE Dink and move continuously.</p>		<p>FOCUS: Movement while hitting HOW TO: Dink back and forth. After each shot, move and reset your position.</p>
<p>10 CHAOS DRILL The ultimate test of footwork and focus!</p>		<p>FOCUS: Agility, endurance, mindset HOW TO: Partner hits balls anywhere. Move fast, stay balanced, and keep the dinks going!</p>

FOOTWORK TIPS TO REMEMBER

-  Stay low and athletic. Bend your knees.
-  Small, quick steps beat big steps.
-  Watch the ball, not your feet.
-  Stay balanced and be ready to change direction.
-  Practice with purpose and have fun!

♥ GOOD FOOTWORK. GREAT POSITION. MORE WINS. ♥