



10 PICKLEBALL RESET DRILLS



♥ RESET. RECOVER. REFOCUS. WIN MORE POINTS. ♥

Reset drills help you turn defense into offense and win more points.

1 ♥ CROSS-COURT RESET RALLY Stay calm and reset cross-court.		FOCUS: Consistency, patience HOW TO: Dink cross-court with your partner, keeping the ball low and deep in the kitchen.
2 ♥ STRAIGHT RESET RALLY Reset down the middle to neutral.		FOCUS: Control, depth HOW TO: Dink straight down the middle and keep it low. Make your partner hit an extra shot.
3 ♥ 3RD SHOT RESET TO KITCHEN Turn a tough third shot into a reset.		FOCUS: Soft hands, placement HOW TO: Hit a soft 3rd shot drop into the kitchen and begin the reset rally.
4 ♥ DEFENSIVE RESET UNDER PRESSURE Reset while your partner applies pressure.		FOCUS: Defense, composure HOW TO: One partner dinks neutral. The other tries to speed up. The defender resets and keeps the rally going.
5 ♥ RESET & RE-CENTER Reset, then take back the middle.		FOCUS: Positioning, teamwork HOW TO: Reset the rally, then move together to re-establish the middle position.
6 ♥ SIDELINE RESET Use the sidelines to reset safely.		FOCUS: Angle, court awareness HOW TO: When under pressure, reset with a dink to the sideline and recover to the middle.
7 ♥ HIGH DEFENSE RESET Reset when stretched or pushed back.		FOCUS: Depth, smart choices HOW TO: Hit a higher, deep dink to buy time, then reset with softer shots at the kitchen.
8 ♥ RESET TO THE BACKHAND Target the backhand for safer resets.		FOCUS: Smart target, control HOW TO: Dink to your opponent's backhand side to create an easier, safer reset.
9 ♥ LOB & RESET Use the lob to reset the point.		FOCUS: Relief, depth HOW TO: Lob deep to the baseline when needed, then move up and reset at the kitchen.
10 ♥ RALLY RESET CHALLENGE See how long you can reset!		FOCUS: Consistency, endurance HOW TO: Play a rally and try to reset as many times as possible without hitting an attacking shot.

RESET DRILLS TIPS

Aim for the kitchen and keep it low.	Be patient and wait for your chance.	Soft hands create better recovery.	Watch your opponents and read the rally.	Move together and cover the middle.	Stay calm. Reset, refocus, and win!
--------------------------------------	--------------------------------------	------------------------------------	--	-------------------------------------	-------------------------------------

♥ GREAT RESETS. STRONGER POINTS. SMARTER PLAY. ♥

lets-play-pickleball.com