



10 PICKLEBALL LOB DRILLS

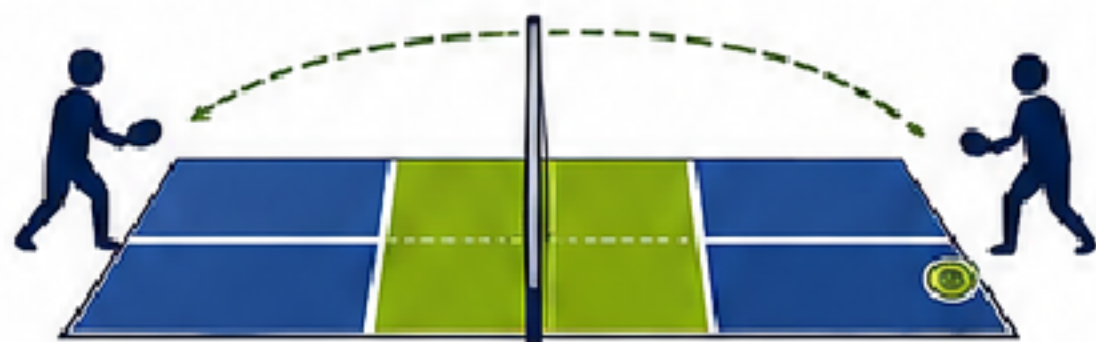


♥ HIGHER SHOT. SMARTER PLAY. ♥

Lobs add variety, create time, and move your opponents. Practice these drills to master the lob!

1 DEEP LOB BASICS

Practice hitting deep lobs to the baseline.



FOCUS: Depth, height

HOW TO: Stand at the kitchen line. Hit deep lobs so the ball lands near the opponent's baseline.

2 LOB & RECOVER

Hit a lob, then recover to ready position.

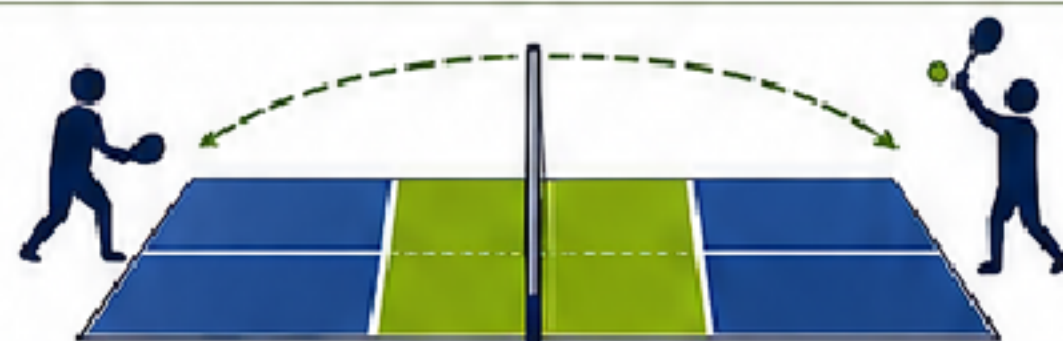


FOCUS: Depth, recovery

HOW TO: Hit a deep lob, then move back and recover to the kitchen line quickly.

3 LOB OVERHEADS

Practice lobbing against overheads.

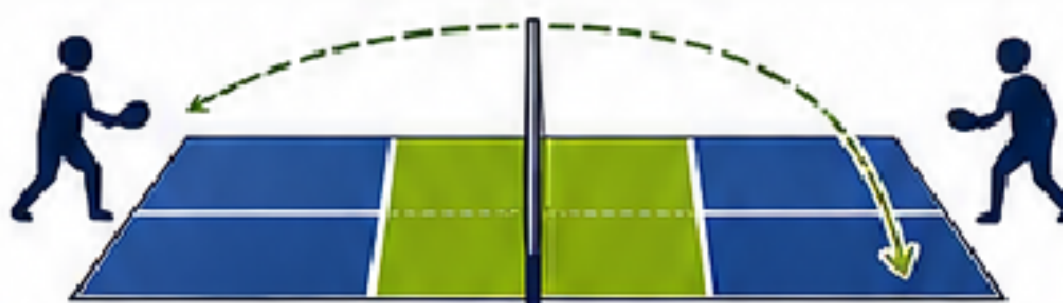


FOCUS: Height, consistency

HOW TO: Partner feeds overhead balls. Lob over the overhead and aim deep.

4 LOB & SMASH

Follow up your lob with an attack.

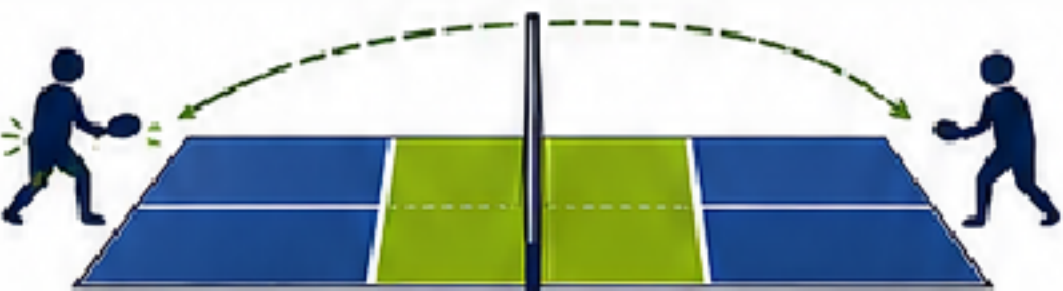


FOCUS: Depth, opportunity

HOW TO: Hit a deep lob. When your partner's lob is short, smash it (where allowed).

5 DEFENSIVE LOB

Use lobs to get out of tough spots.

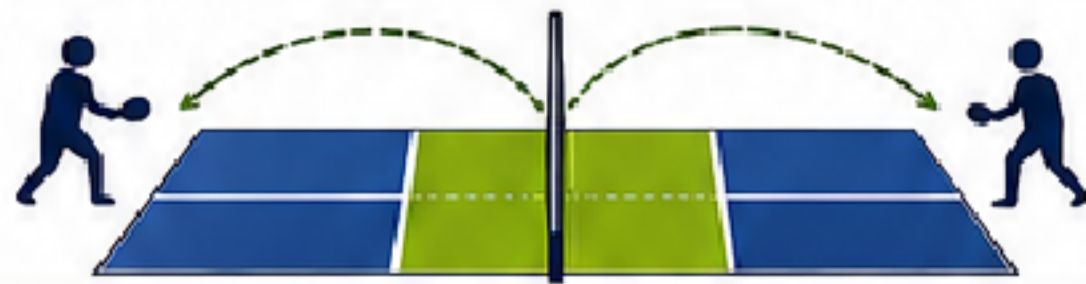


FOCUS: Height, control

HOW TO: Start at the baseline. Hit high, safe lobs to push your opponent back.

6 LOB RALLY

Keep the rally going using only lobs.



FOCUS: Consistency, depth

HOW TO: Both players hit lobs back and forth, aiming deep each time. How many in a row can you get?

7 LOB TO TARGETS

Hit lobs to specific target areas.

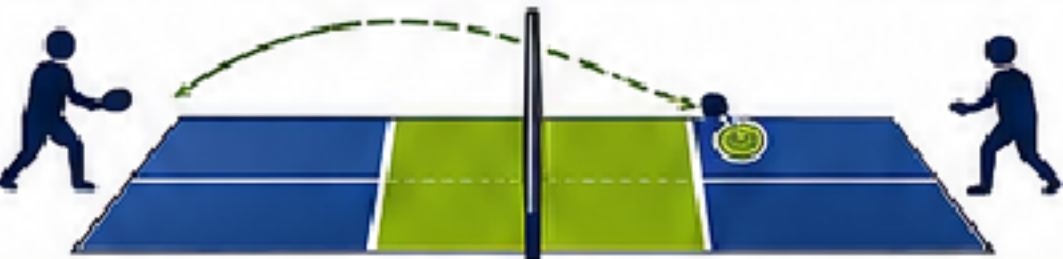


FOCUS: Accuracy, placement

HOW TO: Set targets (cones, tape, or spots). Lob to each target alternating sides.

8 LOB & VOLLEY

Lob, move in, and volley the next shot.



FOCUS: Transition, timing

HOW TO: Hit a deep lob. When the return is short, move in and volley (where allowed).

9 3RD SHOT LOB

Use lobs as your third shot.



FOCUS: Strategy, options

HOW TO: Serve, return, then hit a deep lob as your third shot to move your opponent back.

10 LOB GAME

Turn your drill into a fun challenge!



FOCUS: Application, pressure

HOW TO: Play to 11 points. You earn a point when your lob forces a weak return, error, or lets you win the rally.

♥ LOB TIPS TO REMEMBER ♥



GET IT HIGH

When in doubt, add more height for safety.



AIM DEEP

Land near the baseline to push them back.



USE WITH PURPOSE

Lob to reset, create time, or change the pace.



RECOVER

After every lob, move back to ready position.



BE PATIENT

Good lobs lead to opportunities—stay calm and consistent.

♥ LOB SMART. PLAY PATIENT. WIN MORE POINTS. ♥

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