

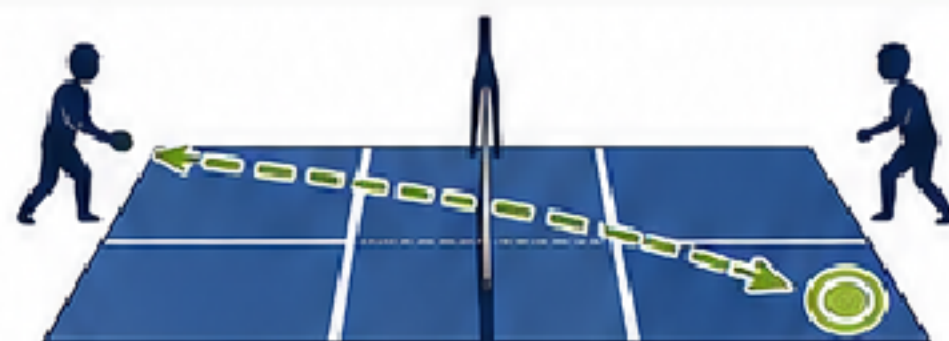
10 PICKLEBALL RETURN SERVE DRILLS

BETTER RETURNS. BETTER POSITION. BETTER GAME.

Strong returns start the point on your terms. These drills build consistency, placement, and confidence so you can take control from the very first shot.

1 DEEP RETURN DRILL

Return deep to the baseline every time.



FOCUS: Depth, consistency

HOW TO: Partner serves from anywhere. You return deep to the baseline. Switch after 10 serves.

2 CROSS-COURT RETURN

Return cross-court with control.

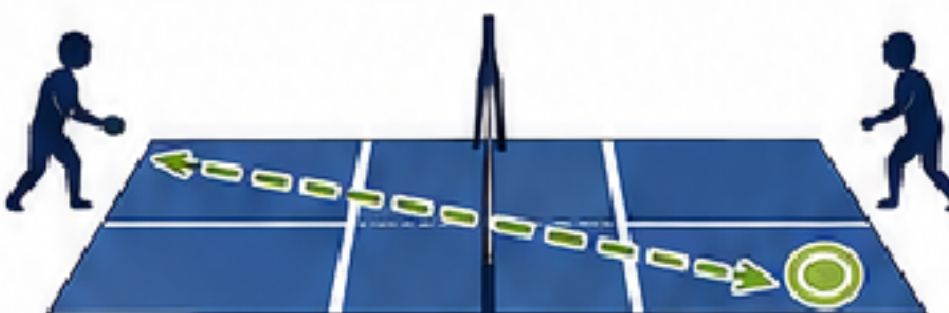


FOCUS: Accuracy, angle control

HOW TO: Partner serves cross-court, you return cross-court. Aim for the far back corner.

3 DOWN THE LINE RETURN

Return down the line with control.

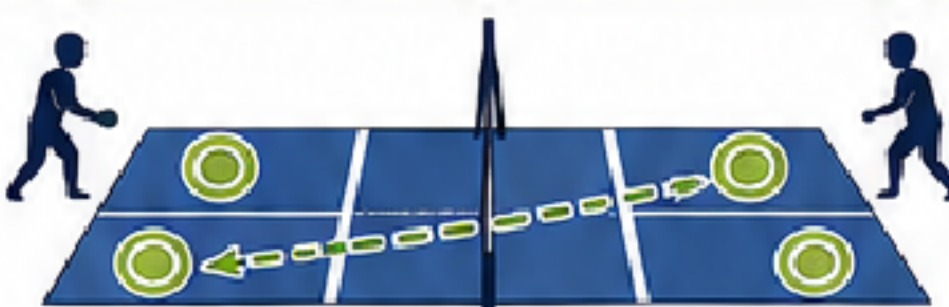


FOCUS: Accuracy, confidence

HOW TO: Partner serves wide. You return down the line. Switch sides and repeat.

4 TARGET ZONE RETURN

Return to specific targets on the court.



FOCUS: Placement, precision

HOW TO: Your partner serves. You return to a called target (corner, middle, or sideline).

5 SERVE DIRECTION DRILL

React to different serve directions.

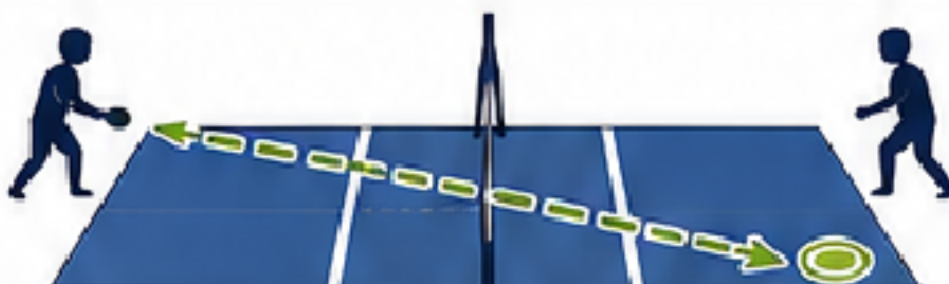


FOCUS: Reaction, decision making

HOW TO: Server changes the direction of each serve. You return deep to the baseline.

6 DEPTH + ANGLE DRILL

Return deep and at an angle (cross-court or down line).



FOCUS: Depth, angle, control

HOW TO: Return deep to the baseline at an angle of your choice. Alternate angles each time.

7 3 SHOT RETURN DRILL

Return serve and play out the next two shots.

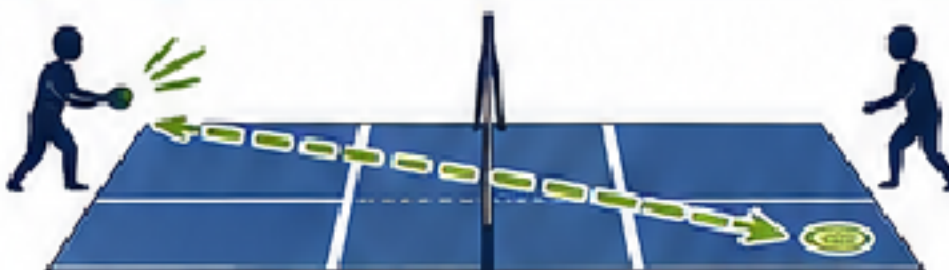


FOCUS: Transition, consistency

HOW TO: Return serve (1), your partner hits (2), you hit (3). Focus on getting to the kitchen line.

8 PRESSURE RETURN DRILL

Return serves with increased pressure.



FOCUS: Composure, control

HOW TO: Partner serves harder or to tougher spots. Stay calm and return deep with control.

9 RANDOM SERVE DRILL

Handle every serve—anywhere, anytime.



FOCUS: Adaptability, readiness

HOW TO: Partner serves randomly. You react, read, and return deep with control.

10 GAME SITUATION DRILL

Return and play a full rally to a score.



FOCUS: Consistency, point play

HOW TO: Return serve and play out the point. Rally to 11 (win by 2). Rotate roles.

RETURN TIPS TO REMEMBER



Aim deep.
Give yourself time.



Use a compact
swing for better
control.



Watch the
paddle, not
the ball.



Move your
feet and get in
ready early.



Stay positive.
Every return
is a new start.

GREAT RETURNS. STRONG STARTS. MORE WINS.

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