

# Unleash Your Inner Pickleball Monster: A Masterclass to Conquer Every Shot

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# Introduction To Pickleball Shots

Forget boring guides, pickleball warriors! This is your ultimate weapon, forged in fire (and maybe a few late-night brainstorming sessions). Prepare to transform from a court-side observer to a shot-making sensei, ready to dominate the game with style and precision.

Get ready to master the arsenal of shots that will make you a pickleball force to be reckoned with. We'll dissect everything from the fiery serve that sets the tone for the point to the deceptive dink that leaves your opponents bamboozled. We'll cover aggressive drives, controlled groundstrokes, lightning-fast volleys, and the sneaky around-the-post shot that'll make your opponents' heads spin.



**Why keep reading?** Because this guide isn't just about knowing the shots – it's about understanding when and how to use them to turn defense into offense and rack up those sweet, sweet wins. You'll learn how to read your opponent like a book and unleash the perfect shot to exploit their weaknesses.

Whether you're a seasoned player looking to sharpen your skills or a newbie eager to learn the ropes, this guide will unlock your pickleball potential. So grab your paddle, lace up those court shoes, and let's conquer the court together!

## What Makes This Revision Better:

- **Enthusiasm:** A more upbeat, energetic tone grabs the reader's attention and conveys your passion for the sport.
- **Shot Specificity:** We mention a wider variety of shots to pique the reader's interest.
- **Strategy and Finesse:** We touch upon the strategic aspect of the game, not just the shots themselves, hinting at the depth of the guide.
- **Benefits for All Skill Levels:** We explicitly state that both new and experienced players will gain something from the content, widening the appeal.

# The Serve: Your Fiery First Impression

## Unleash The Flame

Our serve is more than just putting the ball in play – it's your fiery first impression. It sets the tone for the entire point, throws your opponent off balance, and can even score you an instant ace if you play it right.

Imagine your opponent stepping into the court unsure what to expect, their confidence shaken by the power and precision of your serve. That's the power a well-crafted serve holds.

### Master The Menu

Don't settle for just the basic underhand serve. Expand your repertoire and become a serve magician, pulling different tricks out of your hat (or paddle) to keep your opponent guessing.

#### Serving Options and Techniques:

- **Slice Serve:** Similar to an underhand serve, but brush the bottom of the ball with a slightly angled paddle to create a slicing motion. This makes the ball wobble unpredictably after bouncing, challenging your opponent's return.
- **Underhand Serve:** The foundation of every pickleball serve. Stand with your non-dominant foot forward, hold the ball comfortably in your non-dominant hand, and swing your paddle smoothly underhand to hit the ball just after it bounces in your non-volley zone. Aim for depth and consistency.

- **Topspin Serve:** Start with a continental grip (paddle face perpendicular to your forearm). Toss the ball slightly above your head, swing upward brushing the top of the ball with an open paddle face for a forward spin. This creates a dipping serve that makes it difficult for your opponent to react in time.

### Be A Serving Assassin

- **Observe your opponent:** Does their backhand crumble under pressure? Aim your serve there! Identify their weaknesses and use them to your advantage.
- **The element of surprise:** Keep your opponent guessing by mixing up your serves and disguising your intentions. Feign an underhand and unleash a topspin surprise!
- **Legal requirements:** Remember, all serves must follow the official rules. Drop the ball instead of throwing it and make contact with the ball below your waistline.



THE CENTERLINE



FOOTWORK & BODY POSITION



# Centerline Ace: The Laser Beam of Glory

## Mastering the Art of the Centerline

While the glory of an ace is undeniable, achieving it consistently requires precision and strategy. Here's how to become a centerline ace maestro:

### 1. Find your Center:

- **Footwork:** Stand with your dominant foot slightly forward and your non-dominant foot angled slightly outward for stability. This stance provides a solid base for generating power and control.
- **Body Position:** Keep your core engaged and your upper body slightly tilted forward. This helps maintain balance while allowing you to swing the paddle freely.

### 2 Channel your Inner Laser:

- **Grip:** Use a continental grip (paddle face perpendicular to your forearm) for optimal control over the shot.
- **Preparation:** Toss the ball slightly in front of you at a comfortable height. Aim for consistency in your toss to ensure consistent contact with the ball.
- **Swing:** Initiate the swing with your non-dominant hand and follow through with your dominant arm, keeping your wrist firm and your paddle face slightly closed to impart a flat trajectory to the ball.

## 2.3 Practice Makes Perfect (Aces)

- **Target Practice:** Set up cones or use service lines as visual guides to practice aiming down the centerline. Start close to the net and gradually move back as your confidence and accuracy improve.
- **Pressure Simulation:** Don't just hit against a wall! Find a partner to practice returning deep serves and setting yourself up for potential centerline aces. This helps you practice the transition from returning a serve to attacking with your own shot.
- **Be Ambidextrous:** Don't neglect your backhand side! Mastering both forehand and backhand centerline aces keeps your opponent guessing and increases your chances of pulling off the glorious ace.

### Bonus Tip

Remember, consistency is key. Aim for controllable power over wild swings. A well-placed centerline shot is more likely to find its mark than a powerful one that sails out.

By mastering these steps and putting in consistent practice, you'll be well on your way to becoming a centerline ace machine, leaving your opponents in awe and perhaps a little salty!

CHAPTER TWO



1. Dominant foot slightly forward
2. Backfoot angled outwards
3. Core engaged
4. Upper body tilted slightly forward

1. Non-dominant hand initiates swing
2. Wrist firm
3. Flat trajectory to the ball



# Drives: The Battering Rams of Aggression

## Introduction

Imagine drives as your battering rams, smashing through your opponent's defenses with unstoppable power. But remember, even the Hulk needs control! Mastering drives will turn you into a force to be reckoned with on the court.

## Unleash the Fury: Mastering Drive

### Mechanics

- **Forehand Drive:** Stand with a square stance, non-dominant foot slightly forward. Use a continental grip and initiate the swing with your non-dominant hand, transferring power to your dominant arm as you swing with a firm wrist and closed paddle face for power.
- **Backhand Drive:** Similar to the forehand, use a wide stance with your dominant foot forward and a two-handed backhand grip. Swing with both hands, transferring power from your body to the paddle for a powerful shot.

### Drills: Your Training Ground

Mastering the mechanics takes dedicated practice. Utilize drills like:

- **Shadow Swings:** Perfect your swing motion without a ball, focusing on smoothness and control.
- **Cone Drills:** Set up cones to practice targeting specific zones on the court and develop accuracy.
- **Partner Drills:** Practice returning serves and hitting drives against a partner, simulating game situations and building confidence.

## Tame The Beast: Control The Finesse

While power is tempting, remember: control is key. Here's how to tame the beast:

- **Focus on Accuracy:** Aim for specific zones on the court, keeping your shots in-bounds and forcing your opponent to work for every point.
- **Spin for Strategy:** Utilize topspin for deeper shots and slice for tricky angles, adding an extra layer of challenge for your opponent.
- **Finesse is Your Friend:** Don't always go for the hardest shot. Learn to utilize soft drives to drop the ball short and disrupt your opponent's rhythm.

## Keep Your Opponent Guessing

Don't be a one-trick pony! Master different drive variations like:

- **Inside-Out Drives:** Hit the ball diagonally, forcing your opponent to move across the court.
- **Angled Drives:** Aim for the corners of the court, creating challenging angles for your opponent to return.

By combining power, control, and variety, your drives will become your most potent weapon. Remember, practice makes perfect, so keep hitting those drives and watch your opponents crumble under the pressure!



## Forehand Drive:

1. Non-dominant foot forward
2. Initiate swing with non-dominant hand
3. Transferring power to the dominant hand during the swing



## Backhand Drive:

1. Dominant foot forward
2. Two handed grip
3. Swing with both arms

# Groundstroke: The Art of Controlled Power

## Introduction

Groundstrokes are the Swiss Army knife of your game, offering both power and control. Master them, and you'll be a true pickleball ninja, adaptable to any situation on the court. Become the Master: Building a Solid Foundation

Fancy footwork videos might be entertaining, but they're not the key to mastering groundstrokes. Focus on the fundamentals:

- **Footwork:** Learn proper footwork patterns for efficient movement and balanced weight transfer during your swing.
- **Grip:** Use a continental grip (paddle face perpendicular to your forearm) for optimal control over the shot.
- **Swing Technique:** Develop a smooth swing with a firm wrist and closed paddle face for power, or adjust it for open-faced slices or topspin shots for strategic advantage.

## Tame the Wild Swings: Practice Makes Perfect

Feeling like your shots are flying off in random directions? Don't despair! Utilize drills like:

- **Shadow Swings:** Perfect your swing motion without a ball, focusing on smoothness and weight transfer.
- **Cone Drills:** Set up cones to practice footwork and targeting specific zones on the court.
- **Partner Drills:** Practice returning serves, hitting groundstrokes from various positions, and working with a partner to simulate game situations.

## Think Like a Tactician: Choosing the Right Shot

Groundstrokes are versatile, so don't just hit for the sake of hitting. Choose the right shot for the situation:

- **Defensive Groundstroke:** Returning a deep serve? Use a controlled shot with depth to buy yourself time.
- **Offensive Groundstroke:** Setting up a volley? Unleash a powerful topspin drive to put your opponent on the back foot.
- **Drop Shot:** Need to change the pace of the game? Utilize a soft drop shot to catch your opponent off guard.

**Remember:** This is just the beginning of your pickleball journey. Keep practicing, experimenting, and most importantly, having fun! Unleash your inner pickleball ninja on the court.

**Bonus Tip:** Visualize Success! Mental focus is crucial. Imagine yourself hitting amazing groundstrokes, leaving your opponent speechless. Close your eyes, picture yourself as a pickleball champion, and then go out there and make it happen!



# Volley: The Lightning-Fast Net Dance

## Volley: The Lightning-Fast Dance at the Net

Volleys are the quick-witted jabs and crosses of your pickleball arsenal. They're perfect for aggressive attacks and lightning-fast exchanges near the net. Mastering them transforms you into a net ninja, dominating close-quarters battles.

### Become a Net Ninja: Mastering the Art of Movement

Being a net ninja requires exceptional footwork and quick reaction time. Focus on:

- **Quick Steps and Shuffles:** Develop nimble footwork to move laterally and adjust your position rapidly at the net.
- **Anticipation:** Read your opponent's body language and shot preparation to anticipate their next move and react accordingly.
- **Balance:** Maintain good balance and low center of gravity for stability and quick bursts of movement.

### Practice Makes Perfect: Sharpen Your Skills

Drills are essential for mastering volleys:

- **Volley Wall Drills:** Practice returning balls against a wall, focusing on consistent contact, control, and hand-eye coordination.
- **Partner Drills:** Simulate game situations by practicing volleys with a partner, including returning serves, reacting to different shot speeds and angles, and setting up winning shots.
- **Footwork Drills:** Integrate footwork drills like ladder drills or cone drills to improve your agility and quick movements near the net.

**Remember: Hit Smart, Not Just Hard. While power is tempting, volleys are about precision and strategy:**

Volleys are the quick-witted jabs and crosses of your pickleball arsenal. They're perfect for aggressive attacks and lightning-fast exchanges near the net. Mastering them transforms you into a net ninja, dominating close-quarters battles.

- **Set Up Winning Shots:** Use volleys to create opportunities for dinks, overhands, or aggressive drives.
- **Vary Your Pace and Spin:** Don't be predictable! Mix up the pace and spin on your volleys (flat, slice, or topspin) to keep your opponent off balance.
- **Soft Volleys:** Utilize soft volleys to drop the ball short and disrupt your opponent's rhythm, forcing them to scramble and creating openings for attack.

By mastering footwork, reaction time, and strategic shot selection, you'll become a dominant force at the net. Remember, practice, refine your skills, and unleash your inner net ninja!



# Dink: The Art of Deception

## Introduction

Think of dinks as the subtle jabs and feints of your game, used to throw your opponent off balance and create opportunities for attack. Mastering the dink is an art form, requiring deception, soft touch, and precise placement.

## Mastering the Soft Touch:

Forget brute force, focus on a delicate touch and precise control. Here's how to execute a perfect dink:

1. **Stance:** Stand with your dominant foot slightly forward for stability.
2. **Grip:** Use a continental grip (paddle face perpendicular to your forearm) for optimal control.
3. **Swing:** Initiate the swing with your non-dominant hand and swing forward with your dominant arm, using a short, controlled motion.
4. **Contact:** Focus on hitting the back of the ball with an open paddle face for a soft, controlled shot.
5. **Follow-through:** Maintain a short follow-through to ensure good control.

## Remember

Aim for depth and precision, not power. The dink should land just out of your opponent's reach, forcing them to scramble and making it difficult for them to attack effectively.

**Variety is Key: Keep Your Opponent Guessing. Don't be predictable! Master different dink variations:**

- **Drop Shot:** Hit a dink that lands short just behind the net, forcing your opponent to rush forward and potentially making them vulnerable to an overhead smash.
- **Deep Dink:** Hit a dink that lands deeper in your opponent's court, forcing them to move back and potentially creating space for you to attack the net.
- **Angled Dink:** Hit the dink diagonally across the court, challenging your opponent to reach it and creating an angle for you to follow up with another shot.

## Bonus Tip: The Dink Fake

The dink fake is your secret weapon! Pretend to hit a dink by initiating the dink motion, but then switch to a powerful drive instead. This unexpected move can catch your opponent off guard and create an easy point.

By mastering the soft touch, variety, and deception of the dink, you'll add a valuable tool to your pickleball arsenal and become a more unpredictable and difficult opponent to face. Remember, practice, refine your technique, and unleash your inner dink master!



# Backspin Return Serve: The Shield Against Power

## Backspin Return Serve: The Shield Against Power

Tired of your opponent's booming serves? The backspin return serve is your shield, neutralizing their power and giving you time to set up your next shot. Master the Brushing Motion:

The key to a successful backspin return serve lies in the brushing motion with your paddle. Imagine gently brushing the underside of the ball upwards just before contact. This creates backspin, which makes the ball:

- **Land deep in your opponent's court:** The backspin helps the ball travel further despite the reduced power you put into the serve, putting your opponent on the defensive.
- **Slow down after bouncing:** This gives you additional time to react and prepare for your next shot.

### How to Execute the Backspin Return Serve:

1. **Stance:** Stand with your dominant foot slightly forward for stability.
2. **Grip:** Use a continental grip (paddle face perpendicular to your forearm) for optimal control over the shot.
3. **Swing:** Initiate the swing with your non-dominant hand and swing upwards with your dominant arm, brushing the underside of the ball with an open paddle face just before contact.
4. **Follow-through:** Maintain a controlled follow-through to ensure good contact and direction.

## Practice Makes Perfect

- Drills are crucial for mastering the backspin return serve:
- **Shadow Swings:** Practice the brushing motion without a ball, focusing on proper technique and follow-through.
- **Ball Machine Drills:** Use a ball machine set to different serve speeds and spins to practice returning and controlling the ball with backspin.
- **Partner Drills:** Simulate game situations by having a partner serve various balls and practice returning them with backspin, focusing on depth, consistency, and timing.

### Remember: Think Strategically

The backspin return serve isn't just about neutralizing power. Use it to:

- **Buy yourself time:** The slower bounce allows you to recover and set up your next shot effectively.
- **Set up attacks:** Use the deep placement of the backspin return to create opportunities for aggressive drives or drop shots.
- **Frustrate your opponent:** The unpredictable bounce of the backspin serve can throw your opponent off their game and force them to adjust their strategy.

By mastering the backspin return serve, you can defuse your opponent's powerful serves and gain a strategic advantage on the court. Remember, practice, refine your technique, and use it strategically to become a more complete player!





# Around the Post Shot: Jedi Mind Tricks

## Introduction

The around the post shot (ATP) is the ultimate Jedi mind trick of pickleball, bending the rules (not literally) and leaving your opponent bewildered. It's a legitimate but advanced and unexpected shot that requires precise footwork, strategy, and control.

## Mastering the Force: Footwork Fundamentals

**Footwork is crucial for successfully executing the ATP:**

- **Reaction Time:** React quickly to an opponent's shot that goes wide and past your reach.
- **Crossover Step:** As the ball travels away from you, perform a crossover step with your non-dominant foot to quickly reach the other side of the net post.
- **Positioning:** Get your dominant foot positioned slightly behind the net post to prepare for the shot.

## Practice Makes Perfect: Mastering the Technique

1. **Start Slow:** Begin by visualizing the shot and practicing the footwork without a ball.
2. **Basic Technique:** Use a continental grip and swing with a controlled motion, brushing the bottom of the ball with an open paddle face just before contact.
3. **Gradual Progression:** Once comfortable, practice hitting the ball against a wall, gradually increasing speed and complexity.
4. **Partner Drills:** Simulate game situations with a partner, practicing reactions and footwork for the ATP.



## Remember: Use Wisely for Maximum Impact

The ATP is not a regular shot and should be used sparingly for maximum impact. Surprise your opponent by utilizing it:

- **When they least expect it:** After a long rally or when they're caught off guard.
- **When the opportunity arises:** When the opponent's shot goes beyond your normal reach and sails past the net post.

By mastering the footwork, technique, and strategic use, you'll unlock the Jedi mind trick of pickleball and leave your opponents speechless.

Remember, practice diligently, use it wisely, and watch your opponents' jaws drop as you bend the game to your will (within the rules, of course)!

# Backhand Spin Dink

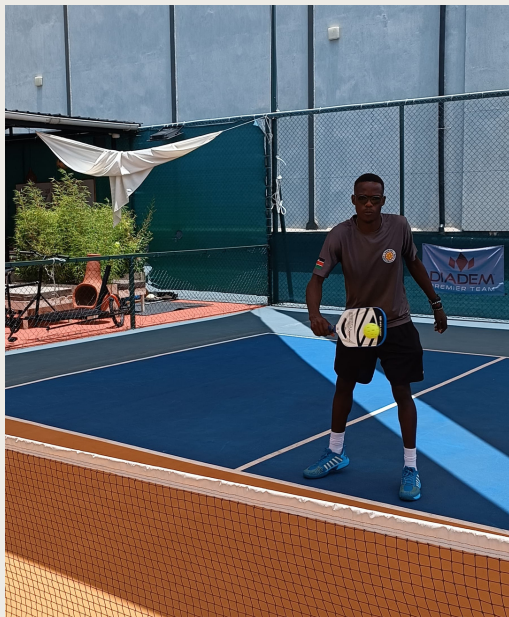
## Introduction

Don't underestimate the backhand spin dink! This seemingly simple shot can be a game-changer, adding deception and unpredictability to your dink game. Master this subtle move and watch your opponent struggle to react.

## Master the Subtle Twist:

Unleash the hidden power of your backhand! Add a slight backspin to your regular dink by:

1. **Grip:** Use a two-handed backhand grip for optimal control.
2. **Swing:** Initiate the swing with your non-dominant hand and swing forward with your dominant hand.
3. **Brushing Motion:** As you contact the ball, use a subtle brushing motion with your paddle face slightly open to impart backspin to the ball.



## The Deceptive Bounce:

This backspin creates a tricky bounce that:

- **Dips:** The ball dips slightly after bouncing, making it harder for your opponent to judge its trajectory.
- **Swerves:** The backspin can cause the ball to swerve slightly in the air, adding an element of unpredictability.





## CHAPTER NINE

### Practice Makes Perfect:

Drills are essential for mastering this deceptive shot:

- **Shadow Swings:** Practice the brushing motion without a ball, focusing on consistency and proper hand positioning.
- **Varying Spin Levels:** Experiment with different amounts of backspin to observe the different effects on the ball's bounce.
- **Target Practice:** Set up cones or use service lines as visual guides to practice aiming the backhand spin dink to specific areas of the court.
- **Partner Drills:** Simulate game situations with a partner, practicing returning different shot speeds and angles with backspin dinks.

### Remember: Strategy, Not Just Power

The backhand spin dink isn't about brute force. Use it strategically:

- **Throw off your opponent's rhythm:** The unexpected bounce can disrupt your opponent's timing and positioning.
- **Create openings:** Use the backspin dink to force your opponent into awkward volleys or set up winning shots like overheads.
- **Showcase your finesse:** This deceptive shot demonstrates your control and tactical thinking, making you a more well-rounded player.



### Bonus Tip

By mastering the backhand spin dink and incorporating it strategically into your game, you'll add a deceptive weapon to your arsenal and leave your opponents guessing!

Remember, practice makes perfect, so refine your technique and watch your opponent struggle to counter this clever dink.



# Block Shot: The Wall Against Aggression

## Introduction

Facing a barrage of powerful shots? Don't despair! The block shot is your shield, deflecting the force and setting you up for a counterattack.

### Open Up Your Paddle: Embrace Control

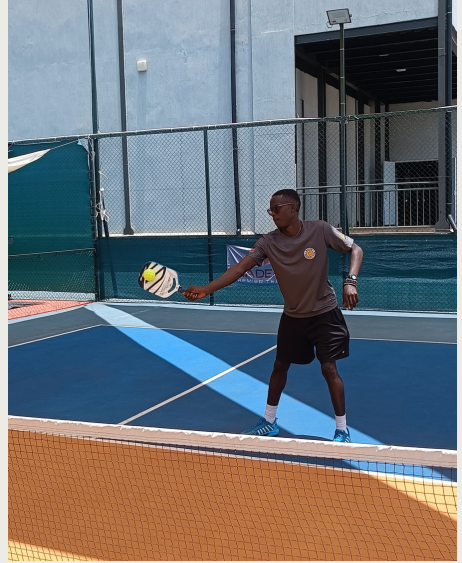
Forget fancy swings and focus on control:

- **Relaxed Grip:** Maintain a comfortable, relaxed grip for better control of the paddle.
- **Open Paddle Face:** Imagine absorbing your opponent's power. Use an open paddle face to redirect the ball back into play, not overpower it.

### Practice Makes Progress: Sharpen Your Skills

Drills are crucial for mastering the block shot:

- **Shadow Block:** Practice the positioning and movement without a ball, focusing on maintaining balance and following the trajectory of imaginary shots.
- **Ball Machine Drills:** Use a ball machine set to different speeds and angles to practice reacting, blocking, and controlling the ball.
- **Partner Drills:** Simulate game situations with a partner, practicing blocking various shot types and transitioning smoothly to your next shot.



### Bonus Tip:

#### Remember: Control Not Power

The block shot is all about control, not power:

- **Neutralize Aggression:** Absorb your opponent's power and regain control of the point.
- **Set Up Your Offense:** Use the block to set up counterattacks like drives, volleys, or dinks.

By mastering the block shot, you'll gain a defensive edge, allowing you to counteract your opponent's aggression and turn defense into offense. Remember, practice, focus on control, and use it strategically to become a more well-rounded player!



# Deep Return Serve: The Art of Patience

## Introduction

Don't get caught in the trap of reacting instinctively to every serve! The deep return serve is your strategic weapon, offering patience and control in the face of powerful serves.

### Controlling the Tempo: Time for Your Advantage

Instead of going all out, focus on:

- **Controlled Swing:** Use a smooth, controlled swing with proper form, prioritizing accuracy and direction over brute force.
- **Aim Deep:** Hit the ball deep into your opponent's court, forcing them to move back towards the baseline. This gives you valuable time to:
- **React:** Analyze the opponent's positioning and shot preparation.
- **Position Yourself:** Move to a strategic position on the court to gain an advantage.
- **Prepare Your Next Shot:** Choose the best offensive option, whether a drive, volley, or dink.



## Practice Makes Progress: Sharpen Your Skills

Drills are crucial for mastering the deep return serve:

- **Shadow Swings:** Practice the swing motion without a ball, focusing on smoothness, control, and proper footwork.
- **Ball Machine Drills:** Use a ball machine set to different serve speeds and spins to practice returning deep consistently and adjusting to different situations.
- **Partner Drills:** Simulate game situations with a partner, practicing returning serves of varying power, spin, and placement

### Remember: Strategy, Not Just Power

The deep return serve is not about matching your opponent's power, but about out-thinking them:

- **Control the Pace:** Dictate the tempo of the game by forcing your opponent to work for every point from the baseline.
- **Dictate the Flow:** Use the deep return serve to set up your offensive strategy for the next shot.
- **Create Opportunities:** This controlled approach gives you time to analyze your options and choose the best shot to exploit your opponent's weaknesses.

By mastering the deep return serve, you can defeat powerful serves with control, dictate the pace of the game, and gain a strategic advantage on the court. Remember, practice, prioritize control over power, and use it strategically to become a more patient and tactical player!



# Backhand Punch: The Surprise Haymaker

## Introduction

Don't let your backhand be the forgotten weapon! Unleash the backhand punch, a powerful surprise shot that can catch your opponent off guard and steal points when used effectively.

**Compact and Explosive: Forget the full swing, this is a quick and efficient attack:**

- **Compact Motion:** Use a short, controlled swing with your non-dominant hand guiding the paddle and your dominant hand providing a quick snap at the wrist for power.
- **Explosive Jab:** Imagine hitting the ball with a short, explosive jab rather than a full swing. This generates unexpected power and speed.

## Practice Makes Perfect: Sharpen Your Tool

Drills are essential for mastering the backhand punch:

- **Shadow Swings:** Practice the punching motion without a ball, focusing on coordination, wrist snap, and quick, controlled movement.
- **Varying Spin and Placement:** Experiment with different wrist angles to create slice or topspin variations on the backhand punch, adding deception.
- **Target Practice:** Set up cones or use service lines as visual guides to practice aiming the backhand punch to specific areas of the court.
- **Partner Drills:** Simulate game situations with a partner, practicing returning different shot speeds and angles with backhand punches.

## Practice Makes Progress: Sharpen Your Skills

The backhand punch isn't your everyday shot. Use it strategically:

- **Catch them Off Guard:** Utilize the punch when your opponent least expects it, like after a defensive block or during a long rally where they anticipate a softer shot.
- **Force Errors:** The sudden power and spin of the punch can catch your opponent flat-footed, potentially forcing them into unforced errors.
- **Sparingly for Maximum Impact:** Don't overuse the punch, as it becomes predictable. Use it sparingly and at opportune moments to maximize its effectiveness.

By mastering the backhand punch and incorporating it strategically into your game, you can surprise your opponents, steal points, and add another dimension to your backhand arsenal.

Remember, practice, focus on timing and surprise, and use it strategically to become a more unpredictable and offensive player!



# Overhead Smash: The Ultimate Finishing Blow

## Introduction

The overhead smash is the pinnacle of power, the ultimate exclamation point that can conclude points in style. Land a successful smash, and you'll leave your opponent feeling the sting of defeat (in a friendly, competitive way, of course!).

### Embrace the Warrior Within:

This shot demands a powerful execution:

- **Time Your Jump:** Perfect timing is crucial. Jump only when the ball is at its highest point and you have a clear opportunity to swing for the smash.
- **Unleash Power and Control:** Combine raw power with controlled motion. Swing with full extension and a firm wrist snap, but maintain accuracy to avoid hitting the ball out of bounds.
- **Channel your Inner Warrior:** Imagine yourself as a mighty warrior, driving the ball down with decisiveness and power.

### Safety First!

Mastering the smash requires dedication and safety is paramount:

- **Start with Form Drills:** Practice the jumping and hitting motion without a ball first, focusing on proper form, balance, and landing technique.
- **Progress with a Partner:** Once comfortable, practice with a partner, starting with slow feeds and gradually increasing power and speed as your confidence and control improve.
- **Safety First:** Always prioritize safety over power. Never force a smash and avoid jumping backwards, which can strain your body.

## Pick Your Battles

The overhead smash is a high-risk, high-reward shot. Use it wisely:

- **Seize the Opportunity:** Only attempt the smash when you have a clear opening and are confident in your ability to connect cleanly.
- **Transition Quickly:** Be prepared to transition back to defense immediately after attempting a smash, in case you miss.

By mastering the timing, power, control, and strategic use of the overhead smash, you'll add a powerful weapon to your arsenal and strike fear in the hearts of your opponents (well, maybe not fear, but healthy competition!).

Remember, practice safely, use it strategically, and unleash the warrior within!



# Third Shot Drop: The Deceptive Dance

## Introduction

Don't be one-dimensional! After two powerful shots, surprise your opponent with the third shot drop, a deceptive move that disrupts their rhythm and creates an opportunity for a winning shot.

### Master the Transition:

The key lies in seamless movement:

- **Smooth Transition:** Practice switching quickly from aggressive strokes like drives or smashes to the delicate touch of the drop shot.
- **Dramatic Change:** Imagine shifting your pace and spin dramatically, lulling your opponent into thinking another powerful shot is coming before surprising them with a soft drop.

### Sharpen Your Deception

Drills are crucial for mastering this deceptive shot:

- **Shadow Swings:** Practice the transition motion without a ball, focusing on coordination, changing your hand speed, and maintaining balance.
- **Positional Drops:** Practice hitting drop shots from different positions on the court, simulating situations after aggressive plays.
- **Target Practice:** Set up cones or use service lines as visual guides to practice aiming the drop shot to specific areas of the court.
- **Partner Drills:** Simulate game situations with a partner, practicing drop shots after aggressive strokes against different responses and speeds.

## Remember: Surprise and Timing are Crucial

The third shot drop isn't just about the soft touch. Use it strategically:

- **Break their Anticipation:** After two aggressive shots, your opponent will likely anticipate another powerful attack. Use the drop shot to exploit this expectation and catch them off guard.
- **Create Openings:** The unexpected drop shot can force your opponent to scramble, creating openings for you to win the point with a follow-up volley or overhead smash.
- **Finish with Finesse:** Showcase your control and tactical thinking by finishing the point with a deceptive and well-placed drop shot.

By mastering the third shot drop and incorporating it strategically into your game, you can disrupt your opponent's momentum, create winning opportunities, and showcase your deceptive skills.

Remember, practice, focus on smooth transitions and surprise, and use it strategically to become a more unpredictable and resourceful player!



## CONCLUSION

# Practice What You Learn

**Remember:** This guide is just the beginning of your pickleball journey. Keep practicing, experimenting, having fun, and most importantly, unleash your inner pickleball ninja on the court!

**Bonus Tip:** Share your knowledge and passion for pickleball with others! Encourage your friends and family to join you on the court, and together, create a community of pickleball enthusiasts who can learn, grow, and have fun together. The pickleball journey is always more enjoyable when shared with others!

**MATT CALLCOTT-STEVENSON**  
**&**  
**RICHARD WALSH**

PS: A Big thank you to Brian Omwando, the #1 Kenyan Pickleball Player for modelling the different shots for us.

## GLOSSARY

Pickleball Shot Name	Definition
Backhand	A shot hit with the paddle turned sideways, similar to a backhand shot in tennis.
Cross-court	The court area diagonally opposite your side court.
Dink shot	A soft shot that arcs over the net and lands in the opposing non-volley zone.
Double bounce	A ball that bounces more than once on one side of the net before being returned, resulting in a fault.
Double hit	When a team hits the ball twice before returning it over the net.
Drop shot	A soft shot that clears the net but lands short of the opposing players.
Fault	An action that violates the rules, resulting in a point loss.
Forehand	A shot hit with the paddle facing forward, similar to a forehand shot in tennis.
Groundstroke	A shot hit after the ball bounces once.
Half volley	A shot played immediately after the ball bounces, with minimal backswing.
Let	A situation where a point is replayed due to an unforeseen event outside of player control.
Lob	A high, arcing shot played over the opponent's head.



# GLOSSARY

<b>Pickleball Terminology</b>	<b>Definition</b>
Non-volley zone (The Kitchen)	The area seven feet from the net on both sides, where volleying is not allowed.
Overhead smash (Smash)	A powerful shot hit with an upward swing.
Passing shot	A shot hit between two opponents that cannot be returned.
Pickleball	The perforated plastic ball used in the game.
Rally	Continuous play that occurs from the time the ball is served until play ends in a fault.
Serve	The initial stroke to start a rally.
Side out	When the receiving team wins a point and gains the opportunity to serve.
Volley	Hitting the ball in the air before it bounces

# PICKLEBALL SAFETY CONSIDERATIONS

<b>Safety Consideration</b>	<b>Why Do It?</b>
Warm-up and cool-down	Always perform proper warm-up exercises before playing and cool-down stretches after your session to prevent injuries.
Be mindful of your surroundings	Be aware of other players and avoid making sudden movements or swings that could cause collisions.
Communicate and call your shots	Verbally announce your intentions when going for a ball to avoid confusion and potential accidents.
Use proper technique	Learn and practice proper technique for hitting different shots to prevent overexertion and potential strain on your body.
Know your limits	Don't push yourself beyond your physical capabilities. If you experience pain or discomfort, stop playing and seek medical attention if necessary.
Eye protection	Consider wearing protective eyewear, especially if playing outdoors or in bright sunlight.
Safety Consideration	Definition
Warm-up and cool-down	Always perform proper warm-up exercises before playing and cool-down stretches after your session to prevent injuries.