



Coach Michael's Pickleball Tips

Three Tips for Outdoor Pickleball!

Three quick improvements for your game skills to help you win more games.

1. Defeat the Creeper mentality.
2. Unholster your paddle.
3. Chasing out balls.

Stop Creeping. One of the easiest ways to improve your game is to stand two feet behind the baseline when you are receiving the ball and after you have made your serve. Most beginner and intermediate players do not even realize they have to move two feet or more onto the court when the ball is coming back. I repeatedly watch players try to hit balls coming at their feet after moving too far into the court. Stay back, give yourself time to rotate your body so you can hit that good forehand or backhand.

Paddle up. Second biggest mistake by players, hit a shot and then put your paddle down by your hip. Unholster that paddle, Paddle up--higher than the net. Remember, paddle in front of your body and AWAY from your body.

Chest High, Bye-Bye. When someone hits a hard forehand at you coming from below the net toward your chest, (not even the head) that ball is going out. It takes a lot of top spin to bring a strong forehand or backhand inside the baseline. It is better to let a ball be good than throw away a rally by hitting a ball headed OUT. Also, help your partner, yell Out early.

Michael's Five Rules for Great Pickleball

Rule 1. Have fun. Playing tight? Loosen the grip and smile, you are playing a game.

Rule 2. Serve deep (back four feet). Deep serves produce points.

Rule 3. Return the serve deep, Run to NVZ. 80 percent of points won at NVZ, get there.

Rule 4. Third shot—hit a drop shot into NVZ (cross court). If the return is short, then drive it down the middle of the court.

Rule 5. Best dink-go cross court. Gain eight feet of wiggly room when going cross court instead of straight in front.

You can take a class or have a private lesson with Coach Michael this summer. Have a question about pickleball rules, techniques, or court strategy, ask PPR Coach Michael at lammerlawfirm@gmail.com.