

TIPS TO IMPROVE YOUR PICKLEBALL GAME

“I don’t feel like my game is improving. I’m frustrated!”

We’ve all heard this and probably said it as well.

Here are a few tips and tricks to improve your game.

1. Don’t scoot up when you serve or before you return serve. You can’t volley the return serve or the third shot because of the double bounce rule. If you volley those shots you will hear “PICKLE!” Nobody wants to hear “Pickle!”
2. Play with people better than you. In order to improve in anything, you have to be willing to lose. Getting obliterated by a better player is one of the best ways to learn. They will expose your weaknesses better than anyone else.
3. Have a pre-serve routine. This gets your body in a rhythm; it activates your muscle memory. It will help you with serving consistency and confidence! It gets your body into the flow.
4. Be willing to accept constructive criticism that is done in a polite way, not in a negative, angry way. Self-honesty goes a long way in Pickleball.
5. Just get it over the net! Sounds easy! This comes in handy when you’re trying to make complicated shots that you don’t need to be making. Instead of doing something fancy and risky, just dink it

Tidbits for you:

There is no “SORRY” in Pickleball. I have yet to see a player purposefully make a mistake!

Thank you for trying to remember to turn your phone ringers off while on the courts.

Wishing you a joyful Easter Weekend!

