

## **Serving Tips for Beginners and Friendly Reminders for All**

The Board and other players are so happy when we see new friendly faces on our courts!

The best thing our beginning Pickleballers can do is to simplify their serve. This will dramatically improve your game. Improving your skills takes lots of on-court practice and hundreds of shots. But, unlike other aspects of the game, the basic serve is mostly mindset and mental preparation.

During the game you have to make split-second decisions, but the serve is the rare time that you are in total control of where and how you will hit the ball. Much of the serve is mental, so you can visualize and “practice” your serve off the court.

1. **Pre-Serve Routine**: Come up with a simple routine that works for you. You don't need to bounce the ball 10 times and spin in a circle every time you serve. If you have to think about it, it's too complicated. It should become an automatic pattern that will help keep your serve consistent.  
In the NBA, the best players have a simple routine every time they're at the free-throw line....and they hit close to 90% of their shots.
2. **Pick Your Target**. Aim for the middle of your opponent's service area. As your skills improve, you can try to hit it deep and use other strategies. For now, just **get it in!**
3. **Don't try to ace your pickleball serve.** It's not going to happen consistently. You only get one serve attempt in PB compared to two in tennis. So, being too aggressive on your serve will cost you valuable points.

You win games by getting the ball over the net. Let your opponent make the errors. Practice!! As you improve, you will automatically add speed and power to your serve. But to start, keep it simple.

(It was pointed out to me that in a recent article I mistakenly said that the server's partner must have their feet behind the service line during the serve. This is not a requirement, but is definitely a suggestion.)

***We're so happy to have more and more beginners joining the wonderful Villages Pickleball Club! Happy Days Ahead!***