

Seven Tips to Awesome Pickleball

Good pickleball players execute the basics consistently, rally after rally and shot after shot. Here are seven tips to help you learn to execute the basics flawlessly.

Tip 1: Start Right

1

Start each rally from the **right position** on the court. Otherwise, you will have to recover/get to the right spot **AFTER** the rally begins. Give some thought to where you are starting the rally **BEFORE** the rally begins and give yourself the best chance of winning. Not sure? Take a video.

Tip 2: Paddle Ready

2

Get “**paddle ready**” after every single shot. It is the only way to react in time to the next shot. Don’t get caught with the paddle down at your side. [But it's more to being ready](#) than just the paddle.

Tip 3: Pick up the Ball Early

3

Work on **early shot recognition**. Do you know where the ball is going to go before it crosses the net? If not, pay extra careful attention next time you play, including the rotation of the ball (which way are the holes spinning?). [Train your brain to pick the ball up earlier](#). And earlier.

Tip 4: Get Game Ready

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Get ready to play **BEFORE the game**. “What you talking ‘bout Willis?” You cannot just show up to play each day and expect to be the best version of your athletic self. Getting there requires you to spend at least a little bit of time each week working off the court: stretching, strengthening those shoulder muscles you expect to smash that ball for you, footwork drills (like the Faster Footwork series on **VIPickleball**), etc.

Tip 5: Drill – But Right

5

Drill. Want to improve? Then drilling is pretty much a must. But, and this is important, make sure you are drilling right – improper drilling is not just a waste of time, it is actually counterproductive (you are heading farther and farther from your goals)? [Click here for some ideas](#)

Tip 6: Heat Up

6

Warm up **with intentionality**. Rather than just bopping the ball around before you start, have an intentional progression you go through and spend an extra minute or two on the shot you are going to work on that day during the games – ***you do have*** a shot you are working on that day right???

Tip 7: Mental Preparedness

7

Get into the right **frame of mind**. Once you are on the court, you are inside the proverbial barrel. Before you get out there – preferably on your drive, bike, or walk to the courts – take a few minutes to get in the proper frame of mind. Why are you going out to play pickleball? A proper frame of mind will help you avoid falling into the pits of despair when you, inevitably, miss that smash volley or pop the ball up. If you need inspiration, listen to an episode of [Pickleball Therapy](#) on your way to the courts – available on podcast platforms everywhere.

- Ready to take your game to the next level?
- Want more confidence on the court?
- Just want to make sense of the flood of information out there and put it together during a game?

Then you are ready to join CJ, Tony and the other players like you inside



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