

10 Coaching Tips for Beginner Pickleball players:

1. **BUY A GOOD PADDLE:** for quality and performance. Decent paddles start around \$80.00 and quality paddle companies will stand behind their product and offer a warranty. I know this from experience as my first paddle was replaced 1.5 years when the honeycomb inside the paddle started to break down. If possible, try the paddle before you buy it.
2. **MOVE!** You can have the best groundstrokes, volleys, and dink shots, but if you can't get to the ball, you can't use your strokes. I learned this early on. Thanks Attila!
3. **BUILD CONSISTENCY:** If the ball is in play you have a chance of winning the point.
4. **CONTROL THE NET:** move forward to the kitchen line whenever possible. This takes time away from your opponents.
5. **SERVE DEEP AND RETURN DEEP:** whenever you can pressure your opponents by keeping them back and from advancing to the net, you are ahead of the game.
6. **WATCH THE BALL:** if you don't hit the ball in the centre of your paddle, the ball will not go in the intended direction. I promise. I've tried several times!
7. **LITTLE SWING IS ALL YOU NEED:** there is usually little time to swing in pickleball so don't. Play the ball in front of you and with a little backswing (mostly).
8. **DON'T AVOID YOUR BACKHAND:** often our forehand is stronger and easier to hit, but if you avoid your backhand, stronger players will eventually target this weakness.
9. **PUT THE TIME IN:** often pickleball players at any level are generous with their time and happy to show you the ropes. Show up and play! If you can't find partner, or foursome, play against the wall.
10. **TAKE LESSONS/CLINICS:** focused time on the court with an instructor will improve your game quickly.