
BASIC STRATEGIES

Once students are familiar with the basic Pickleball strokes, they are ready to learn basic strategies. Strategies are put into action within the ever-changing situations taking place during the game. They may be based on a player's ability to execute and defend certain shots. For the most part, beginner Pickleball consists of defending and rallying types of shots. The more advanced Pickleball players start to use forcing and attacking shots as well as defending and rallying.

Here are some points that you will want your students to consider once they start using basic strategies:

- ***Respect the net and return every ball OVER the net***
- ***Serve Deep to the back 1/3 of the court***
- ***Return Deep to the back 1/3 of the court***
- ***Return the serve higher to allow for more time to move to the NVZ line***
- ***The team that controls the net controls the point***
- ***If your team is at the net and the opposing team is at the baseline, KEEP THEM BACK by volleying each shot back deep***
- ***The third shot drop into the opposing sides non-volley zone is the preferred third shot***
- ***Do not aim for the side lines, give yourself a cushion of several feet***
- ***Dinking the ball to your opponent should make up the majority of shot attempts***
- ***Develop consistency and patience at the NVZ line***
- ***Hit to the open space away or between your opponents***
- ***If you strike the ball below the level of the net, return the ball back into your opponent's NVZ. That is not the time to attack.***
- ***Open communication with your partner is important, e.g. mine, switch, etc.***
- ***Move as a team (mirroring) while following the path of the ball (six-foot rubber band theory)***
- ***Staying positive and encouraging your partner will lead to greater success***
- ***When at the NVZ line, the player who has their forehand to the middle of the court should take all balls on their forehand side of the court plus approximately 12-18 inches across the center line***