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## *Teaching Basic Pickleball Strokes*

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1. A simple and fluid pendulum swing initiated from the shoulder and introduced with the dink can be consistently used for all strokes.
2. The basic stroke requires a shorter backswing than tennis or racquetball and a good follow through, swing from low to high.
3. The continental grip is the preferred grip as it eliminates switching between forehand and backhand grips.
4. Avoid a vice grip on the paddle, having a relaxed yet firm grip will help you “feel the ball on the paddle.”
5. Avoid teaching underspin or topspin strokes until the student has mastered all the basics. The lone exception is when an advanced player from tennis, racquetball, or another sport already has mastered spin and is obviously comfortable and error free in its execution.
6. Footwork during the stroke is critical. Movement should primarily be side to side especially at the NVZ and baseline.
7. Use the cross step only when a ball is out of reach.
8. Proper body position in relation to the ball is the first step toward well executed strokes.
9. Make contact with the ball out in front of you and accelerate through contact.
10. The ready position is your recovery position after every shot and puts you in the best position to anticipate and react quickly to your opponent’s next shot.
11. Have your paddle chest high and way out in front of you. Feet should be shoulder width apart with your weight on the balls of your feet.
12. When moving from the baseline toward the NVZ line the paddle should be up and in front of you as in the ready position. When your opponent is about to make contact with the ball take a split step and land in the ready position.