

Table of Contents

INTRODUCTION TO PICKLEBALL, MY PRO PICKLEBALL COACH, AND COACH STEVE KENNEDY	10
What Is Pickleball?	11
Introduction to My Pro Pickleball Coach	15
Get to Know Coach Steve Kennedy	18
INTRODUCTION TO THE BASICS.....	20
Why Drill?	21
Basic Paddle Grip	22
The Ready Position	24
Basic Court Positioning	27
Split Stop or Split Step	30
Moving Violations	32
Hold the Line	34
Moving in Tandem	36
Follow the Flight of the Pickleball	38
SERVES	41
Basics of the Serve	42
Pre-Serve Routine	46
Driving Serve	47
Lob Serve	50
Strategy of the Serve	53
Serving in the Wind	55
What to Do After the Serve	56
Basic Serving Drills	58
Common Mistakes with the Serve	60

RETURN OF SERVES	62
Positioning for the Return of Serve.....	63
Basics of the Return of Serve	66
Driving Return of Serve Versus Lob Return of Serve	69
Strategy of the Return of Serve.....	72
What to Do After the Return of Serve	74
Basic Drills for the Return of Serve.....	75
Common Mistakes with the Return of Serve	77
DINKS	79
Lesson Refresher – Pickleball Ready.....	80
What Is a Dink?	82
Dinking Basics	85
Footwork Fundamentals for a Dink.....	88
Dinking as a Team.....	90
When to Attack a Dink.....	92
The Power of Patience	94
Basic Dinking Strategy.....	95
Reset a Point with a Dink	97
Let Cord Dink	99
Basic Dinking Drills	101
Common Mistakes When Dinking	105
DROPS.....	107
What Is a Drop?	108
Mechanics of a Drop	110
Placement of a Drop.....	114
The Third Shot: Drive Versus Drop	116
What to Do After a Quality Drop	118

What to Do After a Poor Drop	119
Basic Drop Drills	121
Common Mistakes with Drops	124
DRIVES	126
Basic Forehand Drive	127
Basic Backhand Drive	131
Two-Handed Backhand Drive	135
Basic Placement of the Drive	138
Getting Out of a Jam on a Drive	141
What to Do After the Drive	143
Driving Volley	145
Basics of a Forehand Slice	148
Basics of a Backhand Slice	151
Basics of a Top Spin Forehand Drive	154
Basics of an Inside Out Forehand	158
How to Improve Power on a Drive	162
Detect Out Balls	164
Basic Drills for Drives	167
Common Mistakes with the Drive	169
VOLLEYS	171
Lesson Refresher – Pickleball Ready!	172
Types of Volleys	174
Basic Forehand Block Volley	175
Basic Backhand Block Volley	178
Switching from Backhand to Forehand Block Volleys	181
When to Try a Block Volley	183
Basics of a Punch Volley	184

Basics of a Swing Volley	187
Basics of a Top Spin Forehand and Backhand Volley.....	190
Basic Strategy for Volleys	195
How to Hit Volleys with More Power	197
Movement for a Volley	199
Reset a Point After a Fastball.....	201
Drop Volleys	205
Detecting the Drop Volley	207
Paddle Angle for a Volley	208
Low Volleys.....	210
Tips for Defending Against Volleys.....	213
Basic Drills for Volleys.....	216
Common Mistakes with Volleys	220
OVERHEADS.....	221
Basics of the Overhead	222
High Backhands.....	227
Overhead Placement	230
Targets for the Overhead When Compromised.....	232
Overhead Angles	234
What to Do After the Overhead	239
Overhead Power	241
Basic Drills for the Overhead.....	243
Common Mistakes with the Overhead	244
LOBS	245
Defensive and Offensive Lobs.....	246
Strategy of the Lob.....	251
Defending Against the Lob.....	254

Basic Drills for the Lob.....	259
Common Mistakes with the Lob.....	260
A FEW ADVANCED CONCEPTS.....	262
A Second Look at Paddle Grips.....	263
Paddle Grip Changes	268
Inside Out Serve	270
A Few Advanced Return of Serves	273
Aggressive Dinking.....	280
Perfecting Your Dink Placement	286
A Few Advanced Drops.....	288
The Basics of Stacking	293
How to Challenge a Stacking Team.....	305
When, How, and Why to Poach.....	308
Around the Post (ATP) Shots	312
Defending Against the ATP	315
How to Erne.....	317
Defending Against the Erne	322
Introduction to Misdirection Shots	324
Defending Against Misdirection Shots.....	328
STRATEGY	329
Basic Strategy.....	330
Tips on Strategizing	331
Playing Bangers.....	333
Playing Blockers	335
Playing Dinkers.....	337
Playing Lobbers	339
Playing Quick Picklers.....	341

Playing Picklers with Poor Mobility	343
Playing Spinners.....	344
Playing Poachers	346
Pre-Point Thoughts	348
Thoughts in the Dink.....	350
Hitting Socks	352
Digging Out the “Put Aways”	353
Key Indoor Differences	355
Playing Against a Lefty	357
What to Do If Your Opponents Are Targeting You	360
What to Do If Your Opponents Are Targeting Your Partner.....	361
Best Advice on Strategy	362
MISCELLANEOUS	364
Skinny Singles	365
The Rules of Pickleball.....	367
Singles Pickleball.....	373
How to Disguise Your Shot.....	375
Work from Every Spot on the Court.....	376
Drills for Eye-Paddle Coordination and Fast Hands	377
Pickleball, NOT Tennis	380
Feeding, NOT Competing.....	381
Indoor Drills.....	382
The Mental Side of Pickleball.....	384
Coach Steve’s 7 Tips to Playing Your Best Pickleball	386
Pickleball Tournament Tips	388
About Pickler	391
About Coach Steve Kennedy	392