

Pickleball Clinic - Six Sets of Five
November 2008 – OPC Rochester, MI
Presented by Renard J. Kolasa

1. Practice you can do alone
 - A. Bounce the ball off your paddle - regular, reverse forehand - backhand, use the edge
 - B. Practice a hit every time you touch the ball
 - C. Hit off a wall from 4-5 feet, just over net high, reversing forehand-backhand each shot
 - D. Serve to the back 12 inches or down the middle
 - E. Note how points are scored as you watch others play
2. Practice you can do with a partner
 - A. Volley with no scoring - forehand only; backhand only; net; crosscourt
 - B. Practice dinking at the net; if your shot doesn't bounce in the kitchen you lose
 - C. Serve to the back 12 inches; "in" wins the point
 - D. Play on one side or opposite halves of the court only; shots wide lose
 - E. Play one up, one back
3. Practice you can do with significantly weaker opponents
 - A. Hit only your weakest shot whenever possible, even returning the serve
 - B. Try to hit every shot in the back 12 inches or on the center line
 - C. Do not rush the net, volley only
 - D. Experiment with your serve
 - E. Play two against one
4. Practice you can do to "take your game to next level"
 - A. Move up with your partner
 - B. Serve and return deep with power
 - C. Get to the net ASAP
 - D. Cover the center of the court
 - E. Eliminate unforced errors like hits into the net, short lobs, short returns
5. Common mistakes
 - A. Hitting the ball while out of control; get in position to hit properly and follow through
 - B. Failing to keep the racquet poised for the next shot, always
 - C. Not getting to the net when possible
 - D. Not hitting a legal serve; note - lines are in except the non volley/kitchen line
 - E. Foot faulting on the serve or violating the non volley zone without noticing
6. Ethics of the Game
 - A. Decide why you play and act accordingly; expect to be treated accordingly
 - B. Call anything close "for" your opponent
 - C. Look at your feet after hitting near the kitchen and serving
 - D. Adjust your shots based on your opponent's ability
 - E. Read the rules at usapa.org