Pickleball Drills

Serves Serve position and rules

* Both feet behind baseline
* Sideline and middle line extend to infinity
* Serve must land in opposite quadrant beyond the non-volley line
* Middle, side and baselines when hit are good
* Non-volley line when hit during serve is a fault
* Serve underhand
	+ - * 1. Strike ball below the level of the waist
				2. Paddle head below level of the wrist at impact

**Drill #1 Serves** Players line up to practice 3-5 serves from right side; then 3-5 from left side with a couple of players catching the balls.

**Drill #2 Deep Serves** Players line up from right side and left side. Place a rope or sidewalk caulk line marker about 2 feet inside the opposite baseline. Players count number of deep serves that land between the rope and baseline. Each player continues to serve until they fault or the serve lands short of the rope. Player with the most successful serves is the winner.

**Drill #3 Serves to the backhand** Players line up to practice 3-5 serves to the backhand from the right side; then 3-5 serves to the backhand from the left side.

**Drill #4 Serves to the backhand** Place a hula hoop at location representing the opposing receiver’s backhand. Players line up from right side and left side. Players count number of serves that land inside the hula hoop. Each player continues to serve until they fault or the serve lands outside the hula hoop. Player with the most successful serves is the winner.

**Drill #5 High Soft Serves** Serve with a high slow arc so the ball lands deep in the court. Keep the peak of the arc of the ball about 10-12 foot high and the apex to be over the opponents kitchen line. This serve keeps the receiver back and the receiver has to create their own power and speed to return the ball. Place a rope or sidewalk caulk line marker about 2 feet inside the opposite baseline. To track the arc of the ball you can build a 10-12 foot tall pvc stand with a light rope stretched from side court to side court.

**Drill #6 Low Hard Serves** Stretch a rope about 36 inches above the net. Players line up from right side and left side. Players count number of serves that go between the rope and the top of the net. Each player continues to serve until they fault or the serve goes above the rope.

**Drill #7 Soft Angle Serves** Use this serve to the players backhand. This is a soft serve that drops just beyond the kitchen line. This is a good serve if the opposing players are side stacking (ie, the non-receiving player is standing on the sideline of the receivers side of the court). A good soft angle serve will open the middle of the court for a return hit down the middle.

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