

TRAINING CLINIC FOR BEGINNERS

Court

3 areas: right service area, left service area, kitchen (No Volley Zone)
44' x 20' (15' service boxes; 7' kitchen)
Centerline, baseline, sideline, non-volley line,
Net: 36" high at posts; 34" at center

Rules

Server must serve into opposite service box
As point is scored, server alternates position with partner
Serves and lets must clear the No Volley Zone (including the non-volley line)
Receiver must let serve bounce only once
Serving team must let return of serve bounce only once
Thereafter, ball does not need to bounce but if it does, it can bounce only once
Cannot hit the ball while standing in the kitchen unless ball has bounced in the kitchen
Stand at baseline when partner is serving
Stand at No Volley line when partner is receiving
During play, stand parallel to partner

Shots

Service – underhand; paddle below wrist; wrist below belly button
Assume the “ready position”
Forehand
Backhand
Overhead – slam
Lob
Dink
Spin

Scoring

Only serving team can earn a point
Point is scored when the ball is not returned into opponent's court
Say score loudly before each serve (to confirm and to alert)
Your score first, opponents score second, server order third
Remember where you start the game (even score)
Must win by two points

Etiquette

Have Fun!
No arguing; be nice
Talk softly, especially when on the bench
Only call lines on your own side
If partners disagree on call, point goes to the opponents
Don't turn back on ball after point

Pick up and pass or hit balls back to opponents (don't roll or hit balls on the ground)
Play down to competition
Tap hands after game and say something nice
Don't give unwelcome advice

Safety

Have a cellphone at the courts
Don't play on wet/slippery courts
Wear proper clothing (hat with brim, shoes with tread)
Drink a lot of fluids
Respect the sun and heat
Call for balls – don't hit opponent
Stop play if ball from other court approaches or enters your court (yell “ball-ball-ball”)
Don't chase lob by backing up
If you are falling, try to roll
Play within yourself

Playing Strategy (not included in this clinic)

Know the wind
Own the net
When to advance
3rd shot dink
Hitting down
When to lob
Offensive vs defensive shots
Spot opponents weaknesses
Hard, soft, spin, topspin, slice shots

Resources

Rulebook: <https://www.usapa.org/docs/ifp/USAPA-Rulebook.pdf>
Videos: <https://www.youtube.com/pickleball>

**This information was provided by one of the TTCC competitive players who says:
“watch youtube videos – they are professional instructors!”**