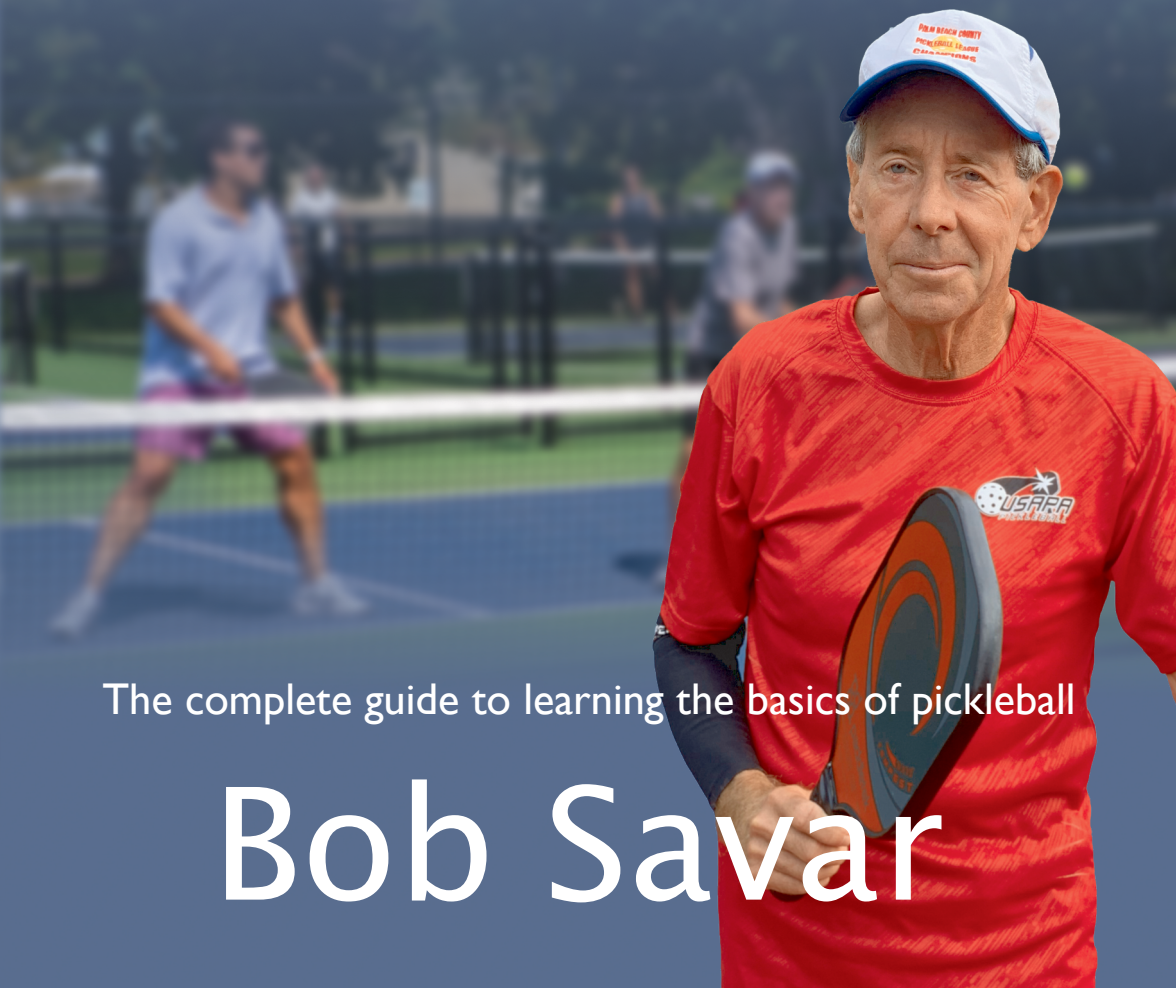


PICKLEBALL FOR BEGINNERS PART I

HOW TO GET STARTED PLAYING PICKLEBALL



The complete guide to learning the basics of pickleball

Bob Savar

How to Get Started Playing Pickleball

Pickleball for Beginners Part 1

Revised Edition

Bob Savar

Certified Pickleball Instructor & Author of

**How to Improve from a Beginner to an Intermediate in
Pickleball: Pickleball for Beginners Part II**

COPYRIGHT

Copyright © 2023 by **RHS INTERNET MARKETING**. All rights reserved.
No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher, except by a reviewer who may quote brief passages in a review.

Publishing and Design: Lydia Sweet on PPH
Proofreading: Lydia Sweet on PPH

Trademarks: **PICKLEBALL FOR BEGINNERS** and related designs and concepts are trademarks or registered trademarks of **RHS INTERNET MARKETING** and/or its affiliates and may not be used without written permission.

Disclaimer: This information is for educational and informational purposes only. The publisher or author makes no representations or warranties with respect to the accuracy, applicability, fitness, or completeness of the information, text, graphics, links, and other items contained in this e-book. The advice and strategies contained herein may not be suitable for every situation. **RHS INTERNET MARKETING** and/or its affiliates disclaim any loss or liability, either directly or indirectly, as a consequence of applying the information presented herein, or in regard to the use and application of said information. The information is provided “as is”.

ISBN: 979-8-3767-8149-4

CONTENTS

QR CODES	8
Disclaimer	8
FOREWORD	9
WHAT IS THE VALUE OF THIS BOOK?	9
WHO SHOULD READ THIS BOOK?	10
HOW TO USE THIS BOOK TO LEARN HOW TO PLAY PICKLEBALL	11
INTRODUCING QR CODES	11
FINAL THOUGHTS	12
Chapter 1 - HOW TO GET STARTED PLAYING PICKLEBALL	13
HOW TO CHOOSE A CERTIFIED PICKLEBALL COACH	13
HOW TO FIND A CERTIFIED PICKLEBALL COACH	20
PRIVATE LESSONS VS. CLINICS	21
Chapter 2 - WHAT TO EXPECT IN YOUR FIRST LESSON	25
Chapter 3 - HOW TO PRACTICE PLAYING PICKLEBALL	34
PRACTICE BY YOURSELF	36
PRACTICE WITH A PARTNER	42
SKINNY SINGLES	44
Chapter 4 - PICKLEBALL BASICS	46
LEARN THE RULES	48
LEARN HOW TO KEEP SCORE	55
LEARN HOW TO CALL THE SCORE	59
Chapter 5 - LEARN THESE PICKLEBALL SHOTS	61
FOREHAND	62
BACKHAND	66
SERVE	70
Standard Pickleball Serve Rules	70
What is the Best Pickleball Serving Strategy?	79
Strategy #1: Hit Your Serve to Your Opponent's Backhand	79
Strategy #2: Hit Your Serve Deep	80

Strategy #3: Vary Your Type of Serve	81
Mastering the Best Pickleball Serves	84
RETURN OF SERVE	93
VOLLEY	100
DINK	104
What is a Dink?	104
How to Hit a Dink	105
To Dink or Not to Dink – That is the Question	108
Practice Drill for a Perfect Dink	111
DROP SHOT	113
OVERHEAD SMASH	117
LOB	120
Chapter 6 - CHOOSING A PICKLEBALL PADDLE	122
PADDLES IN GENERAL	122
WHAT TO LOOK FOR IN A PICKLEBALL PADDLE	123
WEIGHT	123
GRIP	125
MATERIAL	126
Wood	126
Composite	127
Graphite	127
Carbon Fiber	128
SIZE	130
Standard Paddle Shape	131
Wide Body Shape	131
Thin Body Shape	132
Blade Paddles	133
CORE	133
Aluminum Core	133
Nomex honeycomb core	134
Polymer Core	135

DEMO PROGRAMS	136
BEST PADDLES FOR BEGINNERS	137
PADDLETEK ELEMENT	138
DIADEM RIPTIDE	140
ONIX Z5	142
PICKLEBALL, INC. CHAMPION	143
FRANKLIN SPORTS SIGNATURE PRO	145
MONARCH MERCENARY 2.0	146
SUMMING UP PADDLES	147
Chapter 7 - CHOOSING COMFORTABLE PICKLEBALL SHOES	150
Chapter 8 - TIPS FOR BEGINNERS	152
GOOD COURT POSITIONING	152
BASICS	153
READY POSITION	154
BEGINNER MISTAKES & HOW TO CORRECT THEM	158
STRATEGY TIPS FOR BEGINNERS	160
COMMON BEGINNER MISTAKES & HOW TO AVOID THEM	161
CRUCIAL TIPS FOR INTRO-LEVEL PLAYERS	162
Chapter 9 - HOW TO PLAY BETTER DOUBLES	164
DOUBLES STRATEGY	164
WHERE TO STAND AND WHERE TO MOVE IN DOUBLES	165
HOW TO BE A BETTER PICKELBALL DOUBLES PLAYER	167
PICKLEBALL DOUBLES IS A VERY STRATEGIC GAME	169
AFTERWORD	171
ABOUT THE AUTHOR	173
ACKNOWLEDGMENTS	176
WORKS CITED	177

FOREWORD

The reason I wrote this book is to help those who want to learn how to play pickleball get started correctly and quickly, without taking the missteps that I see most beginning pickleball players make.

Before starting to write this book, I was reminded of a sales course I took while running a technology company during my work years, which was based on the guiding principles in a book written by David Sandler called “You Can't Teach a Kid to Ride a Bike at a Seminar”. Without going into detail about the book – the title says it all – I was skeptical about how valuable a book like mine might be since I know – we all know – that the only way you can learn to do anything, especially play a sport such as pickleball, is to play it.

WHAT IS THE VALUE OF THIS BOOK?

There are hundreds of thousands of unique pages on the internet that are meant for both beginning and more advanced pickleball players, as well as books, magazines, newsletters, Facebook groups, and so on. So what is the point of this book if there is so much “pickleball media” already in the public domain for beginning pickleball players?

Exactly! That is the point! If you are a beginning pickleball player and try to learn it by watching YouTube videos or reading articles, books, web pages, etc., you immediately realize that you are lost before you even get started.

That’s why this book is so valuable. It will help you navigate the mind-boggling plethora of information that has been written about pickleball. Most of what is written online about pickleball is very good. I’m not here to downplay the value of any of that content. All I’m saying is that if you want to learn how to play pickleball, you just have no idea where to start, and what steps to take to put you on the right path to learn how to play the game well.

You can start right here. **Pickleball for Beginners** (renamed **Pickleball for**

Beginners Part I now that my second book, **Pickleball for Beginners Part II**, has been published) provides the aspiring pickleball player with a road map for learning everything necessary to get started playing pickleball. No history of pickleball. No explanation of how the sport got its name. No discussion of why pickleball is the fastest-growing sport in America. The book simply goes through all the steps, clearly and succinctly, in sequential order, for the beginning pickleball player to learn what's necessary to get started in the sport.

WHO SHOULD READ THIS BOOK?

If you are someone who wants to learn how to play pickleball, this book is for you. Learning to play pickleball may be very easy for some, especially for those who are athletic and have good eye-hand coordination, or who have played other racquet sports such as racquetball or tennis. For others, though, who have less athletic ability and experience, learning to play pickleball can be challenging and require a great deal of time and effort.

Regardless of your athletic ability and experience (or lack thereof), you should not jump into the sport without understanding what is most important to learn about the game so as to build a foundation for future success.

Beginners, think back to when you learned how to ride a bike. Someone – most likely your dad, mom, or a sibling – taught you, and you practiced until you got it right. You probably learned how to drive a car the same way; maybe you even went to driving school to learn how to drive. Learning how to play pickleball is no different. You learn from someone who knows how to play and how to teach. Optimally, it should be a certified pickleball coach, a person who is not just a good pickleball player, but who has actually been trained to teach others how to play the game. In this book, I will tell you the best way to find a coach and the best ways to practice and learn how to become a better player quickly, without wasting a lot of time and money on things that won't help you improve your game.

HOW TO USE THIS BOOK TO LEARN HOW TO PLAY PICKLEBALL

Start at the beginning of the book and work your way through it to the end. It covers everything a beginner needs to know in order to learn how to play pickleball. The topics covered include:

- How to choose a certified coach
- How to find a certified coach
- Which is better: private lessons or clinics?
- What to look for in a coach
- What to expect to learn in your first clinic or lesson
- How to practice with and without a partner
- What are the rules are
- How to keep score
- How to call the score
- How to become a better player
- How to hit all the shots in pickleball
- How to choose a paddle
- How to choose comfortable shoes

You will see that there are dozens of YouTube videos mentioned in this book, mostly in the sections on pickleball shots. If you follow pickleball on Facebook or YouTube, you might recognize some of the names of the instructors — Jordan Briones, Mark Renneson, CJ Johnson, Sarah Ansboury, and Deb Harrison — to name a few. They are all top-notch, experienced professional pickleball teachers. There is so much we can learn from them.

By using the videos, I am able not only to tell you how to hit a particular shot but, more importantly, I can actually show you how to do it. The rhythm of the book – hopefully, you can feel it – is in fact “show and tell”. In the end, of course, it is up to you to put in the time to read the narrative and commentaries, watch the videos, and practice, practice, practice. Whatever you learn in your lessons or clinics, you should practice until the motions of the shot are ingrained or become muscle memory (a topic I talk about in the book).

INTRODUCING QR CODES

Typing long links into a browser is tedious, and you would soon get tired of doing

it. So the paperback edition now contains QR codes, which means that you can scan the codes with your smartphone or tablet and watch the videos while reading the book. If on the other hand, you are reading an electronic version of the book, it's easy, simply click the link to watch the YouTube video on your computer or handheld device.

This is a giant step in improving the experience of the paperback book and gaining the maximum value from both the videos and commentary. Those who have read the paperback, using the QR codes to watch the videos, report that using this technology is a “genius” addition to the paperback version.

FINAL THOUGHTS

Good luck. I hope you enjoy reading the book. I certainly enjoyed writing it. I love pickleball, and I love teaching pickleball. When you are out on the court, remember, it is only a game. Don't take it too seriously. Pickleball is a terrific social activity, and it's obviously also a good physical activity. Learning to play pickleball keeps both your mind and body active. As I tell my students, the game of pickleball is as cerebral as it is physical. Maybe it's the elixir for a longer, healthier life. Who knows?

Finally, here is one more video on the rules of pickleball by Lynn Patricia, presented by Pickleball Fire. Lynn explains the rules by showing players playing the game, and she augments her explanations with graphics that are easy to understand. Lynn says that pickleball is an easy sport to learn how to play, and she demonstrates this in her five-minute video.



“Learn How to Play Pickleball in 5 Minutes”



bit.ly/3CNIGF8

LEARN HOW TO KEEP SCORE

Now that we have covered the rules of pickleball, it’s time to take a look at how you keep score. Keeping score can be confusing for beginners for a variety of reasons. Most pickleball instructors don’t spend a lot of time on teaching how to keep score in their first lesson. I generally spend the last 10-15 minutes of my beginner clinics playing simulated games, when I do explain the scoring. I’m sure most of my students don’t get it after just one lesson, but at least I’m laying the groundwork so they can pick it up quickly if they go out to play in a park or recreation center, or come back for a second lesson. Let’s dive right into how to keep score in pickleball.

VOLLEY

The next shot we are going to talk about is the volley. What is a volley? Here's how USA Pickleball describes a volley:

- A ball hit in the air before it bounces onto the court during a rally.
- It is often used when at the NVZ line to return a ball hit hard and low over the net.
- May be hit forehand or backhand; backhand is more common.
- No backswing – hit in a blocking motion with the paddle face square (vertical) to “push” the ball over the net.
- Hit away from your opponent to make him/her reach.
- To hit the ball deeper, open the paddle face slightly to give the volley a little more loft.

USA Pickleball:
Volleys



bit.ly/3ioEaW3

If you watch the pros playing, you will notice that there is a lot of volleying going on. Sometimes, they hit it so hard to each other, you wonder how they can see the ball, let alone return it. In beginner games, you won't see a lot of volleying, although invariably, there will be some, and you should learn how to hit a volley and how to get into position if someone volleys to you while you're at the kitchen line.

In this first video with Jordan Briones and Marcin Rozpedski, produced by PrimeTime Pickleball, Rozpedski demonstrates a drill that you can use with a partner to improve the consistency of your volleys.

“Pickleball Volley Drill – Creating Space on Your Volleys”



bit.ly/2YdxHWu

He says that most players simply throw their paddles out towards the ball, “mostly arming the shot.” In fact, most, if not all, beginners do this. The problem, of course, is that if you do this, you are going to make contact with the ball in a different location on the paddle every time. According to Rozpedski, “Advanced players are always using their whole body to hit the shot and working to have a consistent contact point so they can have a stable swing motion that produces a reliable result.”

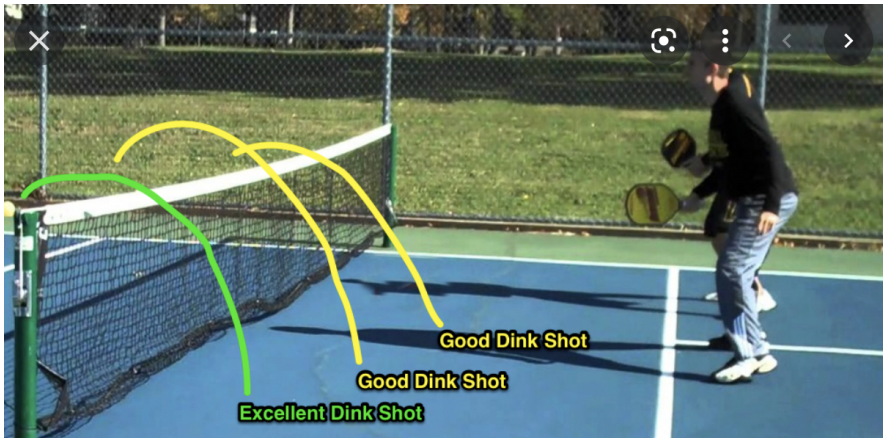
Pickleballhelp.com



bit.ly/3UYIxZR

In the next photograph, taken from Prem Carnot's website, you can see three examples of possible trajectories of a dink shot. Notice that the best one is the one that clears the net by the least amount of space. Just make sure the ball

goes over the net. Any pickleball player will tell you that there is nothing more frustrating than dinking into the net.



Prem's website is loaded with excellent information about all the shots in pickleball, especially the dink. I strongly advise visiting his site and taking in as much information as you can. I took a three-day clinic with Prem, and I learned a great deal about playing and teaching pickleball.

Another important factor in perfecting your dink shot is to learn to hit it cross-court or diagonally. As demonstrated in this next video with Steve Paranto, there are many advantages to dinking cross-court and not straight ahead at your opponent. First of all, Steve defines a dink as, "A soft shot that just goes over the net and lands in the no-volley zone or kitchen."

"Improve Your Dink Shot: Pickleball 411"



bit.ly/3a04xgr

GRIP

Something that can be overlooked, but is just as important as the weight of the paddle for the feel of the game and sense of control, is the grip. You want a grip that fits your hand but is not too small or too big, which can cause unnecessary strain on your wrist and elbow when playing. Believe it or not, the grip size actually has an effect on your play style as well. A smaller grip allows your wrist to move more freely and can increase the control of the ball for more spin and power. Having a smaller grip, however, can also allow too much movement, which can cause discomfort when swinging. A bigger grip will give you a more stable hit, which eases the tension your swing will put on your wrist and elbow. Make sure to not over-do it with your grip size, though, as a grip that is too large can put strain on your elbow. Most paddles that you will buy under \$80 will not come with a premium grip, but you can buy grips to replace or add on to your paddle. These premium grips can actually absorb sweat and can help you get to your ideal grip size if you can't find a stock paddle that meets your needs for exact weight and grip size. To learn more about grip size, see "How to Find your Pickleball Paddle Grip Size" at thirdshotdrop.com.

Third Shot Drop
Website



bit.ly/3uRowHR



Ring Finger Measurement:

A pickleball player can measure his or her grip size with a ruler to determine the correct paddle grip size.

Measure the distance from the tip of your ring finger, down to the middle crease in your palm. Your palm has three creases.

Natural Grip

To check if the grip size is correct, grab the paddle with your normal natural grip. Now slide your index finger from the opposite hand between your fingers and the heel of your grip hand. You should be able to snugly fit your finger without having to move your fingers.

If you have extra space between the heel and your fingers and your index finger isn't touching the grip is too big. If you have to move your fingers to get your index finger to fit in the gap, the grip might be too small. If you are choosing between two sizes, choose the smaller size.



HOW TO GET STARTED PLAYING PICKLEBALL: PICKLEBALL FOR BEGINNERS PART I Revised Edition with new & edited content & QR codes

Each video has a QR code so you can easily watch the videos on your laptop or cell phone while you read the book. This is by far the best way to learn how to get started playing pickleball.

LEARN to PLAY PICKLEBALL from the PROS

- How to play the game
- How to keep score
- How to find an instructor
- How to choose between private lessons and clinics
- How to choose the right paddle
- How to play doubles the right way
- How to practice
- How to hit all the shots

PICKLEBALL FOR BEGINNERS PART I is written for those who want to get started playing pickleball. More people are flocking to the sport than ever before because it is a relatively easy game to learn to play well enough to enjoy playing with others.

The problem for the beginner is that there has been so much written about pickleball that it is virtually impossible to know how to get started. You are lost in a sea of information with no one to guide you. That's the beauty of this book. It is the first book solely dedicated to the beginning pickleball player.

It includes a large number of links to videos, giving you instant access to practical demonstrations of playing and practicing pickleball. It guides you through a natural progression of learning everything you need to know to play the right way. So this isn't just a how-to book, it's also a resource to start you off with the videos you should be watching but might not have been able to sort through.

What makes this book stand out is its use of videos. When you pick up a new hobby, you always want a beginner book, because looking on the internet gives you vast amounts of information, but it is mixed up and hard to judge what will be really helpful, or what is good advice.



Bob Savar, the author, has taught hundreds of people how to play pickleball. He wrote this book because he knows how hard it is to get started in the sport. The book is filled with advice, instruction, and links to hand-picked, valuable internet sources, including dozens of YouTube videos with QR codes so you can watch the videos while reading the book. It is a must-read for anyone who wants to learn how to play pickleball.