

PICKLEBALL FOR SENIORS



Pickleball is the perfect sport for seniors
who want to stay healthy and fit

Bob Savar

Pickleball for Seniors

*“Pickleball is the perfect sport for seniors
who want to stay healthy and fit.”*

Bob Savar

**Author of “How to Get Started Playing Pickleball”
“How to Improve from a Beginner to an Intermediate in
Pickleball”
and “Pickleball for Non-Athletes”**



— PICKLEBALL —
BOB SAVAR
bobsavarpickleball.com

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 PeoplePerHour.com

Trademarks: **Pickleball for Seniors** 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 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: 979-8-8512-6337-8

CONTENTS

QR CODES	6
Disclaimer	6
FOREWORD	7
INTRODUCTION	8
History of Pickleball and its Growing Popularity Among Seniors	9
CHAPTER 1: GETTING STARTED WITH PICKLEBALL	12
Equipment Needed – Paddle, Ball, Shoes, Clothing	12
Rules	13
Scoring	17
Finding Places to Play	19
Skills	21
Beginner Skills	22
CHAPTER 2: PICKLEBALL STRATEGIES AND TECHNIQUES	35
Strategies for Doubles vs. Singles	36
Shot Types	43
Court Positioning and Movement	48
Communication and Teamwork in Doubles	49
Advanced techniques –	
Spin Shots, Soft Shots, Third Shot Drops, Dinking Rallies & Half Volleys	51
CHAPTER 3: TRAINING AND CONDITIONING FOR PICKLEBALL	57
Importance of Stretching, Cardio and Strength Training	57
Drills to Improve Skills and Footwork	59
Training to Prevent Injuries	68
Tips for Playing in Hot/Cold Weather Conditions	68
CHAPTER 4: HAVING FUN AND STAYING SAFE	70
Proper Gear – Paddles, Clothing, Shoes, Safety Eyewear	71
Avoiding Injuries – Muscle Strains, Joint Issues	81
Hydration and Nutrition	83
Etiquette and Resolving Disputes	85
CHAPTER 5: COMPETING AND LEAGUES	87
Local Clubs and Pickleball Communities	88
Ratings and Skills Assessments	88
Tournaments for Various Skill Levels	89
CHAPTER 6:	
THE JOYS AND BENEFITS OF PICKLEBALL FOR SENIORS	92
Resources for Learning More and Getting Involved	93
The Bright Future of Pickleball as an Ideal Sport for Active Seniors	94
WORKS CITED	96
ACKNOWLEDGMENTS	103
ABOUT THE AUTHOR	104

FOREWORD

This book focuses on the popular sport of pickleball and how it can benefit seniors both physically and mentally, while also providing a guide to the basics of the game.

As pickleball becomes increasingly popular among seniors, this guide can serve as a valuable resource to those looking to learn how to play and engage in the sport. The book covers the fundamentals of the game as well as serves as a reference to advanced techniques, rules and court layout, equipment, and strategies for playing doubles.

Moreover, the book also offers insights into how pickleball can help seniors improve their fitness and maintain an active and healthy lifestyle. It highlights the mental and emotional benefits of playing pickleball, such as the social connections and sense of community it offers long into a person's golden years.

As someone who has played pickleball for years and is familiar with the benefits to seniors, I am confident that this book will resonate well with older readers who are looking to stay active and engaged.

Bob Savar

INTRODUCTION

Pickleball is one of the fastest-growing sports among seniors in North America. This paddle sport with similarities to tennis and ping pong has exploded in popularity in retirement communities, recreation centers, and parks over the last two decades. So why has this activity taken off? Pickleball provides the perfect exercise, social experience, and competitive outlet for older adults looking to stay active.

The moderate exercise involved in pickleball delivers extensive health benefits from improved cardiovascular health to increased strength and coordination. The social nature facilitates making new friends and strengthening community ties. The team competition and skills practice keeps the brain engaged. And above all, the sport is fun!

This book will dive into all the aspects that make pickleball an ideal activity for seniors. It covers the basics to get started, from equipment and rules to finding places to play. You'll learn skills, drills, and strategies to improve your game as a beginner or experienced player. Guidance is provided on training properly to gain the physical benefits while preventing injury. Finally, the book explores the growing pickleball scene and tournaments focused on senior players.

Whether you're 60, 70, 80, or beyond, it's never too late to get into pickleball! This book will prepare you to enjoy the health perks and social connections of embracing the pickleball lifestyle. Get ready to see why this paddle sport is becoming a sensation in retirement communities across North America.

History of Pickleball and its Growing Popularity Among Seniors



Pickleball was invented in 1965 by three dads in Washington state – Joel Pritchard, Bill Bell, and Barney McCallum – who were looking for a fun backyard game for their families. The game borrowed elements from tennis, badminton, and ping pong. The name "pickleball" came from the Pritchards' dog, Pickles, who would chase the ball and run off with it.

The sport slowly began to spread on the West Coast over the next few decades. By the 1990s, pickleball's popularity started booming among retirees and seniors in places like Arizona and Florida, where many relocated.

By 2010, pickleball was one of the fastest-growing sports in America, especially among the 55+ age group. Seniors were attracted to the low-impact exercise, moderate pace, and social nature of the game.

More than 36.5 million people played pickleball from August 2021 to August 2022, according to a report by the Association of Pickleball Professionals. Earlier data pinned the participation rate of the sport at 5 million players in 2021.

5 million
players in
2021



cnb.cx/3DzCXFG

The USA Pickleball Association estimates at least 25% of players are age 65 and older. Courts and groups designed for senior players are now commonplace at many retirement communities, parks, YMCAs, and recreation centers. The sport continues to provide an enjoyable source of exercise, competition, and friendship for older adults.

Major tournaments like the Huntsman World Senior Games and National Senior Games now feature pickleball competitions. Pickleball has also been featured on national television programs, bringing more awareness and interest in the game as an activity for seniors to stay fit and engaged.

Health and Social Benefits of Pickleball for Seniors

Health benefits

- Moderate cardiovascular exercise. The stop-and-go motion of pickleball provides a good workout for the heart and lungs without being too strenuous. It can help improve circulation and endurance.
- Muscle strengthening and flexibility. The lateral movements and quick reactions required in pickleball help strengthen the legs, core, and upper body. Stretching is also important.
- Hand-eye coordination. Playing pickleball helps improve motor skills, reflexes, and timing.
- Weight management. A one-hour pickleball game can burn around 300 calories for a 150-lb person. The exercise assists with weight loss/maintenance.
- Stress relief. Any physical activity releases endorphins which produce pleasant feelings and relieve tension. Pickleball is fun and releases stress!

Social benefits

- Social interaction. Pickleball provides an opportunity to be social, interact with others, and make new friends. Games often facilitate good-natured banter.
- Sense of community. Regulars at pickleball courts or in leagues often form close-knit social circles and support systems.
- Friendly competition. The competitive but recreational nature of

- pickleball gives seniors an enjoyable activity to stay motivated.
- Mental stimulation. Pickleball keeps the mind sharp by combining physical exercise with concentration, strategy, and quick thinking.
 - Fun and recreation. Above all, pickleball simply gets seniors moving while providing a good time with other active adults. The social enjoyment is a major factor in its popularity.

Strategies for Doubles vs. Singles

Doubles strategies



As anyone who has played pickleball knows, doubles is a variation of pickleball played with two teams of two players each. The teams are positioned on opposite sides of the net, and the objective is to hit the ball back and forth over the net until one team makes a mistake. If the receiving team makes a mistake, the serving team scores a point, keeps the serve, and tries to score another point. If the serving team makes a mistake, the receiving team does not score a point, but the serve passes over to them.

Doubles is a very strategic game, as players need to coordinate their movements with their partner. Teams need to be aware of each other's strengths and weaknesses, and they need to communicate effectively in order to be successful.

Doubles is also a physically demanding game, as players need to cover a lot of ground and make quick changes of direction. There are a few things that make doubles in pickleball so challenging:

- **Communication:** In doubles, you have to communicate with your partner to coordinate your movements and strategies. This can be more difficult if you are not used to playing with that partner.
- **Strategy:** Doubles is a strategic game, as you have to think about how your partner and your opponents are moving. You also have to be aware of the angles of the court and where the ball is likely to go.

- Footwork: Doubles requires good footwork, as you have to cover a lot of ground to get to the ball.
- Power: Doubles can be a physical game, as you need to hit the ball with power to keep it in play.
- Consistency: In doubles, you need to be consistent with your shots, as you cannot afford to make too many mistakes. This can be difficult if you are under pressure.

Here are some of the best strategies to win in doubles pickleball:

- Communicate with your partner. This is essential for success in doubles pickleball. You need to be able to communicate with your partner about where you are, what shots you are going to hit, and what you are expecting from them.
- Get to the net. The net is the most important part of the court in pickleball. If you can get to the net, you will have a much better chance of winning points.
- Keep your opponent back. If you can keep your opponents back, they will not be able to hit powerful shots at you. This will give you a better chance of winning points.
- Hit deep shots. Deep shots are difficult to return, so if you can hit them consistently, you will give yourself a good chance of winning points.
- Aim for the feet. Aiming for your opponents' feet will make it difficult for them to return the ball.
- Be patient. Pickleball is a game of patience. You need to be patient and wait for the right opportunity to hit a winner. If you try to hit winners too early, you will make more mistakes.

Here are some additional tips for winning in doubles pickleball:

- Practice together. The more you practice with your partner, the better you will be able to communicate and play as a team.
- Watch other players. Watch professional pickleball players and see how they position themselves on the court and what shots they hit. You can learn a lot by watching others play.

There are many good videos on doubles that you can watch on YouTube. The teacher who is most prolific in doubles is Joe Baker. He has produced many videos on doubles and is considered the top teacher on this topic. If you are going to watch any of Baker's videos, start with "Doubles Pickleball Strategy 101 - How to Play Smart Pickleball, Ten Tips." This video provides strategies and tips for playing smart pickleball. It discusses shot selection, court positioning, etc.

“Doubles Pickleball Strategy 101 - How to Play Smart Pickleball, Ten Tips”



bit.ly/3rQtIUf

Another excellent instructor on YouTube is Kyle Koszuta, known as “ThatPickleballGuy.” One particularly good video of his on doubles is called “6 Pickleball Doubles Strategies New Players MUST Know.” Here are his six strategies: Return & Run, Stance & Punch, Third & Stay, Third Shot Tactics, Hold the Line, and Dink to Backhand.

“6 Pickleball Doubles Strategies New Players MUST Know”



bit.ly/43KJN5C

In my mind, the best YouTube video on doubles is “Doubles Pickleball Strategy Tips” with Stacie Townsend. In this video, Townsend lists seven strategies that will help you win more doubles matches. She starts the video off by comparing pickleball to chess, in that the sport is easy to play but hard to master. In other words, pickleball is more than a physical game, it’s a mental one as well.

“Doubles Pickleball Strategy Tips”



bit.ly/3BirSqK

Here are her seven tips:

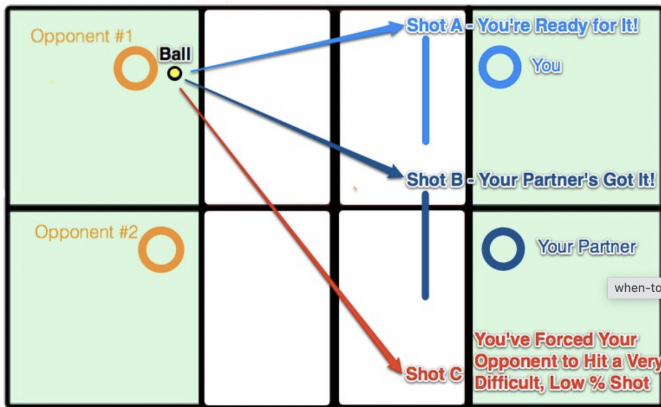
- Strategy Tip #1: The serve: Serve to your opponent’s weaker side, which is often the backhand. Hit your serve deep into the service box so your opponent has a long run to the kitchen line. Don’t hit your serve out of bounds; give yourself a little margin for error.
- Strategy Tip #2: Return of serve. The return of serve should be deep into your opponent’s side of the court. Give yourself a margin of error, because a missed return is an easy point for your



However, the most important thing to remember is that both players need to work together to cover the court and ensure that there are no gaps in their defense. Each player has half of the court and a bit more, so they need to communicate and move together to ensure that they are in the right position to cover any shots that come their way.

Cover Your Line...

Ball is Opposite You: Cover Your Line



“Nothing drives me crazier than a ball floating between my partner and me down the middle. But two people crowding each other and attempting to cover the middle isn’t great either,” says Sarah Ansbury.

You must cover the middle



bit.ly/441aPMd

to select a paddle with vibration-dampening features to minimize discomfort. Additionally, look for paddles with softer core materials or technology designed to reduce impact and stress on your arm.

What are some features to look for in a paddle if you have physical limitations?

- **Lightweight design:** A lightweight paddle can be easier to maneuver and can help reduce fatigue for seniors with physical limitations.
- **Minimized paddle vibration and shock:** A paddle that minimizes vibration and shock can be beneficial for seniors who may have joint pain or arthritis.
- **Larger sweet spot:** A paddle with a larger sweet spot can be beneficial for seniors who may not have as much control over their shots.
- **Soft handle and cushion comfort grip:** A paddle with a soft handle and cushion comfort grip can be beneficial for seniors who may have hand or wrist pain.
- **Larger grip size:** A paddle with a larger grip size can be beneficial for seniors who may have arthritis or limited mobility.

It's important to note that the specific features to look for in a pickleball paddle for seniors with physical limitations will vary depending on the individual's specific physical limitations. The best way to choose a paddle is to try out different options to see what works best for you.

What pickleball paddles are known for minimized paddle vibration and shock?

- **ProKennex Kinetic Ovation Speed II Paddle:** This paddle features Kinetic shock absorbing technology that minimizes vibrations and impact forces.
- **Paddletek Phoenix Genesis Pro Paddle:** This paddle has a textured surface that provides responsive returns and reduces vibration.

Best pickleball
Paddles 2021



bit.ly/3JMpz4a

Best pickleball
Paddles for tennis
elbow



bit.ly/43fC5An

- Paddletek Bantam EX-L Pro Paddle: This paddle features a smart response technology that reduces vibration and provides a balance between power and control.

Best composite Pickleball paddle
Top ten picks



bit.ly/46EyJtm

- ProKennex paddles: These paddles are known for reducing vibration and are a good choice for players with tennis elbow.

Pro Kennex Pickleball paddles



bit.ly/3CZvQGf

It's important to note that the level of vibration and shock reduction can vary depending on the specific paddle and the player's individual preferences. Players should consider factors such as weight, grip, and surface texture when choosing a paddle that minimizes vibration and shock. Additionally, players with specific needs, such as those with tennis elbow, may want to consider paddles that are specifically designed to reduce vibration and shock.

Seek advice and try before you buy

If possible, seek advice from experienced players or attend pickleball demos to try out different paddles. This hands-on experience can give you a better sense of how different paddles feel and perform. It's essential to find a paddle that feels comfortable in your hand and complements your playing style. Remember, what works for one player may not work for another, so trust your own judgment and personal preferences.

Generally speaking, here are some key features seniors should look for in a pickleball paddle:

- **Lightweight:** Seniors may prefer a lightweight paddle that is easy to maneuver and doesn't cause strain on the arm.
- **Large sweet spot:** A paddle with a large sweet spot can be easier for seniors to hit the ball with, providing more power and control.
- **Durable:** A durable paddle can withstand heavy use and last longer, making it a good investment for seniors who play frequently.
- **Control:** A paddle with good control can help seniors place the ball

The Bright Future of Pickleball as an Ideal Sport for Active Seniors



All signs point to pickleball's popularity among seniors only continuing to skyrocket in the coming years. As the massive baby boomer generation ages, they are fueling this surge. The sport perfectly aligns with their desire for vigorous but low-impact recreation and social connection.

Facilities and communities are rushing to meet demand by constructing dedicated pickleball courts and programming. Awareness continues to spread among older adults who are drawn to pickleball after watching friends embrace it. Medical experts tout its physical and mental benefits for seniors.

Improvements in paddle and ball technology will further growth. Streaming and TV coverage is introducing pickleball to new audiences. Competitions and tournaments give players goals as they progress.

ARE YOU A SENIOR LOOKING TO STAY ACTIVE, ENGAGED, AND HAVE A BLAST WHILE DOING IT?

Look no further! **PICKLEBALL FOR SENIORS** is your ultimate guide to mastering the game and unlocking the immense benefits of pickleball. Whether you're a beginner or an experienced player, this book is tailored specifically to meet the needs of seniors, providing you with essential techniques, strategies, and insights to excel on the court.

Discover the joy of pickleball, improve your skills, and foster a sense of community as you embark on this exciting journey. Get ready to embrace a vibrant and fulfilling lifestyle with **PICKLEBALL FOR SENIORS!**

- Master the fundamentals of pickleball, from proper grip and technique to strategic shot selection.
- Learn advanced skills such as dinking, volleying, and executing powerful serves.
- Develop agility, coordination, and balance through targeted exercises and drills.
- Understand the rules, scoring system, and etiquette of pickleball for a seamless gameplay experience.
- Stay safe and prevent injuries with valuable tips and practices.
- Embrace the mental aspects of the game, including focus, concentration, and maintaining composure under pressure.
- Discover the physical and mental benefits of pickleball for seniors, promoting overall health and wellness.
- Uncover the social connections and camaraderie that come with being a part of the pickleball community.

Meet Bob Savar – the passionate pickleball enthusiast behind "Pickleball for Seniors." Bob has dedicated himself to sharing the joy of pickleball with seniors everywhere. Having experienced firsthand the incredible physical and mental benefits of the sport, Bob felt compelled to create a resource tailored specifically to meet the unique needs of seniors. His goal is to empower fellow seniors to stay active, engaged, and fulfilled through the exciting world of pickleball. With this book, Bob invites you to join him on this journey of discovery, camaraderie, and embracing a vibrant and fulfilling lifestyle.