

PICKLEBALL FOR NON-ATHLETES

Your Guide to Learning, Playing and Loving Pickleball



Bob Savar

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“How to Improve from a Beginner to an Intermediate in
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CONTENTS

QR CODES	6
Disclaimer	6
FOREWORD	7
CHAPTER 1: INTRODUCTION:	
A COMPREHENSIVE GUIDE FOR NON-ATHLETES	9
Pickleball: A Sport Tailored for Non-Athletes	9
The Growing Appeal of Pickleball	10
Why Pickleball is Ideal for You	10
Empowering Your Pickleball Journey	11
CHAPTER 2: PICKLEBALL BASICS FOR NON-ATHLETES	12
The Origins of Pickleball: A Sport for All	12
Rules and Objectives: Easy to Learn and Play	13
Rules	13
Scoring	13
Calling the Score	14
Non-Volley Zone (NVZ or Kitchen)	16
Two-Bounce Rule	19
Equipment: Simple and Accessible	19
Paddles	20
Shape	20
Thickness	20
Core Type	21
Surface Texture	21
Edge Guard	21
Handle Length	21
Grip Size	22
Materials	22
Noise Level	23
Onix Graphite Z5	25
Vatic Pro Prism Carbon Fiber 16mm – Foam Injected Walls	26
Engage Trident Widebody	27
Balls	29
Indoor pickleballs	29
Outdoor pickleballs	29
Shoes	31
Eye Protection	33
Bag	34
Getting Started: Tips for Non-Athletes	34
Chapter 3: Mastering the Fundamentals	35
Essential Pickleball Techniques	35
Grip	35

How tightly should you hold your pickleball paddle?	40
What is the right grip size?	41
Does handle length need to be considered?	42
Stance	42
Swing	45
Body Positioning	46
Mechanics of Key Shots	48
Serve	48
Return of Serve	52
Volleys	56
Dinks	58
Practice Drills and Exercises	60
Serve Practice	60
Return of Serve Drills	61
Volley Drills	62
Dinking Drills	63
CHAPTER 4: STRATEGY AND TACTICS	67
Strategic Concepts in Pickleball	67
Shot Placement	67
Court Positioning	68
Shot Selection	70
Near the Net (Front Court)	70
Mid-Court	70
Deep Court (Back Court)	71
Communication and Teamwork in Doubles Play	72
Offensive and Defensive Strategies	75
Offensive Strategies	75
Defensive Strategies	77
Exploiting Opponents' Weaknesses	78
Adjusting Game Plans	80
Developing a Playing Style	81
CHAPTER 5: MENTAL GAME AND FITNESS	84
The Mental Aspects of Pickleball	84
Focus and Concentration	84
Managing Pressure	86
Staying Calm and Composed	88
Breathing Techniques	88
Positive Self-Talk	89
Taking Breaks	91
Physical Conditioning for Pickleball	92
Injury Prevention and Recovery	96
Warm-Up Routines	96
Stretching Exercises	97
Rest and Recovery	98
The Importance of Rest	99

Strategies for Effective Rest and Recovery	99
CHAPTER 6: ADVANCED TECHNIQUES AND SKILLS	101
Advanced Pickleball Techniques	101
Third-Shot Drops	101
Lobs	103
Spins	105
Offensive Overheads (Smashes)	107
Adapting to Different Playing Styles	109
Analyzing Opponents	109
Flexible Gameplay	111
Advanced Footwork and Anticipation	112
Footwork Patterns	112
Anticipation Skills	114
CHAPTER 7: PLAYING FOR FUN AND COMPETITION	116
The Social Aspects of Pickleball	116
Finding Playing Partners	116
Joining Clubs or Leagues	118
Participating in Tournaments	118
Etiquette and Good Sportsmanship	118
Understanding Court Etiquette	118
Displaying Good Sportsmanship	120
Embracing the Joy of Pickleball	120
CHAPTER 8: CONCLUSION:	
EMBRACING THE PICKLEBALL JOURNEY	121
Recap of Key Points	121
Pickleball: A Sport for Everyone	121
Encouragement for Continued Practice	122
Additional Resources	122
ABOUT THE AUTHOR	123
WORKS CITED	125

FOREWORD

I am thrilled to present "Pickleball for Non-Athletes." As an experienced pickleball instructor, I have introduced countless individuals to this beautiful sport and witnessed the transformation from self-proclaimed non-athletes to confident and passionate pickleball players.

When I first began teaching pickleball, I realized many non-athletes hesitated to step onto the court. They believed their lack of athleticism would hinder their ability to enjoy the game. However, time and time again, I witnessed the incredible potential within each individual, regardless of their athletic background.

This book is a culmination of my years of experience teaching and coaching non-athletes, guiding them through self-discovery and personal growth through pickleball. It is designed to address the unique needs and concerns of individuals who may not consider themselves naturally athletic but are eager to explore a sport that offers fitness, fun, and social connection.

In "Pickleball for Non-Athletes," you will find a roadmap that will gently lead you through the basics of pickleball, from learning the rules and mastering essential techniques to developing strategies that suit your playing style. But this book is more than just a technical manual; it is a testament to the transformative power of pickleball.

In writing this book, I aim to empower you to believe in your potential and embrace the joy of playing pickleball. I provide practical advice, drills, and exercises tailored to your unique needs, helping you build confidence and gradually improve your skills. Along the way, you will discover pickleball's social benefits, such as forming connections with fellow players and becoming part of a supportive community.

If you consider yourself non-athletic, remember that progress is not always measured in victories or perfect shots. It is about personal growth, the laughter shared with friends, and the moments of pure enjoyment on the court. Accept the journey, acknowledge your accomplishments, and don't be scared to take lessons

from failures.

I am incredibly excited for you to dive into "Pickleball for Non-Athletes" and embark on this extraordinary adventure. Trust in your ability to learn, grow, and find fulfillment through pickleball. Together, we will challenge the notion that athleticism defines our potential and prove that anyone can embrace this incredible sport.

This book inspires and empowers you to discover the athlete within, exceed your expectations, and experience the sheer delight of playing pickleball. Prepare to step onto the court with confidence and enthusiasm and prepare to unlock a world of possibilities.

I wish you a fulfilling learning journey, joy, and lifelong pickleball enjoyment.

With warm regards,

Bob Savar

CHAPTER 1

INTRODUCTION

A COMPREHENSIVE GUIDE FOR NON-ATHLETES



Welcome to "**Pickleball for Non-Athletes**" a book crafted explicitly for those who may not consider themselves athletic but are eager to engage in a fun, fulfilling sport. This guide is your entryway into the world of pickleball, a sport that prides itself on being inclusive and accessible to everyone, regardless of their athletic background or physical prowess.

Pickleball: A Sport Tailored for Non-Athletes

At its heart, pickleball is a sport that breaks down the barriers often associated with athletic activities. It is ideal for those who have never participated in sports or who may find physically demanding activities intimidating. The simplicity of pickleball

and its low physical impact make it an ideal choice for non-athletes. It offers the joy of playing a sport without the need for intense physical strength or endurance, making it a welcoming experience for all.



The Growing Appeal of Pickleball

The increasing popularity of pickleball can be attributed to its unique blend of tennis, badminton, and table tennis, creating a game that is both easy to learn and enjoyable to play. This surge in interest is particularly significant among those who have not traditionally engaged in sports. Pickleball's appeal lies in its ability to provide a fun, social, and active experience without the pressures and physical demands often associated with traditional sports.

Why Pickleball is Ideal for You

For non-athletes, pickleball offers numerous benefits. Its low-impact nature means it's gentle on the body, reducing the risk of injury and strain. The sport is also a fantastic social outlet, providing opportunities to meet new people, engage in friendly competition, and be part of a community. Furthermore, pickleball is adaptable to all ages and fitness levels, ensuring everyone can participate and enjoy the game at their own pace.

Empowering Your Pickleball Journey

This book empowers non-athletes to learn, enjoy, and excel in pickleball. We will start from the basics, gradually moving towards more advanced aspects of the game, ensuring a comfortable and enjoyable learning curve. You'll find detailed explanations, practical tips, and supportive guidance tailored to those who might be stepping onto the sports field for the first time.

"Pickleball for Non-Athletes" is more than just a manual; it's a testament to the fact that anyone can find joy and fulfillment in sports. It's here to show you that your athletic background does not define your ability to enjoy and succeed in pickleball.

So, let this book guide you if you're looking to dip your toes into the world of sports for the first time or seek a new, low-impact activity. Pick up your paddle, and let's embark on this exciting and rewarding journey into pickleball together!



Chapter 3

Mastering the Fundamentals

Welcome to a chapter crafted with you in mind, particularly if you're stepping into pickleball without an athletic background. Here, we'll unfold the game's basic techniques in a way that's straightforward to grasp. As a certified pickleball instructor and author, I aim to guide you through these fundamentals with clarity and simplicity, ensuring you feel comfortable and confident applying these skills on the court.

Essential Pickleball Techniques

Grip



The Continental Grip, sometimes known as the "shake hands" grip, is the most recommended grip for non-athletic pickleball players. Whenever I teach beginners or non-athletes, I start my lessons and clinics by teaching them how to hold the

paddle. I cannot stress enough how important this is.

On a bright and breezy morning at the local community center, I had the pleasure of introducing the game of pickleball to a group of enthusiastic non-athletes. Among them was Sarah, a librarian with a keen interest in the sport but, admittedly, little experience in athletic pursuits. Her eagerness to learn was palpable, yet there was a hint of nervousness as she picked up the pickleball paddle for the first time.

"Let's start with the basics," I said, approaching Sarah with a reassuring smile. "The grip is where every great pickleball journey begins."

I held my own paddle out, demonstrating the Continental Grip. "Think of it as shaking hands with your paddle," I explained. Sarah watched intently as I positioned my hand, showing her how the thumb and fingers should form a 'V' that aligns with the paddle's edge. "It's like greeting an old friend," I added, hoping to infuse a sense of familiarity into the new experience.

Sarah tentatively extended her hand towards the paddle, mimicking the handshake motion. "Just like that," I encouraged, adjusting her grip slightly to ensure the 'V' of her thumb and index finger aligned with the paddle's edge. "This grip is not just about holding the paddle; it's about connecting with it."

As Sarah practiced the grip, her initial hesitation gave way to a growing confidence. "It feels more natural than I thought it would," she remarked, a smile breaking across her face.

"That's the beauty of the Continental Grip," I replied. "It's intuitive, making it perfect for beginners. It offers versatility without the complexity, allowing you to focus on enjoying the game rather than worrying about your hold."

We spent the next few minutes practicing the grip, transitioning from holding the paddle to simple swings. Each time Sarah's grip wavered, I was there to guide her, ensuring the 'V' alignment remained consistent.

By the end of the session, Sarah's grip had transformed from uncertain to assured, a small yet significant victory on her pickleball journey. Moments like these, helping



Endurance Training: Building endurance can be as simple as incorporating brisk walks or light jogs into your routine. This will help you maintain energy levels throughout the game. Types of endurance training include:

- **Cardiovascular Exercise:** Engage in activities like jogging, cycling, swimming, or using an elliptical machine to improve cardiovascular endurance. Aim for at least 150 minutes of moderate-intensity aerobic exercise per week to enhance stamina and endurance during long matches.
- **High-Intensity Interval Training (HIIT):** Include HIIT workouts in your training routine to simulate the intense bursts of energy required in pickleball. Alternating short, high-intensity exercises and brief recovery periods improves cardiovascular fitness and endurance. In an article entitled “How Do You Build Endurance for Pickleball? 7 Ways to Improve” on Paddletek’s website, you can find a few specific HIIT routines that can improve your fitness for playing pickleball.

How Do You Build
Endurance for
Pickleball? 7 Ways to
Improve
Paddletek.com



bit.ly/4aLmIVa

strength. This exercise works your abdominal muscles, obliques, hip flexors, shoulders, and upper back. It strengthens the rotational movement, translating to many sports, including pickleball. To see how to do them, you can watch this YouTube video called “Russian Twists,” presented by LivestrongWoman.

“Russian Twists”
LivestrongWoman



bit.ly/48iq8x0

Planks (pictured below), which I do a few times a week as part of my gym workout, help strengthen your back, chest, shoulders, neck, and abs. Although I do them for 60 seconds, beginners should start by doing them for only 10 seconds and extend the time gradually. Posture while doing planks is crucial, so lift your body off the ground. You can do these a few times in a row, but take a break in between each time.



- **Upper Body Strength:** Incorporate exercises such as push-ups, bench presses, and rows to strengthen your upper body. A robust upper body enhances your ability to generate power during serves, volleys, and overhead shots while improving overall endurance.

Injury Prevention and Recovery

Warm-Up Routines



Always start with a warm-up routine to prepare your muscles and joints for the game. C.J. Johnson’s video, “Pickleball Warm Up Exercises - 5 Minutes to Play Better Pickleball,” explains the importance of warming up and demonstrates a brief, 5-minute routine that all pickleball players should do before playing.

“Pickleball Warm Up Exercises - 5 Minutes to Play Better Pickleball”
C.J. Johnson



bit.ly/3TRE100

Johnson emphasizes the importance of warming up before playing pickleball to improve performance and reduce the risk of injury. She says that many players jump into the game without warming up properly. "How many times have you gotten to the courts, your friends are already in the game, you're grabbing your pickleball paddle, and suddenly, you're out there playing? That's not what you need to do," she says. I think we can all relate to this.

Johnson suggests starting the warm-up routine with a light jog around the court to elevate heart rate and increase breathing. Jogging helps warm up the body and prepare it for movement. She mentions suicide drills as a way to continue elevating heart rate and stretching out the legs, specifically the hamstrings. Suicides involve

Joining Clubs or Leagues

Joining a club or league can provide a structured way to play regularly. These groups often cater to all skill levels, making them an excellent option for those new to the sport or looking to improve.

Participating in Tournaments

Tournaments are not just for elite players. Many tournaments have divisions based on skill level or age, making them accessible for non-athletes. They're a great way to experience the competitive side of pickleball in a supportive environment.

Etiquette and Good Sportsmanship



Good sportsmanship is critical to enjoying pickleball and maintaining a positive environment on the court.

Understanding Court Etiquette

Understanding and adhering to court etiquette is essential in pickleball, especially for newcomers to the sport. It ensures a respectful and enjoyable environment for all players. Here are some critical aspects of court etiquette:

BOB SAVAR'S EXPERTISE SHINES THROUGH EVERY PAGE, OFFERING A VIBRANT AND ENGAGING APPROACH TO LEARNING PICKLEBALL. THIS BOOK ISN'T JUST ABOUT LEARNING THE BASICS; IT'S ABOUT IMMERSING YOURSELF IN A JOURNEY THAT COMBINES FITNESS, FUN, AND THE THRILL OF MASTERING NEW SKILLS.

Inside "Pickleball for Non-Athletes," you'll discover:

- Engaging and easy-to-understand lessons on pickleball basics, making the sport accessible and enjoyable for everyone.
- Expert advice on pickleball techniques and strategies, simplifying complex concepts into practical, actionable tips.
- A deep dive into the essential skills of pickleball, from the fundamentals of the game to advanced tactics, all presented in a lively, easy-to-follow format
- Insightful guidance on developing your unique playing style, leveraging Bob Savar's extensive experience to enhance your natural strengths
- Comprehensive instructions on the art of the pickleball swing, volley, and serve, ensuring you're equipped with the knowledge to play smarter, not harder.
- Practical drills and exercises designed to boost your confidence on the court, helping you transition from a novice to a skilled player with ease.

"Pickleball for Non-Athletes" is more than a guide; it's an invitation to join a community of enthusiasts who share a passion for this captivating sport. Whether you aim to improve your game, stay active, or simply enjoy the social aspects of pickleball, Bob Savar's expert guidance will lead you every step of the way. Prepare to embark on an exciting pickleball adventure that promises fitness, fun, and a new world of sporting enjoyment!

Meet Bob Savar – the passionate pickleball enthusiast behind "Pickleball for Non-Athletes." Bob has taught hundreds of people how to play pickleball over the past several years, and his five books and dozens of blog posts bring together the vast amounts of knowledge and experience he has gained as a teacher of the sport.

Learn more about Bob on his website at bobsavarpickleball.com