

KB PICKLEBALL TIPS



- ➡ PICKLEBALL PADDLE GRIP PRESSURE SHOULD BE ABOUT A 3 OR 4. LIKE HOLDING ON TO A BABY BIRD.
- ➡ GET IN AN ATHLETIC STANCE. FEET SHOULDER WIDTH APART, FOR GOOD BALANCE.
- ➡ WHEN MOVING FORWARD DON'T OUT RUN YOUR PADDLE.
- ➡ WHEN DINKING USE YOUR SHOULDER NOT YOUR WRIST OR ELBOW.
- ➡ HIT AND MOVE. DO NOT HIT AND ADMIRE OR JUDGE YOUR SHOT.
- ➡ SERVE DEEP TO SET UP AN EASIER 3RD SHOT.
- ➡ AIM AT THE TOES, NOT THE NOSE.
- ➡ CHANGE STRATEGIES IF THINGS ARE NOT WORKING.
- ➡ WHEN IN DANGER IT'S OK TO MOVE BACK.
- ➡ HAVE FUN!

FOLLOW KB PICKLEBALL:



 Kevin Beeson



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