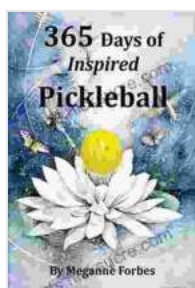


365 Days of Inspired Pickleball: A Journey to Improve Your Game

Pickleball is a rapidly growing sport that is enjoyed by people of all ages and skill levels. It's a great way to get exercise, have fun, and socialize. If you're looking to improve your game, one of the best things you can do is to commit to playing pickleball every day.



365 Days of Inspired Pickleball: Read this book and it will make you a better player...guaranteed!

by Meganne Forbes

★★★★☆ 4.7 out of 5

Language : English

File size : 4955 KB

Screen Reader: Supported

Print length : 174 pages

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In this article, we'll provide you with a day-by-day plan that will help you take your pickleball skills to the next level. We'll cover everything from basic drills to advanced strategies. Whether you're a beginner or a seasoned pro, there's something in this plan for you.

Day 1: Get Started

On your first day, the focus is on getting started. If you're new to pickleball, we recommend finding a local court and taking a lesson from a certified

instructor. This will help you learn the basics of the game and get you started on the right foot.

If you're already familiar with pickleball, you can skip the lesson and head straight to the court. Start by warming up with some light cardio and stretching. Then, practice your basic strokes: the forehand, backhand, and volley. Once you're feeling warmed up, you can start playing some games.

Day 2: Work on Your Footwork

Footwork is essential for pickleball. Good footwork will help you get to the ball quickly and easily, and it will also help you stay balanced and avoid injuries.

There are a few basic footwork drills that you can do to improve your movement on the court. One drill is called the "shuffle step." To do this drill, stand with your feet shoulder-width apart and your knees slightly bent. Shuffle your feet back and forth, keeping your weight centered. As you shuffle, focus on keeping your feet close to the ground and your body low.

Another good footwork drill is called the "lateral slide." To do this drill, stand with your feet shoulder-width apart and your knees slightly bent. Slide your feet from side to side, keeping your weight centered. As you slide, focus on keeping your feet close to the ground and your body low.

Day 3: Practice Your Serve

A good serve can give you a big advantage in pickleball. A well-placed serve can force your opponent to hit a weak return, or it can even win you the point outright.

There are a few different types of serves that you can use in pickleball. The most common serve is the underhand serve. To hit an underhand serve, stand with your feet shoulder-width apart and your knees slightly bent. Hold the paddle in your dominant hand and the ball in your non-dominant hand. Toss the ball up in front of you and hit it with the paddle as it comes down.

Another type of serve is the overhead serve. To hit an overhead serve, stand with your feet shoulder-width apart and your knees slightly bent. Hold the paddle in your dominant hand and the ball in your non-dominant hand. Toss the ball up over your head and hit it with the paddle as it comes down.

Day 4: Practice Your Returns

Returning your opponent's serve is just as important as serving the ball. A good return can put you in a position to win the point, or it can at least force your opponent to hit a weaker shot.

There are a few different ways to return a serve in pickleball. The most common return is the forehand return. To hit a forehand return, stand with your feet shoulder-width apart and your knees slightly bent. Hold the paddle in your dominant hand and the ball in your non-dominant hand. As the ball comes towards you, swing the paddle forward and hit the ball with the face of the paddle.

Another type of return is the backhand return. To hit a backhand return, stand with your feet shoulder-width apart and your knees slightly bent. Hold the paddle in your non-dominant hand and the ball in your dominant hand. As the ball comes towards you, swing the paddle back and hit the ball with the back of the paddle.

Day 5: Practice Your Volleys

Volleys are one of the most important shots in pickleball. A good volley can help you keep the ball in play and force your opponent to hit a weaker shot.

There are a few different types of volleys that you can use in pickleball. The most common volley is the forehand volley. To hit a forehand volley, stand with your feet shoulder-width apart and your knees slightly bent. Hold the paddle in your dominant hand and the ball in your non-dominant hand. As the ball comes towards you, swing the paddle forward and hit the ball with the face of the paddle.

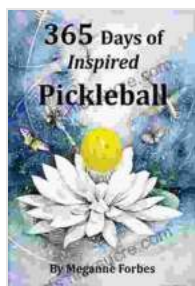
Another type of volley is the backhand volley. To hit a backhand volley, stand with your feet shoulder-width apart and your knees slightly bent. Hold the paddle in your non-dominant hand and the ball in your dominant hand. As the ball comes towards you, swing the paddle back and hit the ball with the back of the paddle.

Day 6: Practice Your Overheads

Overheads are another important shot in pickleball. A good overhead can help you win points outright, or it can at least force your opponent to hit a weaker shot.

There are a few different types of overheads that you can use in pickleball. The most common overhead is the forehand overhead. To hit a forehand overhead, stand with your feet shoulder-width apart and your knees slightly bent. Hold the paddle in your dominant hand and the ball in your non-dominant hand. As the ball comes towards you, swing the paddle forward and hit the ball with the face of the paddle.

Another type of overhead is the backhand overhead. To hit a backhand overhead, stand with



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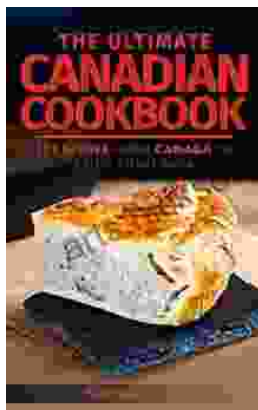
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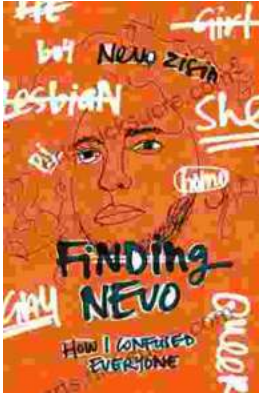
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