

Pre-game Warmup

- Number of Players: 2 (or 4)
 - Skill Level: 1.0+
 - Skill Focus: dinking, footwork, forehand, serves and volley
 - Video Link: [10 Minute Pickleball Warmup](#)
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- **Dinking** – practice dinking parallel then change to horizontal. The goal is to loosen up and hit the ball where you want it.
 - **Step Back Drop** – This drill is designed to help you get a better feel and touch for your ball striking. You and your partner start at the NVZ line, after you hit each ball, one of you should take one step back toward the baseline. After you have reached the baseline continue to move back toward the NVZ line. Then, repeat the same movement for your partner.
 - **Quick Hands** – When players are at the NVZ line, practice getting your hands moving by volleying the ball back and forth.
 - **Serves** – Practice serving from both sides of the court (even and odd court).
 - **Conclusion:** The best way to play pickleball is on the court, and the best way to stay on the court is to warmup properly.

Hit Your Target

- Number of Players: 2 (or 4)
- Skill Level: 2.0+
- Skill Focus: Controlled ball placement
- Video Link: N/A

Consistency and controlled shot placement are key to winning in pickleball. As a beginner, focus on placing your shots strategically, keeping them deep and near the sidelines to create difficult returns for your opponents. Aim for consistency over power to minimize unforced errors from low-percentage, difficult shots. Gradually increase the pace and aggressiveness of your shots as you gain confidence and experience.

Reset Volley

- Number of Players: 2 (or 4)
- Skill Level: 2.5+
- Skill Focus: soft but firm hands, blocking
- Video Link: [Reset Volley](#)

A reset is a defensive shot used to try and disarm, slow-down and minimize an attack underway from your opponents. Resetting the ball is critical to becoming an advanced player.

Dink Technique

- Number of Players: 2 (or 4)
- Skill Level: 2.0+
- Skill Focus: paddle & ball control, ball placement
- Video Link: [Forehand Dink Technique](#)

A soft shot hit on a bounce from the NVZ intended to arc over the net and land within the opposing NVZ either straight across or diagonally crosscourt.

An effective dink arcs downward as it crosses the net, creating a more difficult shot to return than a power shot.

Dinks that land close to the net are the most difficult to return because of the steep angle required to get the ball over the net.