

Avoid These 5 Common Pickleball Mistakes (And Instantly Improve Your Game!)

Hey pickleball enthusiasts! Are you a beginner or intermediate player looking to elevate your game? Pickleball is a blast, but it's easy to fall into some common traps that can hold you back. In this post, we're diving into 5 of the biggest mistakes I see players make on the court, and most importantly, how to fix them to improve your game. **And the best part? I've created individual videos for each mistake so you can see exactly how to correct them!**



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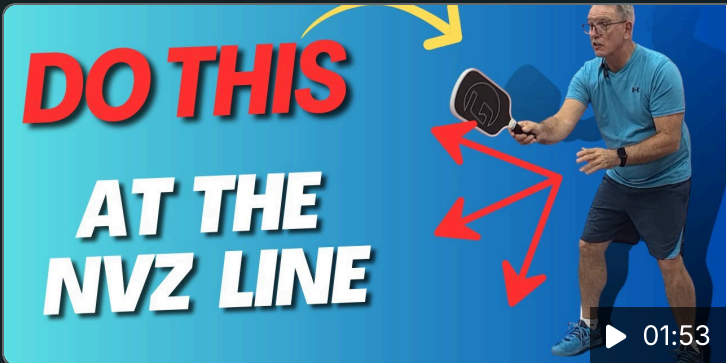
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Mistake #1: Not Being in Ready Position

Many players, especially when starting out, stand too upright or don't anticipate where the ball will go next. This makes it hard to react quickly.

- **The Fix:** Stay low with your knees bent and your paddle up and in front of you. This "ready position" allows you to move quickly in any direction. Think of it like a coiled spring, ready to unleash!
- **Watch this video to see the ready position in action:**



YouTube



How to Make Winning Shots at the Kitchen Line in Pickleball

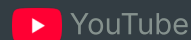
Coach Jeff shows you how this very simple change to how you position yourself at NVZ (kitchen) line will ensure you always make the best shots...

Mistake #2:

Inconsistent Serve

A weak or inconsistent serve puts you at a disadvantage from the very first shot. Many players struggle with getting the serve over the net and into the service box consistently.

- **The Fix:** Practice makes perfect! Focus on a consistent motion, hitting the ball below your waist, and aiming for the deep part of the service court. Don't try to overpower the serve; consistency and placement are key.
- Master your serve with this in-depth video tutorial: <https://www.youtube.com/watch?v=PegG2ixus5Y&t>



Serve hack that gives you an instant advantage over your pickle...

Coach Jeff demonstrates how making an easy tweak to your serve will help you win more points and put your opponents at a disadvantage right at the...



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Mistake #3: Bad Footwork

Good footwork is the foundation of a solid pickleball game. Bad footwork leads to being out of position and hitting weak shots.


- **The Fix:** Focus on small, quick steps. Stay on the balls of your feet and practice shuffling side to side. Good footwork allows you to get to the ball in time and hit it with power and control.
- **Improve your footwork by watching this video:**



 YouTube



89% of Pickleball Players make this fo...

 Are you part of the 89% of pickleball players who make this crucial mistake? It's all...

Mistake #4:

Not Getting to the Kitchen Line (And Staying Back Instead)

One of the biggest mistakes players make, especially at the beginner and intermediate levels, is not getting to the kitchen line (non-volley zone line) quickly enough after the serve and return. Staying back puts you at a disadvantage, making it harder to control the point and win rallies. The kitchen line is where the point is typically decided.



The Fix:

- Make it a priority to move up to the kitchen line immediately after hitting your serve and return of serve. This allows you to take the ball out of the air, put pressure on your opponents, and dictate the point. The video below clearly explains why getting to the kitchen line is essential and demonstrates how to do it effectively.

- Learn why and how to get to the kitchen line by watching this video:



YouTube



Why you MUST get up to the nvz line (non volley zone) aka "kitc...

Show this video to anyone who likes to stay back in "no man's land". Coach Jeff demonstrates why you NEED to get up to the nvz line and how not...

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Mistake #5: Using the Wrong Grip (Or Not Knowing How to Use Your Grip)

Many players use an incorrect grip or don't know how to adjust their grip for different shots. This severely limits their ability to control the ball, generate power, and hit a variety of shots effectively. A bad grip can lead to mishits, weak shots, and even injuries.



- **The Fix:** Learn the continental grip, which is the most versatile and widely used grip in pickleball. It allows you to hit forehands, backhands, volleys, and serves with minimal grip changes. The video below provides a clear explanation of the continental grip and demonstrates how to use it for various shots.

- Master your grip by watching this video:



YouTube

How to hold a pickleball paddle for Maximum Power and Control

Unlock your pickleball potential in just 2.5 minutes! 📌 This quick guide reveals: -How to grip your pickleball paddle - Why your grip might be...

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