

# ■ Pickleball Player's Visual Cheat Sheet ■

## Mindset & Strategy

- **Progress, not Perfection**
- **Drilling makes possibilities**
- Don't play your opponents—play the court
- Don't hit to your opponents' strengths
- Dinks aren't for winning points; they set up attackable balls. Work the point!
- Covering the middle is about positioning, not forehand/backhand ownership

## Shot Selection

- If it's **low, go slow**
- Don't attack the ball if it's **below your knees**
- A dink is a good response to a drop
- You won't get dinks unless you get drops first
- Don't attack the player in front of your partner—protect them from getting jammed
- Don't speed up balls outside your **bubble**. If you do speed up, keep it compact, not a big swing

## Technique Keys - Dinking

- Paddle in front, never behind
- Stop follow-through at belly button (not higher)
- Loose grip = more control; tight grip = pop-ups

## Technique Keys - Drops & Returns

- Backhand drops: imagine scooping ice cream. Paddle scoops under, shoulder drives the motion
- Backhand slice return: firm, compact grip, no long finish

## Reading Opponents

- Watch the wrist, not just the paddle
- Wrist direction = ball direction
- Closer to the NVZ: shift to watching paddle + ball more

## Tempo & Control

- **Slow keeps you in control**
- Compact swings = quicker recovery & less error