

# Pickleball Skills

## Forehand Shot

### MOVEMENT SEQUENCE

1. Grip the racket
2. Rotate body so that non-dominant side shoulder is facing target
3. Swing the racket starting at waist level.
4. Transfer weight from back foot to front foot
5. Swing with a vertical face racket.
6. Upon contact of the ball, rotate wrist slightly forward
7. Step forward with back foot



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### VERBAL CUES

Grip\*Stance\* Swing\* Transfer\* Contact\* Rotate\*Follow-through

# Backhand Shot

## MOVEMENT SEQUENCE

1. Grip the racket with two hands
2. Rotate body so that dominate side shoulder is facing target
3. Swing the racket starting at waist level.
4. Transfer weight from back foot to front foot.
5. Swing with a vertical face racket.
6. Upon contact of the ball, rotate wrists slightly forward
7. Step forward with back foot



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## VERBAL CUES Grip

Stance\* Swing\* Transfer\* Contact\* Rotate\* Follow-through

# Serve

## MOVEMENT SEQUENCE

1. Grip your paddle correctly (Dominant Hand)
2. Hold Pickleball in non-dominant hand
3. Staggered Stance (non-dominant forward)
4. Begin backswing w/Dominant Hand
5. Step forward w/Non-dominant foot
6. Drop the pickleball from waist level
7. Swing Racquet down to contact ball
8. Follow through over non/dominant shoulder

## VERBAL CUES

Shake Hands Ball at Waist \*Staggered Stance Backswing\*Step forward \*Drop  
\*Swing Follow Through

# Spinning the Ball

