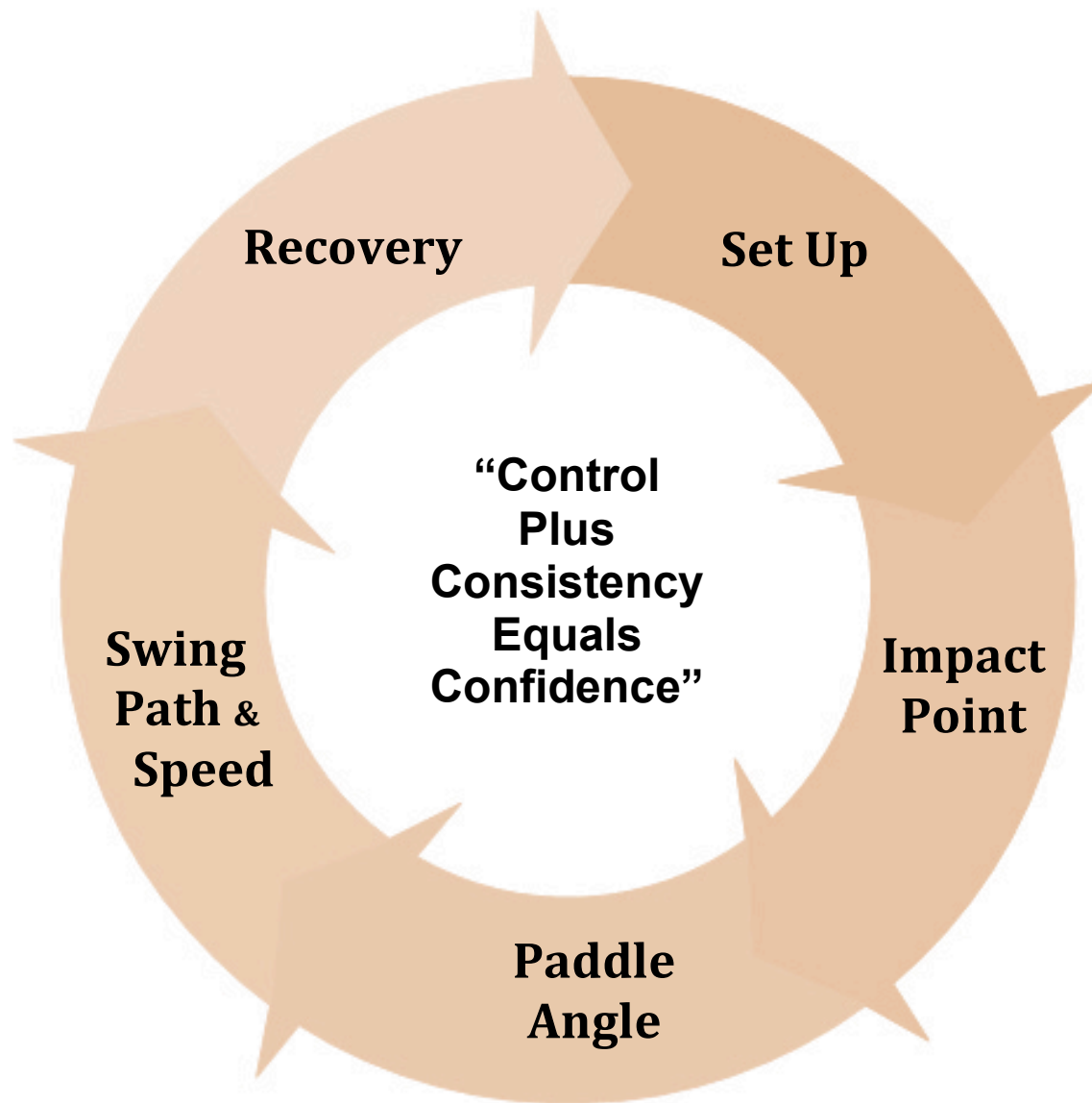


# Troubleshooting and Improving Pickleball Skills



## **Set Up:**

- Correct Grip/Pressure?
- Movement to Ball?
- Body in Right Position?
- Relaxed and Focused?
- Paddle Back?

## **Impact Point:**

- In Front?
- Between Knee and Hip?
- Center of Paddle?

## **Paddle Angle:**

- Paddle Face Tilted Up or Down?
- Level Paddle Face?
- Paddle Direction Aiming Too Far Left or Right?

## **Swing Path and Speed:**

- Low to High or High to Low?
- Level Swing Path?
- Speed of Swing?
- Full or Incomplete Follow Through?

## **Recovery:**

- Move Back into Position?
- Move Forward or Backward as Appropriate?
- Ready for Next Shot?