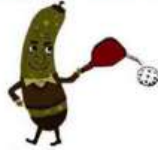


# PICKLEBALL



## ***Pickle's Tip of the Month - 8*** ***Ten Ways to Reduce Unforced Errors*** **(A reminder from Coach Mo)**

1. Step back one foot behind the baseline after serving.
2. Stand one foot behind the baseline when returning the serve.
3. Hit the ball only as powerful as you can be accurate.
4. Keep the ball to your left opponents left foot. Low down the middle.
5. Stay away from sharp angle shots unless you are a 4.0 or 4.5 player.
6. Return of serve should be slow floater so you can get to the NVZ line.
7. Do not try to win points on your serve or return of serve. Win your points at the NVZ line where 80% of all points are won.
8. Always follow the ball and face the opponent who will hit the ball. Split step when your opponent is about to hit the ball. Never be moving when your opponent is hitting the ball.
9. Aim your paddle at your target and keep it motionless for a split second before hitting the ball. Do not rush your shot even if it is an easy one.
10. Make a sound to yourself at the exact point of contact with the ball and your paddle. This ensures you are watching the ball at contact.