

Coaching Tips – Recognizing out of bounds balls

Goal: To let out of bounds balls go

Recognizing when a ball is going out is an important and difficult skill in pickleball.

Drill

- Have one partner at the net and the other partner at mid court.
- Person at mid court will “drive” the ball at the partner at the net.
- Partner at net will drop back onto the right or left foot and turn their shoulder away from the net to see if the ball goes out.
- As the ball is being struck the partner at net calls the ball out or in.
- General rule of thumb is “shoulder high let it fly”.
- Remember to also bring the paddle into the body to avoid the ball accidentally hitting it.