

**\* BEFORE \***

## **Your First “On-Court” Lesson**

**Before our very first formal on-court lesson, I strongly encourage my students/players to do these very easy, but very important things set forth on the next 3 pages right at home, in front of a mirror, or family members, to get familiar with the things that you’ll learn in-person and on-court in our first lesson.**

**This is a terrific way to jump-start your game and you’ll wind up leaving your first lesson feeling pretty good about yourself(s) and your game! And you’ll have all all these pointers at your fingertips so that after the lesson you’ll have a comprehensive bullet point guide to refresh your recollections about what you learned after our lessons together.**

**For newcomers to the game, you can actually get marginally better just playing regulation games with friends, and there’s no doubt that playing can certainly be a lot of fun!**

**BUT**, the downside, pitfall, danger, drawback, ambush, and booby trap (if want to get better, a lot faster), is that if you haven’t had any lessons teaching you the **correct** postures, grips, footwork, swing motions, etc. you’ll wind up ingraining incorrect posture, footwork, swings etc. into your game.

**The **real** downside of this is that once those faults become ingrained, it becomes harder, and it then takes a lot longer to change them. So I can guarantee that you’ll be amazed at how quickly you get better after taking just a couple of lessons!!**

## “Proper Pickleball Posture”

Good pickleball posture is key to playing well !!

Before you even pick up a paddle, learn these few things about the “Ready Position” first!

- ✓ Feet placed approximately below your shoulders.
- ✓ Knees bent a little - if you can do so comfortably
- ✓ Weight about 70% on the balls of your feet
- ✓ Head up
- ✓ Back relatively straight, not bent over
- ✓ Arms/elbows away from your body
- ✓ Your sternum (chest) pointing toward the opponent

Finally, to further improve your game, another key to proper pickleball posture is keeping your back relatively straight up. Bending your back, or stooping over, tends to bring your arms too close to your body. It also may cause balance issues, as your head is too far forward.

Look at the picture to the far right...where is the chest aimed? You’ll note it is aimed at the ground...a position I often note among students who haven’t had a formal lesson.



This “Ready Position” works well in Tennis - But Not in PB



New Beginner (1.0)  
\* Lesson Plan #1 \*  
“PPP”

## The “Ready Position & Paddle Position”

First be in the proper posture as illustrated above  
Grip - use the “handshake” a/k/a Continental grip  
Now arms forward with the paddle, not tucked close to the body

Paddle position should be at waist height

Non-paddle hand placed on the paddle gives you more balance

Paddle at the 12 or 10 o’clock position for righties, 1-2 o’clock for lefties

Gives you a lot more range of motion, especially with the backhand

Check out these very helpful videos from 2 of my favorite coaches in the game on this subject. You’ll get the best from both male and female perspectives:

**Tony Roig:**

<https://www.youtube.com/watch?v=uSWhR25fFA4&t=3s>

**CJ Johnson:**

[https://www.youtube.com/watch?v=cH-f\\_Exj9pk](https://www.youtube.com/watch?v=cH-f_Exj9pk)

Just do these things in the checklists right at home in front of a mirror. I find this is important not just for beginners, because I also see many intermediate players also exhibiting less than perfect posture. Their games could significantly improve by just implementing these fundamental aspects of the game: posture, ready position, and paddle position.

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**\* Lesson Plan #1 \***

**Part 2**

