

How to Beat Anyone at Pickleball

The Winning Mindset

- Be patient – pickleball is about forcing errors, not rushing points.
- Stay positive – adjust and adapt after every point.
- Control the pace – dictate the tempo of the game.

1. Master the Third Shot Drop

- The third shot drop lands in the kitchen and forces a weaker return.
- Use a soft grip and follow through to control accuracy.
- If your shot is too high, stay back to avoid a counterattack.

2. Dominate the Kitchen Line

- Move up to the net as soon as possible.
- Keep your paddle ready for fast volleys.
- Dink patiently and force your opponent into mistakes.

3. Attack Your Opponent's Weaknesses

- Target their backhand – most players struggle with this shot.
- Make them move – hit deep, then drop short dinks.
- Use spin and angles to keep them off balance.

4. Master the Art of Dinking

- Keep dinks low to prevent attackable shots.
- Crosscourt dinks give you more control and margin for error.
- Mix up dinks with short, deep, and angled shots.

5. Use the Drop Shot & Lob Effectively

- The drop shot is useful when opponents are deep in the court.
- Lobs are great when opponents are too close to the net.
- Use a topspin lob instead of a high lob to reduce smashes.

6. Smart Doubles Strategy

- Communicate – call your shots to avoid confusion.
- Move as a unit – don't leave gaps in the court.
- Cover the middle – most shots land in the centre.

7. Stay Consistent & Limit Unforced Errors

- Play high-percentage shots – avoid unnecessary risks.
- Keep the ball low – high balls get smashed.
- Let your opponent make mistakes instead of forcing winners.

Final Thoughts: How to Beat Anyone at Pickleball

- Strategy, positioning, and patience win games.
- Control the kitchen line and force opponents into mistakes.
- Keep adapting, learning, and improving your game.