

7 Ways to Improve Your Two-Handed Backhand in Pickleball

1. Get the Grip Right

- Bottom (dominant) hand: Continental or Eastern backhand grip.
- Top (non-dominant) hand: Natural forehand-style grip.
- Keep hands close but relaxed - no tight gripping.
- Practise dry swings to embed muscle memory.

2. Train the Non-Dominant Hand

- Hit soft balls using only your non-dominant hand.
- Focus on paddle control, wrist stability, and placement.
- Build strength and accuracy on your weak side.

3. Use Legs and Core for Power

- Start with knees bent and shoulders engaged.
- Step into shots and rotate the torso to drive.
- Avoid "arming" the shot-let your body generate momentum.

4. Practise Dinks and Roll Shots

- Work on cross-court dinks using two hands.
- Add mini roll topspin shots for variation.
- Keep dinks low, soft, and purposeful.

5. Sharpen Fast Hands at the Net

- Drill punch volleys with a partner (backhand side only).
- Keep paddle out in front and elbows loose.
- Focus on absorbing pace, not overpowering.

6. Study the Pros

- Watch footage of players like Catherine Parenteau.
- Note paddle prep, stance, and shot variation.

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- Mimic technique in slow-mo drills.

7. Repetition and Consistency

- Wall drills: 100 reps, backhand only.
- Reset drills: Soft touch from transition zone.
- Use cones or targets to add precision goals.

Tip: Set aside 10 minutes of every session to focus purely on your two-handed backhand. Progress comes from intentional, repetitive practice - not just game-time improvisation.