

5 Pickleball Fixes That Instantly Improve Your Game



If you're feeling stuck, inconsistent, or like you're always reacting instead of controlling the point, this list is for you. These aren't magic tricks, but they're the five fastest upgrades I see in my lessons every week.

1. Return Deep Every Time

➤ Most beginners hit short, soft returns. A deep return keeps your opponent back and buys you time to move up.

Mini-lesson: Aim 3 feet inside the baseline, not the line itself.

2. Stop Standing Flat-Footed

➤ If your heels are planted, you're a sitting duck. Light on your toes = faster reactions and smoother footwork.

Mini-lesson: Bounce on the balls of your feet between shots like you're playing defense in basketball.

3. Hit to the Backhand

➤ Especially on returns and drops, most rec players have weaker backhands. Don't make it easy.

Mini-lesson: Know your opponent. If they favor forehands, feed the backhand until they prove otherwise.

4. Communicate Early and Often

➤ "Yours!" "Mine!" "Switch!" Pickleball is a team sport. Silence = lost points.

Mini-lesson: Call every ball out loud, even if it seems obvious—it builds trust and avoids collisions.

5. Use High-Percentage Targets

➤ You don't have to hit the lines. You just need to hit the court.

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