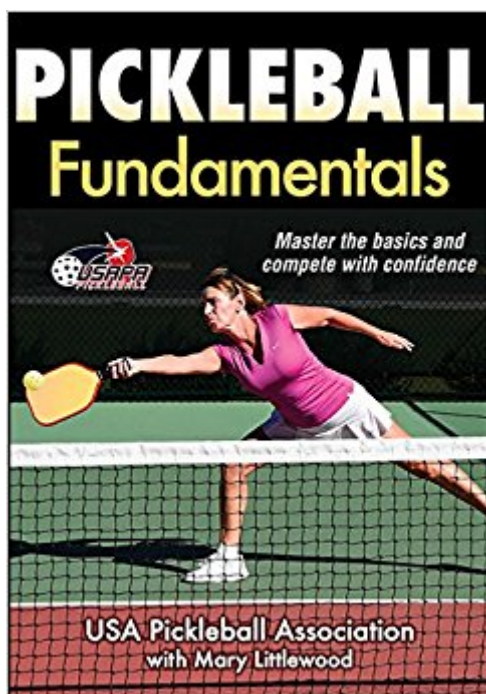


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# Pickleball Fundamentals



## Synopsis

Fast, fun, and competitive: Simply step onto the court and it will be clear why pickleball is booming in popularity. Pickleball Fundamentals is the first book written and endorsed by the USA Pickleball Association. It will teach you the basics of the sport so that you can join the fun on the court right away. Learn proper execution of the sport's essential skills and tactics. All the shots—groundstroke, serve and return, volley, dink, lob, overhead smash, and drop—provide a base for solid technique. More than 40 drills and gamelike activities will speed your learning while improving performance. You'll also find competitive tactics for various scenarios and strategies for both singles and doubles play. So whether you are new to the sport or one of the growing number of pickleball fanatics, Pickleball Fundamentals is the best way to master the basics and compete with confidence. v

## Book Information

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## Customer Reviews

When I was in college I took some sports classes. Because of transcript issues, I ended up taking 4 different classes: racquetball at junior. college, swimming, basketball, and the last sports class I took was pickleball. I don't remember what year I took it, but it was some time in the George H W Bush administration. Pickleball is a combination of tennis, badminton, and ping pong, which are all sports that I enjoy. I really liked the class, but in the 25 or so years since taking it, have not played it or seen anyone playing it or offering it. That is until earlier this year when I noticed it as an open gym activity at our local park district. Shortly after that I received a copy of Pickleball Fundamentals with the caveat that I review the book. This was all the incentive I needed to get back on the court again. Pickleball Fundamentals is a quick fun read. It is engaging, encouraging, and unlike many how

to sports books, does not read like stereo instructions. I had read most of it by last Tuesday when I returned to the pickleball court after the aforementioned quarter century hiatus. While reading the book didn't help my play all that much, it did get me back on the pickleball court and back again today. As I go back each week I plan to teach my wife Amy how to play as well. I also plan to do the useful practice exercises and warm-up's the book recommends. Unlike many books that you read and never pick up again, I foresee reviewing Pickleball Fundamentals on a regular basis to help improve my game. I would encourage anyone to go out and buy this book in conjunction with finding a place to play pickleball. It is truly a game for all ages.

Good learning manual for both the beginner and seasoned player. The beginner learns the PROPER way to pose, execute, and strategize right from the beginning instead of having to change "bad" habits. The seasoned player can easily recognize techniques that might be beneficial to incorporate into their own style. Would be a great teacher's manual for clubs or educational programs as the techniques are laid out and explained in a step by step process and most importantly, there are easy to follow diagrams for group practice sessions. Each chapter follows the same outline focusing on one skill, it's technique, execution, application, practice, and strategy, including multiple pictures of actual players in stop-play demonstration.

So you think you know the sport of Pickleball? Whether just beginning to play for exercise, or have the desire to "master" the various skills,. . . . Pickleball Fundamentals will meet your goal to improve your game! The "easy to understand" techniques of game will help you to have more fun, while increasing your efficiencies on the court! Also, the many illustrations actually "show" how to improve or gain a high level of performance in all aspects of Pickleball. It is not only a "good read", but a must for your sports library. Get the most from the game! Understand & Apply the Fundamentals!

If you are new to the game this is a great book to get you started playing Pickleball! Has a good explanation pertaining to scoring, which is a little complicated and takes a while to learn. After a few games it is still a good reference.

Pickleball Fundamentals is a great training tool for new as well as experienced players. After playing for 4 years I found the book a wonderful refresher on the basics of the sport as well as a training tool for practice. It is clearly written and combined with the charts and photos it explains the skills

required to play the sport and compete on all levels. It would be an excellent purchase for players of all levels. Beginners will find it helpful as they learn the sport. More advanced players will be reminded of the basics and that will improve play. Well worth the money.

A great comprehensive book on a really fun game! It covers the basics to advanced strategies. Since reading the book, I have been motivated to improve my game by not only playing but to get out and practice too. Lots of drills are included in the book along with diagrams on how to do them. There are also great pictures and diagrams on skills and shots. Today I bought two more books for birthday gifts!

Some while back a bunch of my friends and co-workers were talking about playing pickleball. I had no idea what it was. So, I did a search and discovered how exciting and fun it could be. But, how to learn the fundamentals! So, I was happy to read this book that gave me that and helped me master the game. Written by the USA Pickleball Association with Mary Littlewood, it is written well and provides all you need to know to become great at this game. The diagrams and photos are very helpful. You'll learn how to master the forehand and backhand and even how to serve backhanded. You'll learn to execute the lob. And to defend against the lob. It's all here. If you want to learn pickleball, get this book now.

Just finished it and am eager to start on some of the drills. There is so much information (a lot that I didn't know) I'm sure I'll be referring to it often. Clear text with great pictures --Great Buy

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