
Paddle Control Drills

These drills will help you to improve your paddle skills as you improve your contact point and focus. You will be able to do these 5 simple drills anywhere (no court needed). All you need is your favorite paddle and a pickleball. For each of these self rally drills, hold the paddle in the continental grip (like you would hold a hammer). One reason to hold the paddle this way is because you won't have to change your grip between forehands and backhands, especially when the ball comes fast to you.



Ups: Thumb Up

This drill helps you to improve contact on your forehand side. Hold the paddle with your thumb facing up. Keep the paddle in front of you and hit the ball about eye level for best control.

Drill: Hit the ball up for a consecutive number of hits without the ball touching the ground. Try to beat your total each time you attempt this.



Ups: Knuckles Up

This drill helps you to improve contact on your backhand side. Hold the paddle with your knuckles facing up. Keep the paddle in front of you and hit the ball about eye level for best control.

Drill: Hit the ball up for a consecutive number of hits without the ball touching the ground. Try to beat your total each time you attempt this.



Flip Flops

This drill helps you to improve your contact on both the forehand and backhand side. Keep the paddle in front of you as you alternate between thumb up and knuckles up, flip flopping the paddle.

Drill: Hit the ball up for a consecutive number while alternating between the thumb up and knuckles up position. What's your high score?



Edgies

This drill helps you improve your focus as well as making better contact. Hold the paddle in the continental grip and hit the ball up about eye level with the edge of the paddle.

Drill: Hit the ball up for a consecutive number. See how many times you can hit the ball in the air.



Cradle the Baby

This drill helps to absorb the ball with your paddle. This will help you to reset a ball hit hard to you. Hold the paddle in the continental grip.

Drill: Toss the ball up with your hand. As the ball falls down, catch the ball on your paddle (cradle) without the ball bouncing back up. Attempt to catch the ball by tossing it to different heights. The higher, the more difficult. **Tip:** Bring the paddle down with the ball and then slide underneath the ball.