

Highlands Pickleball Association

Instruction Videos

Recommended videos for intermediate and advanced players:

- Prime Time Pickleball videos [Link](#)
- Simone Jardim videos [Link](#)

Recommended for all play levels:

- Pickleball Kitchen [Link](#)
- Better Pickleball [Link](#)

Must watch for all players:

Body position, paddle position, court position [Watch](#)

Top 10 Beginner mistakes [Watch](#)

Intermediates: 9 mistakes to fix now! [Watch](#)

Basics:

Pickleball Grip [Watch](#)

Paddle up ready position [Watch](#)

Minimizing mistakes with paddle ready position [Watch](#)

Ready position [Watch](#) ***Must watch for 50+ players!!***

How to hit with accuracy [Watch](#)

Shot 1—Serve:

Beginner/Intermediate:

Legal and effective [Watch](#)

2 keys to serve: [Watch](#)

Why hit it deep? [Watch](#)

Intermediate/Advanced:

5 tips for consistent serve [Watch](#)

How to serve like the pros [Watch](#)

Pro serving technique [Watch](#)

Help with serving yips [Watch](#)

Topspin serve [Watch](#)

Backhand Serve [Watch](#)

Shot 2 – Return of Serve

Beginner/Intermediate:

Return of serve controls the point [Watch](#)

The soft return [Watch](#)

Get to the kitchen line! [Watch](#)

Watch your partner hit the return of serve! [Watch](#)

Groundstrokes with Sarah compact swing, forward weight transfer [Watch](#)

Intermediate/Advanced:

Return of serve slice/simone [Watch](#)

Backhand slice/jordan [Watch](#)

Backhand slice/mark [Watch](#)

Groundstroke foot position and weight transfer/jordan [Watch](#)

Forehand drive/michele [Watch](#)

Backhand groundstroke mechanics/jordan [Watch](#)

How to use spin [Watch](#)

Shot 3— Drop, Drive/Drop, Split Steps

Beginner/Intermediate:

The third shot and why it's important [Watch](#)

Third shot success/Weinbach [Watch](#)

Drop shot mechanics [Watch](#)

Drop shot drill [Watch](#)

Split step to the net [Watch](#)

Basic 3rd shot drop/Sarah [Watch](#)

3rd shot drop low to high/Mark [Watch](#)

3 keys to the drop shot [Watch](#)

Intermediate/Advanced:

3rd shot transition to net/jordan [Watch](#) *Very important video for all skill levels!!!*

Scott Moore drop shot [Watch](#)

When to use a 3rd shot **drive**/jordan [Watch](#)

Drop shot height and trajectory [Watch](#)

How to improve your 3rd shot drop drill/Simone [Watch](#)

Slice vs topspin on drop shot/jordan [Watch](#)

Two-Handed Backhand Topspin Drop/riley!!! [Watch](#)

Reset shots:

Intermediate/Advanced:

Don't get stuck mid court [Watch](#)

Defend with a reset shot/jordan [Watch](#)

Tips for strong volleys/jordan [Watch](#)

On defense — give yourself time [Watch](#)

Transition reset shot from low contact point/jordan [Watch](#)

Block volley drills/simone [Watch](#)

Volley after bad drop shot/riley [Watch](#)

Attacks and resets with slow mo shot analysis! [Watch](#) **Must watch**

Net Play — dinks, blocks, volleys

Beginner/Intermediate:

The what and why of the dink [Watch](#)

5 good dink habits [Watch](#)

Sarah Ansboury basic dink [Watch](#)

Unattackable dinks/Weinbach [Watch](#)

NVZ Line positioning/Weinbach [Watch](#)

Fix your "dead" dinks [Watch](#)

Dink strategy — move your opponent! [Watch](#)

Defend against hard hitters with block [Watch](#)

Intermediate/Advanced:

Improve your dinks/simone [Watch](#)

Footwork at the NVZ line/Simone [Watch](#)

Dink and recovery footwork drill/Simone [Watch](#)

Cross court dinks/simone [Watch](#)

Volley dink/jordan [Watch](#)

Drop Volley - Soft hands [Watch](#)

How to diffuse the banger [Watch](#)

The Block Volley/lucy [Watch](#)

Punch Volley put away [Watch](#)

Backhand Volley/tyson [Watch](#)

Ball machine volley drill/simone [Watch](#)

Modern Two-Handed Backhand Dink/riley!!! [Watch](#)

Fantastic net play with point breakdown! [Watch](#) **Must watch**

Partner Skills: ***Must watch!!!***

Move with your partner [Watch](#)

Watch your partner hit return of serve! [Watch](#)

Don't run to kitchen too fast! [Watch](#)

How to move on your team's 3rd shot [Watch](#)

When to move forward/stay back on drop or drive [Watch](#)

Playing lesson with a Pro!

Watch Pro Scott Moore play with and give tips to 3 good players:

Game 1 [Watch](#)

Game 2 [Watch](#)

Game 3 [Watch](#)

Rules:

Non-Volley Zone (kitchen) [Watch](#)

Lines — Is the ball In or Out? [Watch](#)

Attention Tennis players

Pickleball is **not** tennis or even mini-tennis. These videos show you the key differences —

Pickleball basics for tennis players [Watch](#)

The what and why of the dink [Watch](#)

Drop shot drill [Watch](#)

Featured match

These 4 pro men show us how it's done! Drives, drops, defensive resets, dinks, blocks, lifts, ATPs. You'll never see better quality kitchen play. These guys can hit the ball hard, but most importantly they are masters of the patient game. One of the rallies has 71 shots of classic pickleball!! Watch this 3-game match until the very end! [Watch](#)

Dave Weinbach Playlist:

Highlights Video [Watch](#) ***Must watch!!!***

Grip pressure/Weinbach [Watch](#)

Unattackable dinks/Weinbach [Watch](#)

Unattackable shots/Weinbach [Watch](#)

Impact Zone/Weinbach [Watch](#)

NVZ Line positioning/Weinbach [Watch](#)

Third shot success/Weinbach [Watch](#)

Respect the net/Weinbach [Watch](#)