



Fast-Tracking Pickleball Improvement

Lisa C. Duncan, courtesy of GAMMA Sports

I. Evaluate where you currently are skill-wise and determine where you want to be.

- “If you don’t know where you are going, you will probably end up somewhere else.” -Lawrence J. Peter
- Using the Ratings Chart determine the aspects of your game that are limitations and set realistic goals that are specific and achievable

II. Know the difference between “drilling” and “situational practice” and why one has proven to be much more effective than the other.

- Simply drilling has minimal transfer to actual game-play
- Situational Training = the balance of “what to do” (tactics) and how to do it (technique)

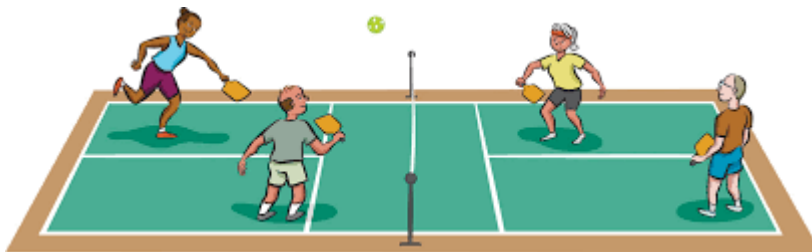
III. Prepare practice sessions with purpose and attention to detail.

- Segment Goal → Specific Skill Practice (technique) → Integration Game
- Court Aides: Chalk, Vinyl Spots, Targets

IV. Develop a resource library.

- YouTube
- Books
- Notes from clinics and lessons

V. The top three reasons why people play racket sports are friends, fun and fitness. Be sure to include FUN in all of your practice sessions!



Reference for competitive games and drills: **Target Zones: Practicing Pickleball with Purpose**. Written by

Lisa C. Duncan and Diane Ahern. Published by GAMMA Sports.

<https://gammاسports.com/products/pickleball/target-zones/>

Use code: “Lisa 25” for 25% discount on all GAMMA products.