



**PICKLEBALL
PETE
SAYS**

There Are Only Two Places You Should Be on the Pickleball Court!



At The Kitchen (The NVZ / No-Volley Zone)

Toes close to the line - about an inch away, ASAP. Not "near the kitchen." "At the kitchen!"
When you are at the kitchen, you are shielded by the net, it protects your feet.

On your side of the court, the area between the baseline and the kitchen is known as "No Man's Land." When you are in this nasty awful spot, you open up angles for your opponents. Your feet are exposed. It's easier for your opponents to hit the ball at your ankles.

When you're forward at the kitchen, you are cutting off the angles, you're like a hockey goalie defending against a breakaway by skating forward.

When you're in No Man's Land, you often have to hit the ball defensively, and you will often hit the ball ↑up↑, often too high, giving your opponent an opening to put the ball away.

Behind the Baseline

When you are serving, receiving the serve, or making the "third shot," you should be behind the baseline. You want to hit the ball with your weight forwards, so you can easily move up to the kitchen as soon as possible.