



Pickle's Ten Commandments!

- 1. Always warm up prior to playing. Play safely...never on a wet court...always call "BALL ON COURT" and never chase your ball onto another court. Never run backwards!**
- 2. Keep your eyes on the ball, watch the ball come off your opponent's paddle, and always watch the ball hit the center of your paddle.**
- 3. Square your body to your opponent who will hit the ball.**
- 4. When your team is serving, stay behind the base line, watch for server foot faults and wait for the return of serve to bounce before hitting it.**
- 5. When your team is receiving, try to return the ball soft and deep, and quickly move to the NVZ line (kitchen). Be prepared to stop short, if necessary to hit your opponent's shot, and then get to that NVZ line!**
- 6. Remember, the harder you hit the ball, the faster and harder it will be coming back to you!**
- 7. Third shot soft and low into the NVZ...try to get into a dink game and be patient and wait for an opportunity to put it away (quickly hitting it to an open spot)!**
- 8. Never try to hit at an opponent! The most effective 'slam' or 'smash' is at the opposite hand ankle (Left ankle of a right hander, right ankle of a left hander)**

- 9. You must be successful with your serves. Don't try to be slick or fancy with spins or speed...the only time you can score a point is after a successful serve!**

- 10. Learn the rules! Find time to practice or drill. Have fun! Get a good workout!! Remember it's only a game!**