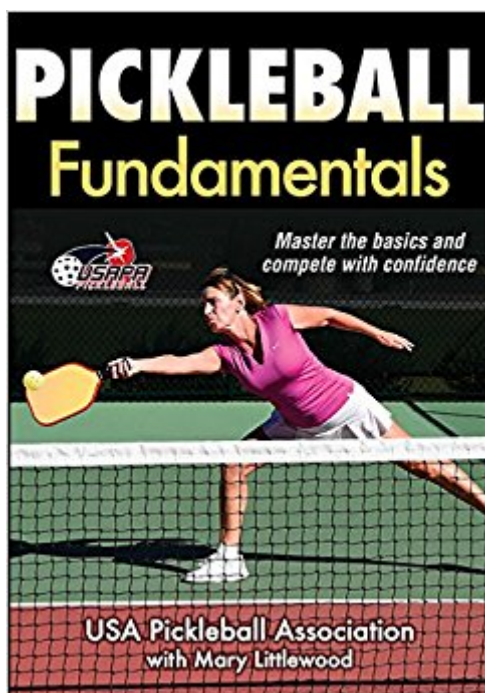


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# Pickleball Fundamentals



## Synopsis

Fast, fun, and competitive: Simply step onto the court and it will be clear why pickleball is booming in popularity. Pickleball Fundamentals is the first book written and endorsed by the USA Pickleball Association. It will teach you the basics of the sport so that you can join the fun on the court right away. Learn proper execution of the sport's essential skills and tactics. All the shots—groundstroke, serve and return, volley, dink, lob, overhead smash, and drop—provide a base for solid technique. More than 40 drills and gamelike activities will speed your learning while improving performance. You'll also find competitive tactics for various scenarios and strategies for both singles and doubles play. So whether you are new to the sport or one of the growing number of pickleball fanatics, Pickleball Fundamentals is the best way to master the basics and compete with confidence.

## Book Information

Paperback: 176 pages

Publisher: Human Kinetics; 1 edition (May 27, 2015)

Language: English

ISBN-10: 1492504130

ISBN-13: 978-1492504139

Product Dimensions: 6.9 x 0.5 x 10 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 40 customer reviews

Best Sellers Rank: #52,724 in Books (See Top 100 in Books) #21 in Books > Sports & Outdoors > Individual Sports > Tennis #22 in Books > Sports & Outdoors > Racket Sports

## Customer Reviews

The USA Pickleball Association (USAPA) originated in the mid-1980s and became the official governing body of pickleball in 2005. Its mission is to promote the growth and development of pickleball throughout the world. This organization provides players with official rules, sanctioned tournaments, rankings, promotional materials, and training. The number of dedicated pickleball courts in the United States is increasing 50 percent each year. Mary Littlewood taught physical education and coached various sports at the university level. She was head softball coach and head volleyball coach of the NCAA Division I program at Arizona State University. After retirement, Littlewood discovered pickleball. She began competing in the Arizona Senior Olympics, Huntsman World Senior Games, and other tournaments, earning several gold, silver, and bronze medals. This

success merged with Littlewood's enthusiasm for the game and education, leading her to teach pickleball in clinics all over Arizona. She wrote *The History of Women's Fastpitch Softball: The Path to the Gold*, published by the National Fastpitch Coaches Association. She also is the author of *Teaching for Success in Pickleball*, *Drilling for Success in Pickleball*, and *Pickleball: A Guide for Teaching*. She published *From Rags to Riches*, a memoir of her experiences at ASU from the pre- to post-Title IX years. Littlewood currently writes a Coaching Tips column for her pickleball club website.

I was thrilled to find this book because we are adding this sport to our church FOCUS sports camp for the first time this summer and I will be the director for it. I was looking for a complete book that included tips, instructions and drills. This book has it all! It covers all the different shots and gives an explanation of when they should be used in a game. Everything that is addressed is also shown with pictures or diagrams to help the reader understand. It even has checklists as to what adjustments to make when you find yourself making the same error repeatedly. I highly recommend this book to anyone who is serious about learning to play Pickleball well or anyone who is in a position to teach others how to play.

I am a beginner and find this book very helpful. In addition to advice and strategy, it even has drills to help develop various skills.

Good beginners book, some advance tips.

Good basic fundamentals of a growing sport.

Just what my son wanted as it was a gift to him. He was wanting the basics.

Really informative

Great book for all pickleball players.

Great Pickleball instructions on everything you need to know to play the game. Step by step strategy recommendations to get started.

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