

## **F O R E W O R D**

If you've had a chance to read any one of our publications, TIPBITS YEAR ONE, TWO, THREE, FOUR or FIVE, then you would know that these publications are the result of being encouraged by PB leaders in our community to *give back* to the sport, and then subsequently, recognizing that *giving back* can be a (better) way of life...

In other words, it's become even more evident to us that..."when you *give back* you *get back* more than you *give back*"!

TIPBITS publications are provided to you and others as a *gift* and we hope that YOU too will feel the reward you get from *giving back* in some/anyway to others, especially those in need!

We encourage you, actually, we challenge you, to find your own way to *give back*... use your own resources, your own abilities or your own time to *give back*... some HOW!

We've created a website, TIPBITS.ORG, that presents its readers with numerous options to do just that, *give back*...It provides a description of options by category and a link to them...should you be unfamiliar with them or question their effectiveness, there is also a link to Navigator, a website whose sole purpose is to evaluate and critique each charity...

Or you may already know someone right now who is in need...don't put it off, don't waste another day...they can be your family, your friends, your neighbors or anyone in need...make it YOUR goal today...that's our goal...

**“HELPING OTHERS HELP OTHERS”**

...and to spark that same feeling in you to try it yourself!

So thank you for *giving back*!

See HOW to *give back* (or get books/articles) at TIPBITS.ORG!

**TIPBITS YEAR ONE**  
**Table of Contents**  
**(in Logical Sequence by Category)**

**Mottos and Mantras**

- #1 **Come to the Party**...the game IS won at the net AND is lost at the baseline
- #11 **You've Got to Earn the Net**...you need to hit the right shot, you can't just rush the net
- #18 **Beating the Good Teams**...with Patience and the mantra “Low and Slow” and “High and Hard”
- #49 **How Much is Too Much**...consider “Never Hit the Dollar Shot When the Nickel Shot Will Do”

**Strategies and Tactics**

- #2 **Return and Get to the Net**...return the ball into play and GET TO THE NET...NO excuses
- #3 **Return of Serve Option 1**...hit it SOFT and HIGH and DEEP and to the MIDDLE
- #4 **Another Return of Serve Option**...hit the return on the RISE on your way to the net
- #5 **The Aggressive Return of Serve**...plan ahead as to WHO and WHERE and hit with control
- #6 **Where to Stand to Serve**...both players must stand behind the baseline and wait until the return is hit
- #7 **Where to Stand to Serve Part 2**...favor your best shot(forehand) by standing as far left as possible
- #8 **Look for the Gift on the Third Shot**...if the returning player does NOT come to the net, hit to him
- #9 **Third Shot Where**...either drop it, drive it or lob it BUT put it down the middle
- #12 **Let's Talk Communication**...strategy before, issues during(Say It Early) and lessons learned after
- #13 **More Communication**...the player with the Forehand should take the Third Shot unless called off
- #14 **Whose Ball is it**...remember the 3 F's...the Forehand, the First one there and the player in the Flow
- #25 **The Poach**...definition, communication's role, how, when and why to poach
- #29 **The Hard Drive and Singles**...a discussion on the hard drive and its use in Singles play
- #32 **Are You the Weakest Player on the Court?**..If so, limit your errors, don't be a hero and keep it low
- #33 **What Side Am I On?**...Even score, first server, right side; Odd score, first server, left side
- #34 **What is the Power Formation?**...putting your strongest attributes where they will do the most good
- #35 **Positioning for the Power Formation**...where to stand for the Power Formation to begin each point
- #36 **The Power of Positive Re-enforcement**...provide positive feedback to add confidence to your team
- #37 **The Third Shot Dilemma**...approach the net together only on a quality Third Shot
- #38 **Watch the Return**...to see if it's in and to see where it's headed so you can be better prepared
- #39 **The Lob in Pickleball**...the many uses for the least likely shot to be effective
- #41 **Other Lob Options**...the Lob Volley, how and when to use it
- #43 **Drill Half as Much as You Play**...the importance of practice and some drills to help you improve
- #44 **Neutralize Your Opponents**...put your team on equal terms with the receiving team ASAP
- #45 **Drills That Help**...description and value of the 3 and 7 ball drills and the 4 serve drill
- #46 **The Mental Side**...a discussion of the non-physical attributes of the top athletes in the world
- #47 **More on the Mental Side**...the role Focus plays in achieving your maximum potential
- #48 **Focus and Confidence**...how and why to add Confidence to your non-physical skills
- #51 **Learn From Your Losses**...categorize your losses and do something different next time
- #52 **Learn More From Your Losses**...complete a Loss Q and A listing pros and cons of your loss

**Mechanics and Techniques**

- #15 **Ready Positions**...at the Baseline and at the Net with special emphasis on the Paddle Position
- #16 **What Grip**...the shape of the paddle's grip and how to hold it and when to use it
- #17 **More on the Grip**...rationale for using the Continental Grip and when Not to use it
- #19 **Your Best Shot or Your Favorite Shot**...humor your partner, make your Favorite shot your Best shot
- #21 **Spins**...a discussion of the variations, definitions, impact on the ball and results of their use

**#22 Topspin Uses**...when and why to use, limits of their use and likely expectations

**#23 Hitting Topspin**...understanding how, techniques for and considerations when using topspin

**#24 More Topspin**...discussion on practice and how to practice plus advanced techniques

**#26 The Angled Touch Drop Volley**...a discussion of this specialty shots' what, why and when to use

**#27 Hitting the Angled Touch Drop Volley**...how to practice and 2 techniques on how to hit the shot

**#31 Improving Your Reaction Time**...being ready and focused mentally and physically

### **Insights from Top Players**

**#28 National Champion's Insights-Jerry Peterson**...work on your 3<sup>rd</sup> Shot and “It's a great day for PB”

**#42 National Champion's Insights-Rachael Kroog**...there is always more to learn and room to improve

**TIPBITS YEAR TWO**  
**Table of Contents**  
**(in Logical Sequence by Category)**

**Mottos and Mantras**

- #54 **Be Consistent**...use your best shots, learn your opponents and try not to be predictable
- #61 **Soft Game Mechanics**...Limit the Variables...hold the paddle properly and in the same way
- #103 **Back to Basics or The Big Three**...Watch the ball, bend your knees and move your feet

**Strategies and Tactics**

- #53 **Keep the Net**...considerations for keeping control of the net if you're the Receiving team
- #56 **Championship Won with the Soft Game**...summary of the Final's strategy and the Video
- #57 **Your Turn to Help Another**...bring in some new players and help out some others...be a Coach
- #58 **Don't Get Aced**...where to stand and why when you are the Receiving team
- #59 **Why the Soft Game**...use the soft game to even your chances against most opponents
- #67 **What's Your Take Away?**...benefit by competing in and/or watching large tournaments
- #71 **Over the Net**...the most important shot...In Play...don't make mistakes
- #75 **The Seven Deadly Sins**...from never miss a serve to never miss an easy shot
- #76 **Calm or Intense**...the pros and cons of each mental and physical attribute
- #78 **Good for Everyone**...finding the best way to improve your percentages...Rally Scoring
- #82 **The Role of the Square Volley**...Why it is the most important shot
- #88 **Mixed Doubles Etiquette**...using good sportsmanship when playing with or against a weaker player
- #91 **Competitive Play Versus Open Play**...Who to hit to and When and Why
- #92 **Is 50/50 Good Enough?**...Don't initiate a Rapid Volley Exchange
- #95 **Recapping Insights**...How this Married Couple has Success at Mixed Doubles
- #96 **Change of Pace**...What is the Point of Using a Lob Serve or a Lob Return
- #101 **A 30 Minute Lesson**...Keep track of your errors to see where you can improve
- #102 **Service Ace or Winner**...Some thoughts on why and how to hit a more aggressive Serve

**Mechanics and Techniques**

- #55 **Practice or Play**...combine both with the Plus/Minus Game
- #61 **Soft Game Mechanics**...Limit the Variables...hold the paddle properly and in the same way
- #62 **Soft Game Strokes**...hitting flat and then adding the three spins
- #63 **More Soft Game Strokes**...practice the basics, then combine spins to be more effective
- #64 **Backhand Diagonal Shots**...Don't be Predictable...change location, pace and spins
- #65 **Footwork at the Net**...you'll need some specific techniques to move about the net
- #66 **Pick Up the Ball**...learn how to predict the ball's flight and direction ASAP
- #68 **See the Ball?**...learn how to watch the ball THROUGH contact
- #72 **Avoid Injuries**...Warm Up and Stretching guidelines
- #73 **Avoid Injuries by Stretching**...Why, What and How plus Sources for specific stretches
- #74 **The Dynamic Warm Up**...a discussion about a variety of warm up routines versus stretching
- #77 **Making the Right Decision**...consider all the factors before buying a new paddle
- #79 **Steps to the Net**...how to get to the net using the split step and the stop volley
- #83 **Practicing with 2 Players**...the three most common drills for two players
- #84 **More Practice for 2 Players**...a bunch more drills for 2 players
- #85 **Practice with 3 Players**...adapting 2 player drills plus the "Hot Spot" and "Cut Throat" drills
- #86 **Practice with 4 Players**...doing 2 player drills plus Dink and Snap games and "5 Serves" drill
- #87 **What is the Square Volley?**...hitting the volley with your body "square" to the oncoming ball

- #89 Practice with 1 Player**...using a bang board or the new Pickleball-specific ball machine, “Simon”
- #97 Chip and Charge-What is it?**...Discussion about and the Description a of it
- #98 Chip and Charge-How to do it**...Description of the Mechanics of the Footwork and the Shot
- #99 Chip and Charge-Follow Up**...Further Discussion on the Use of Placement and/or Pace
- #104 Why Protective Eyewear**...The reasons for wearing protective eyewear and some various options

### **Insights from Top Players**

- #69 National Champion's Insight-Pat McKenny**...the most important shot is over the net
- #81 Insights from a National Champion-Deb Harrison**...Most Important shot is the Square Volley
- #93 Insights from a National Champion-Diane Bock**...Tips for Playing Mixed Doubles
- #94 Insights from a National Champion-Marc Bock**...More Tips for Playing Mixed Doubles

**TIPBITS YEAR THREE**  
**Table of Contents**  
**(in Logical Sequence by Category)**

**Pickleball Correct**

- #109 **Your Turn?**...if you've benefited from Pickleball, why not give back by being a referee
- #111 **Courtesy and Safety**...Some basic etiquette for manners on the court
- #112 **Welcome**...Being courteous on the court really means welcoming all and accepting everyone
- #124 **Are Leagues for You?**...Some great reasons why you should join a league
- #125 **Start a League**...An introduction to considerations required to start a Pickleball league
- #126 **More on Starting a League**...Some particulars on formats, recruiting, drafts and scheduling
- #127 **Introduction to Ratings**...Definition of, evolution of, and current rating guidelines
- #128 **The Need for Ratings**...Why ratings are of so much value for open play, leagues and tournaments

**Strategies and Tactics**

- #107 **The Fifth Shot**...if you can't make an effective Third Shot, try this approach
- #108 **Fourth Shot Options**...keep them back OR drop and angle it short
- #113 **Brought Your Knife?**...What to do if you're outgunned on the court
- #114 **Gunfight at the OK Corral**...It's OK to play YOUR own way...it's all about having fun
- #119 **What's Your Take Away(2 of 2)?**...Learning by watching and Learning by doing
- #122 **The Worst Mistake**...A discussion of some of the worst mistakes you can make
- #123 **Retreat or Hold Your Ground**...Options to consider when you hit a short lob
- #129 **You and Your Partner**...the importance of being in sync or on the same page as your partner
- #131 **Indoors or Outdoors**...a list of the many differences in the two playing venues
- #132 **What's Your Preference?**...a discussion of the minor differences between indoors and outdoors
- #133 **Positive or Negative Impact?**...a discussion about most of the obvious venue differences
- #134 **The Ball**...why the ball may be the single biggest difference playing indoors versus outdoors
- #135 **High Road or Open Road**...a discussion of Percentage Pickleball when choosing a target
- #136 **Too Early**...a consideration about timing as it relates to Percentage Pickleball
- #152 **Goal for Today**...when playing games, to improve, consider just one goal
- #153 **The Middle Man**...the Returning team's best use of the non-Returning partner

**Mechanics and Techniques**

- #105 **The YIPS in Pickleball(1 of 2)**...what it is and some solutions/cures
- #106 **The YIPS in Pickleball(2 of 2)**...more solutions plus equipment changes that help
- #115 **Can SIMON Help?**...Yes and here's how to get a ball machine for you and others
- #116 **Can Someone Help SIMON?**...Streamline your ball machine practice with the Pickleball PIC
- #137 **Moving On**...an introduction to getting better or improving your game
- #138 **Your Assessment**...analyzing the status of the various components of your game...a Fix List
- #139 **Moving On(Advancing Beginners)**...start with the basics...placement/control and consistency
- #141 **Moving On(Advancing Beginner-Part 2)**...the importance of and mastering the Volley
- #142 **Moving On(Advancing Beginner-Part 3)**...the number One PB strategy...getting to the net
- #143 **Moving On(All Levels)**...examining the status of your game using a Fix-it List
- #144 **Moving On(Percentages)**...assigning values to the effectiveness of items on your Fix-it List
- #145 **Moving On(From a Beginning Intermediate)**...why and how to Move On with time and practice
- #146 **Moving On(From a Advanced Intermediate)**...why and how to add the Soft Game to Move On
- #147 **Moving On(From an Advanced (4.0) Player)**...how to up the ante to Move On to the top
- #148 **Cushion It**...the important parallel between your shape and your shoes

- #149 **React to a Wide Angle**...adding some options to your game to deal with wide angles
- #151 **Get a Grip**...grip sizing, available products and methods for getting a better grip
- #154 **Improve Your Focus**...several drills that help you learn to increase your focus
- #155 **Spin Trends**...trends in the use of more Spin and manufacturers' support of more Spin
- #156 **Spin Trends(Use)**...paddle differences, impact on the ball and good uses for Spin

### **Insights from Top Players**

- #117 **Insights from a National Champion-Carol Lindow**...Have a wide variety of shots
- #118 **Insights from a National Champion-Jackie Faegre**...Most important shot is the Return of Serve
- #121 **Recapping Insights**...Analyzing 2 National Champions' best tips for improving your game

# **TIPBITS YEAR FOUR**

## **Table of Contents**

**(in Logical Sequence by Category)**

### **Pickleball Correct**

- #176 **Think of the Possibilities**...using indoor tennis facilities opens the door to more than new courts
- #187 **Ratings Website**...An introduction to a new and improved rating and ranking system
- #188 **Ratings Wrinkles**...An in-depth look at the new rating system and some pro's and con's
- #192 **The Serve Rule**...clarifying the sometimes misunderstood and abused service motion rule
- #203 **Why Pickleball**...a discussion of the health benefits of playing Pickleball
- #206 **For Safety's Sake**...a listing of potential injuries, likely causes and preventive measures
- #207 **Hydration**...the importance of Hydration and the effects of Dehydration on your performance

### **Strategies and Tactics**

- #159 **The Signaled Poach**...the value of the Returning team's use of the signaled poach
- #161 **Another Signaled Poach**...using a signal to indicate the location for the Return
- #171 **Learn from the Best**...If you ever have an opportunity, take an intense PB camp
- #173 **Hitting Unattackable Dinks**...the most important shot of all the basics
- #178 **Paddle Maintenance**...why and how to maintain your paddle's Grip
- #179 **Paddle Maintenance (2 of 2)**...why and how to maintain your paddle's Face and Edge/Guard
- #181 **The TIPBITS Mantra**...Not making mistakes, etc, etc...the meaning of Percentage Pickleball
- #182 **New Ball Observations**...Comparing the new style balls' pro's and con's to the DURA ball
- #184 **Stack on Defense**...Early stacking rationale was for offense...now it can benefit your defense too
- #185 **Think or React**...When playing with a partner, you need to be on the same page with a plan
- #186 **Let It Go**...No more free points...tips and ideas on how to learn to let the ball go out
- #189 **Casual Play Practice**...Use your non-competitive play time to add to and improve your game
- #191 **Offsetting the Age Thing**...Don't let them hurt you and wait for your chance to attack
- #193 **Skinny Singles**...use this drill to improve your control and work on the first three shots
- #194 **The NVZ Line**...the simple rationale for staying as close as possible to the NVZ line
- #195 **Down the Middle**...rationale for and why hitting down the middle is so effective
- #197 **Insights Follow Up (1 of 3)**...the value of and circumstances for adding and using topspin
- #198 **Insights Follow Up (2 of 3)**...making the best of your practice, social and competitive play
- #199 **Insights Follow Up (3 of 3)**...thoughts on paddles, shot variety and giving back
- #201 **Grunting**...the analysis and value of Grunting in Pickleball
- #202 **The Poacher**...definition and characteristics of the Poacher and how to offset
- #204 **Your Choice**...options and choices you have before you start each match
- #205 **Your Choice (Finish Well)**...factors and considerations before you start each match

### **Mechanics and Techniques**

- #157 **Counter Spin**...characteristics of Spin and its results when striking the ground and the paddle
- #158 **How to Counter Spin**...changing the angle of the paddle's face and adding or reversing Spin
- #162 **Get Down, Stay Down**...the benefits of and how to keep and stay low while playing
- #163 **Great Get! Really!**...a description of a variety of great retrievals
- #164 **After the Great Get**...options once you've reached a ball you weren't likely to get
- #165 **Paddle Weight**...paddle characteristics, guidelines and pros/cons of paddle weight
- #166 **Offsetting Paddle Weight**...basic mechanics needed to offset power lost using a lighter paddle
- #167 **Snap, Crackle and Pop**...the value of using the wrist to add paddle head speed
- #168 **A Word of Caution**...the importance of mastering the basics before trying new frills

**#169 Wrist (Risky) Action**...how to create paddle head speed using your wrist

**#174 Sky Hook?**...Use this shot adapted from Tennis to reach balls that get beyond your overhead

**#175 Overhead or Sky Hook**...the similarities and differences and the pros and cons of each

**#177 The Thud**...that sound you hear on an off-center hit and why it happens

**#183 Wrist Rescue**...Using your wrist when you've been fooled and the ball gets past you

**#208 Lob or Drop**...the preferred uses of the Lob and the Drop in defensive situations

### **Insights from Top Players**

**#172 Insights from a National Champion-Dave Weinbach**...hitting unattackable dink shots

**#196 Insights from a National Champion-Ernie Tomlinson**...topspin value; wise court time usage; giving back

**TIPBITS YEAR FIVE**  
**Table of Contents**  
**(in Logical Sequence by Category)**

**Pickleball Correct**

- #217 **Parallel Sports 1**...why and what Pickleball rules make our sport more player friendly
- #218 **Parallel Sports 2**...Tennis mechanics and strategies that are good and bad for Pickleball
- #219 **Parallel Sports 3**...attract your friends to Pickleball with these 27 reasons
- #234 **A Good Habit**...know the Service rules that apply for open and tournament play
- #244 **Setting Goals**...be a better person and a better player by setting reachable goals

**Strategies and Tactics**

- #209 **Plan A or Plan B**...considerations needed when your Game or your Game Plan are not going well
- #212 **Insights Follow Up**...don't make mistakes and choose your partners wisely
- #213 **Are You Ready**...being successful in tournament play means spending lots of time on the court
- #216 **Dink with a Purpose**...when dinking, especially at the net, have a specific plan of attack
- #221 **Down the Middle**...why and how to cover the best place to hit a winner
- #222 **Form a Practice Group**...getting better requires regular practice time with like minded players
- #223 **It All Adds Up**...being tournament ready means addressing all of these key factors
- #224 **Your Take Away**...the many insights you can learn with a post match analysis
- #225 **Picking a Partner**...evaluating your own personal traits and recognizing your ideal partner
- #226 **Picking a Partner(2of2)**...analyzing your own physical skills and your ideal partner's skills
- #227 **Hungry**...why some players excel for no other reason than they want it more
- #233 **Recapping Insights**...the key to mixed doubles success is staying positive and NO criticism
- #235 **Your Play Book**...what is a Pickleball Play Book and why should it be used
- #236 **Serve Routine**...the components and description of a Play Book Serve routine
- #237 **The Gold Standard**...a description of the most common elements of any and all points
- #238 **Return Routine**...the components and description of a Play Book Return routine
- #239 **The Squeeze Play**...a Return team's Play Book plan used to gain the early advantage in the point
- #241 **Early Attack**...when to use a Hard Drive instead of a Third Shot Drop
- #242 **Sneak Attack**...sneak all the way to the net as your partner is hitting a Third Shot Drop
- #243 **Espionage**...collect and utilize insights available on your opponents' strengths and weaknesses
- #245 **Middle, Middle, Middle**...on offense, go to the Middle; on defense, cover the Middle
- #246 **The Time Out**...know when to call a Time Out and how to use it effectively
- #247 **Time Out Basics**...detailed discussion on Individual and Team issues and agreed upon solutions
- #248 **Use of Tactics**...the Power Formation and Poaching are examples of two aggressive Tactics
- #249 **A Baker's Dozen**...a collection of thirteen tactics and strategies to Mix and Match as needed

**Mechanics and Techniques**

- #214 **Simple Repetition : Consistency**...repetition of proper technique leads to consistency in play
- #215 **Repeating Repetition**...use your feet to move yourself into position to repeat successful technique
- #228 **Low Profile Wide Stance**...what, why and how your positioning can lead to success
- #229 **Reset the Point**...when, why and how to give yourself another chance to win the point
- #251 **5 Shot Priorities**...keys to success when choosing targets and weapons
- #252 **Two Hands**...the benefits and short comings of using two hands on the paddle
- #253 **Weakness 2 Weapon**...who should use and when and how should a two-handed shot be used
- #254 **Improving?**...questions you might ask yourself to see if your game is on the right track
- #255 **Cross Training**...several different methods of Cross Training that can improve your game

- #256 **Reaction Time**...understanding the elements of Reaction Time; Recognition, Analysis and Action
- #257 **Reaction Time (Execution)**...how to more quickly execute the shot you've decided to make
- #258 **Reaction Time (Reader Input)**...methods and drills from readers who have reduced reaction time
- #259 **Structured Practice**...learn, perfect and maintain your game using a Structured Practice

### **Insights from Top Players**

- #211 **Insights from a National Champion-Dick Scott**...keep the ball low and in play!
- #231 **Insights from a National Champion-Linda Kauss**...play points prior to tournament play
- #232 **Insights from a National Champion-Del Kauss**...Be Positive, Exude Sportsmanship, Give 100%