

Here are some great **YouTube** Videos if you are a beginner to the game.

You should be able to access these videos via the QR codes with your smart phone or by clicking on the link that is provided

**General Intro:**

<https://youtu.be/KNrIB-PsE88>



**Rules Part 2:**

<https://youtu.be/ox3YlsvevMA>



**Rules Part 1:**

<https://youtu.be/xEYsymCtIDY>



**Rules Part 3:**

<https://youtu.be/rVFB97Hvlxs>



**SEE NEXT PAGE FOR "TIPS"**

# 3 - THREE IS THE KEY!

## 3 Fundamentals:

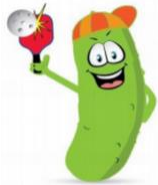
- Stance – Athletic, Ready Position, Knees Bent, but Upright Posture.
- Grip – Continental is Good for All Shots – Shake Hands w Paddle.
- Track the Ball – Use your Paddle OUT IN FRONT of you to track the ball during entire point.

## 3 Parts of the Game...Every Point:

- Serve and Return – Hit these Shots DEEP but Keep Them In. (One Miss Per Month 😊)
- Transition – Getting to the NVZ Line...Easy for receiving team. Effective Third Shots Make it Happen for the Serving Team. The definition of transition is to Change or MOVE.
- NVZ / Kitchen Line Game – with all 4 players there. Extended rallies and interesting exchanges here make the game FUN.

## 3 Strategies for Effective NVZ Play – Be “Weaponized”

- Extended Dinking – with Intent – is a Weapon – Hit to your TARGETS when dinking and volleying. Stay patient and relaxed – no panic!
- Put Aways – The Most Fun Shots in PB...Usually Winners - but don't rush them or try for too much.
- Lobs – Offensive lobs are a sound strategy in competitive play. Must be hit accurately though, and do not overdo.



## And Some Sayings to Remember from the Coach.....

“Serve and Stay, Return and Run”

“Serve Deep, Return Deep...Everything Else AT THEIR FEET”

“Hit to their Toes, Not their Nose”

“Respect the Net...and the Lines”

“Low and Slow is the Way to Go”

“Down the Middle Solves the Riddle”

Feel Free to Contact Me Anytime: [pbcoach@comcast.net](mailto:pbcoach@comcast.net)

Thanks, Larry VanderRoest – Team Paddletek Instructor