

## GOOD SHOT SELECTION WHEN STANDING AT THE NVZ LINE

The reason people lose Pickleball games is because they make the wrong shot in relation to the height and speed of the ball.  
Placement is more important than power. Patience is a virtue.

HEIGHT OF THE BALL	SPEED OF THE BALL	TYPE OF SHOT TO MAKE	TARGET
The ball is as high as the center of your paddle when reaching over your head or higher.	Slow or fast uses the same type of shot and target.	It is an overhead. "Offensive Shot"	If both opponents are in the court, aim at the closest opponent to you. Place the ball at their feet low to the backhand. If both opponents are outside the baseline then aim 5 feet from the baseline down the middle of the court between both opponents.
HEIGHT OF THE BALL	SPEED OF THE BALL	TYPE OF SHOT TO MAKE	TARGET
When the ball is between 12 inches above the net and the full extension of your arm.	Slow	It is an easy ball to hit, make a PUNCH VOLLEY or a SWINGING VOLLEY. "Both are Offensive Shots"	Same as above.
	Very Fast	Is a block volley. "Defensive Shot" <a href="#">Click Here to watch the training video</a>	Try and Keep it low and to your opponents feet if possible.
HEIGHT OF THE BALL	SPEED OF THE BALL	TYPE OF SHOT TO MAKE	TARGET
When the ball is 12 inches above the net and the ground.	Slow	Dink Shot "Defensive Shot"	6 inches behind the heel of the opponent who has his left foot to the middle of the court or near the post. This will require your opponents to hit a Backhand shot.
	Slow, easy to hit ball.	Lob or Lob Volley "Offensive Shot"	Hit over your opponents backhand that is to the middle of the court.
	Very Fast Ball	Block Volley "Defensive Shot"	Try and keep the ball low at your opponents feet.