

5 PICKLEBALL FOOTWORK TIPS NOBODY TEACHES

Great footwork doesn't just look good.
It gives you **time**, **balance**, and **better options**.



1 **SPLIT STEP BEFORE EVERY SHOT**

Stay light on your feet and
react faster to any shot.



2 **SLIDE SIDWAYS— DON'T CROSS YOUR FEET**

Maintain balance, stay low,
and keep your options open.



3 **CREEP FORWARD AT THE KITCHEN LINE**

Use small, controlled steps.
Don't rush in—earn the space.



4 **TURN AND SPRINT FOR LOBS**

Pivot quickly and accelerate
without backpedaling.



5 **RECOVER TO READY POSITION AFTER EVERY SHOT**

Don't admire your shot.
Get back ready for the next ball.



FOCUS ON CONTROL.

Good footwork creates time.
Time creates better shots.
Better shots win points.



THINK.
Move.
Reset.



LIGHT FEET.
LOW STANCE.
ALWAYS READY.



SMART MOVES.
BETTER OPTIONS.
MORE WINS.



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