



PICKLEBALL TUTOR BALL MACHINE SETTINGS

PICKLEBALL SHOT	MACHINE POSITION	YOUR POSITION	BALL SPEED	FEED RATE	BALL ARC
Volley	Center Baseline	Kitchen to Mid-Court	4	6	3
Dropshot	Center of Backcourt	Baseline to Kitchen	3	6	3.5
Crosscourt Dink	Sideline at Kitchen Line	Kitchen Line at Center	2	7	5
Service Return	Center Baseline	Baseline at Either Side	4	6	3
Around the Post	Sideline at Kitchen Line	Kitchen Line at Center	2.6	4	5
3rd Shot Drop Practice for you	Center Base Line	Baseline at Center	4	6	4
3rd Shot Drop from Machine	Center Base Line	Kitchen Line at Center	3.1	7	5
Swing Volley	Center Base Line	Mid-Court at Center	3.4	7	5

NOTES:

1. These are “starting” settings. Adjust depending on skill level, etc.
2. Oscillation is an optional feature on the Pickleball Tutor. If you have an oscillating machine, experiment to add extra movement to your workouts.
3. Without oscillation, remember to recover a step or two from where you will strike the ball. This will get you “in motion” and help you improve faster and perform better in real match situations.

Special thanks to Jim Ludwig, US Open Pickleball Academy for his contributions to this guide.
Copyright 2017 OnCourt OffCourt, Ltd. All rights reserved.