

PICKLEBALL BENEFITS OF SINGLES PLAY



- Improve court awareness and body positioning
- Improve shot selection and execution
- Improve ability to identify shots
- Improve cardio, flexibility, and overall agility on the court
- Different level of individual competition
- Easier transition for tennis players - more “tennis” style of play while still applying pickleball skills that will transition to doubles play
- Variety of fun game options
- Simple/basic scoring



For more information on learning how to play singles, or for individual lessons, contact Eric at kcmpickleball@gmail.com

Come play the fastest growing sport in the country