

What we learned from an Engage Pickleball camp:

Compromise your opponent without compromising yourself. You are in one of three positions at the net: compromised (off balance or stretching), neutral (paddle down) or aggressive (paddle up and ready). DO NOT ATTACK when off balance.

In the ready position at the net, if the opponent hits hard.....RESET, if medium hit....keep them back, if soft.....hit hard (70% power). When they are at the baseline and hitting, you have time to realize what they are hitting, register it in your head, adjust to forehand or backhand, move, and hit. When they are closer to you, you do not have that much time so must be in the ready position.

Paddle positions: if person is at the baseline, they are not a real threat (you have more time) so paddle in 10 or 12 o'clock position. If closer, have paddle at 9 o'clock position with the paddle head above the wrist (Ready position) since most shots are taken with the backhand. If hit to your right hip, not a forehand shot but simply stay in the backhand position and move your right foot to the right (for right handers). If the ball is above you paddle in the ready position and hit hard.....LONG. If to the forehand, keep paddle in front and reset. Move, Block, Freeze (make sure paddle position is correct). Lean forward at the waist. If you notice opponent not at baseline and starts a backswing (meaning a hard shot), ready position and can take a step back.

A hard drive second shot is the WORSE shot because you won't have time to get to the kitchen and will be caught in the transition zone. Hit head high and soft over the net so you have enough time to be at the kitchen when the opponent is hitting the ball.

A good serve is one that is deep. An excellent serve is one that is deep and either moves them laterally or back. Should have a number of serves (lob, drive, forehand and backhand to opponent) to find their weakness. What is your serve strategy?

Third shot, always hit to person coming in. You can drive but if unsuccessful.....RESET. RESET should be your number one shot.....that is, soft over the net into the kitchen to neutralize opponent

Person coming in when either the ball crosses the net towards the opponent or as they are hitting it, if you are not at the net.....split step.....stop and get ready for the return.

Your body has 3 zones: mid-thigh to ground = Red zone = no attack; mid-thigh to navel = yellow zone = place ball at angles to move opponent (controlled), navel and higher = green zone = hit to middle or person in front of you 70% power. Attack once, if fail, RESET.

Offensive lob: if you take off the bounce, you telegraph the shot. By leaning forward at the kitchen line and taking the ball out of the air cuts reaction time of opponent and is more effective lob. Over backhand shoulder of opponent.

Cross court dinks: at the kitchen, when you are moving your opponent, you are also forcing your team to move. Not a good strategy. If someone cross court dinks you, RESET (meaning, dink to person in front of you). Hit to person's backhand foot in the middle, to their feet or to cross court person's backhand foot

Doubles: drop your ego, you are a TEAM. Poach!!!

Dinking: compromise your opponent....make them move, take on the short hop or force them to move back. Continue to adjust dink so they cannot take it out of the air. Don't be "wristy", keep ridged otherwise more variables are created. When dinking, lean forward with paddle in front. You can see the ball and paddle, less distance to the net and cutting reaction time, can cut off angles, can create angles

PATIENCE, React slowly, do not rush your swing but adjust the speed and follow through.. Every shot has a purpose, Practice