

Tips for Padel lovers (Coaches and players)

OFF THE BACK WALL



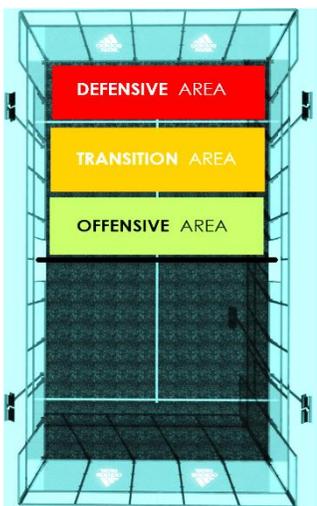
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Basic strategy tips I: DEFENSIVE AREA.

One of the most common mistakes when learning Padel is that lots of players don't know WHAT TO DO and most important, **WHY and FOR WHAT**. Even though the execution of their shots is pretty much pure in terms of technique, we usually need to help them to understand the aim of each shot and what you can expect based on what you are trying to do in each different situation. If every shot has a concrete goal, Padel becomes even more interesting and exciting. And above all this, you can finally understand the game and almost read the future.

This is the third in a series of tips to help you jump onto a Padel court. Today, we will focus on the **very basic defensive strategies** and the main goals for them in your path to become an excellent Padel player as soon as possible.



Have a look at the picture to differentiate some areas in the court and what attitude every shot should reflect in all of them. For you to remember easily, I like to use a mnemonic rule based on colors that I call **“THE TRAFFIC LIGHT PRINCIPLE”**:



- **DEFENSIVE AREA (RED): Play neutral/ defensive.** Since you are far away from the net and most likely being attacked by offensive volleys, your goal should be just to put the ball in play. If possible, play straight to make your opponent's volley until you have a chance to counter-attack somehow.
- **TRANSITION AREA (ORANGE): No man's land.** Try not to spend too much time in there since you are too far away to attack properly as well as too far ahead to defend properly.
- **OFFENSIVE AREA (GREEN): Play strategically offensive.** Now is the time to make your opponents struggle and try to build the point to finish it. We will review some interesting strategies in our next article.

I also like to use his useful TRAFFIC LIGHT PRINCIPLE to be applied at the defensive and transition area depending on the height of the contact point when it comes out the wall:

- **HIGH BALL: EASY (GREEN).** You can try to be offensive with a descending motion shot as well as a high-speed or opening-angle option. That is an interesting moment to take some risk if the opportunity comes.
- **MEDIUM HEIGHT BALL: NEUTRAL (ORANGE).** Consideration time. Depending on different variables you can wait or try to counterattack with a “chiquita”, a lob, or some other strategies (we will review some of them).
- **LOW BALL: DIFFICULT (RED).** You may need to play a very defensive shot (straight and slow if possible) until you get a better situation (any of the previous ones)



In our next article, we will focus on the basic offensive strategies and how to build and win the point properly. Don't miss out on the next number of FLORIDA TENNIS to enjoy it.

See you all soon. Best Padel experiences ever,

If you are interested in more, do not hesitate to contact Marcos to **GET CERTIFIED IN PADEL** (marcos@allracquetsports.com) and become part of the group of ambassadors that will lead the Padel wave coming in the USA.