

Tips for Padel lovers (Coaches and players)

# OFF THE BACK WALL



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## Basic strategy tips II: OFFENSIVE AREA.

How are we supposed to win the point? How could we become more offensive? When are we meant to take some extra risk (if any)? What kind of volleys should we use? Several important questions that need to be addressed. This is the second in a series of strategy tips to help you jump onto a Padel court. Today, we will focus on some **basic offensive strategy criteria** with the aim of you to become an excellent Padel player as soon as possible.

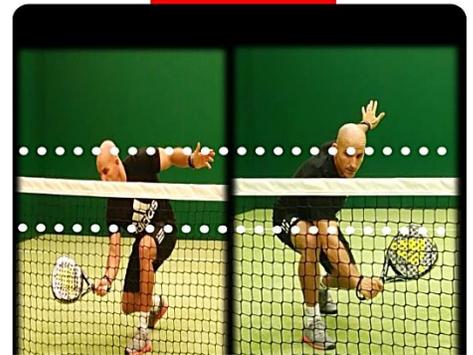
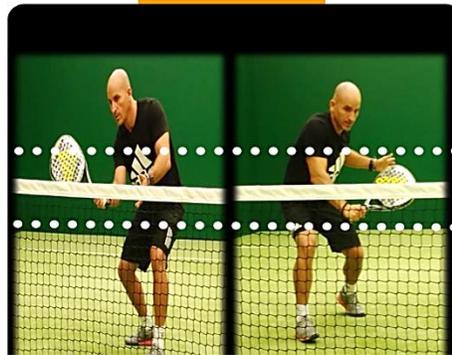
You may already know about the three areas on the court (review last article if not). And you may be familiar with my concept of **“THE TRAFFIC LIGHT PRINCIPLE”**. So that, let us apply it again but now depending on the **HEIGHT** of the contact point when you are at the volley (offensive area):



OFFENSIVE

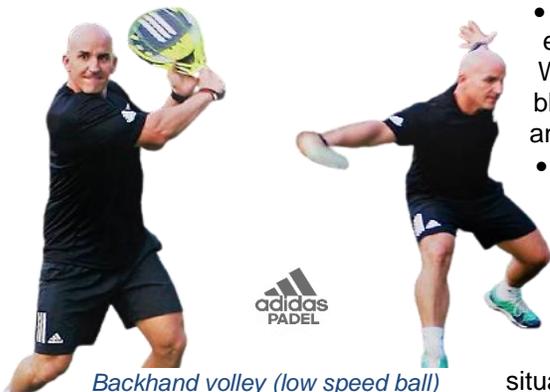
CONSIDERATION

DEFENSIVE



- **OVER THE NET: EASY (GREEN).** You can try to be offensive with a descending motion and high spin shot to make the ball rapidly fall when hitting the wall. It will be an extremely hard-to-defend shot.
- **NET LEVEL: NEUTRAL (ORANGE).** Consideration time. You might need to just block it and try to keep your opponents in the back. You can make them move if possible. No spin is recommended in this situation.
- **BELOW THE NET: DIFFICULT (RED).** You may need to play a very defensive or neutral shot with the main goal of keep it as low as possible until you get a better situation (any of the previous ones).

In addition to the height of the ball, **SPEED and SPACE** are also concepts that become key while building the point at the net. When receiving a volley, you may need to consider the speed of the ball that you are receiving and the space you can use to get it. Both variables are extremely important and will affect to the goal and execution of the shot:



Backhand volley (low speed ball)

- The **speed of the ball coming** relates to the time you have for react and execute. That time (or lack of) will give you the clue to execute differently. When receiving a high-speed ball to your body, our aim should be just blocking it with a hard continental grip. Your backswing should be truly short, and your split will need to be stable and center balanced.
- The **space between you and the hitting moment** will give you the chance to be more (or less) offensive and to use (or not) your entire body to move forward to attack the volley. When you have space to use and the speed of the ball is slower, you might be able to make a longer backswing and follow through and be more offensive by moving towards the ball and trying to use your weight to make a much more solid shot.
- As a coach, make sure you get your students trained in these different situations. They will appreciate it very much when jumping into real games.

Don't miss out on the next issue of FLORIDA TENNIS to enjoy more Padel content for coaches and players.

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](mailto:marcos@allracquetsports.com)) and become part of the group of ambassadors that will lead the Padel wave coming in the USA.