

Tips for Padel lovers (Coaches and players)

OFF THE BACK WALL



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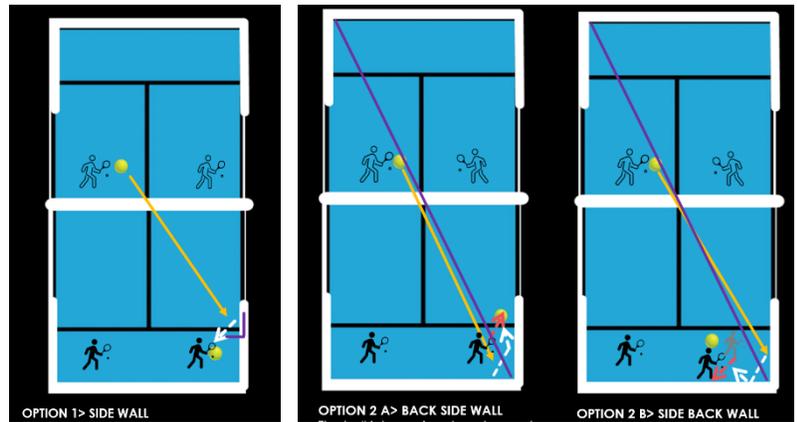
Defensive tips: HOW TO DEFEND SHOTS TO MY CORNER

The most common issue some newcomers are finding is how to deal with those shots that are coming to the corner. Is the ball going to hit one or two walls? Where should I move to be well placed?

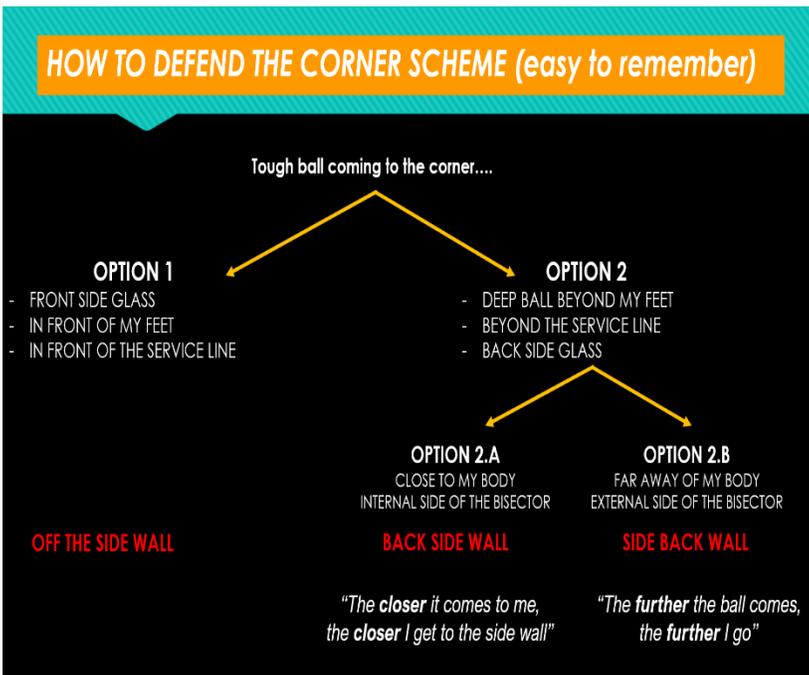
Today I want to share with you all an extremely easy scheme to understand those shots and how to move properly for you to become an excellent Padel player as soon as possible.

Let's assume that we are receiving a cross-court ball coming to my corner. And to make it easy, let's focus on two potential situations that we need to recognize:

- 1) **The ball is coming short: OPTION 1 > SIDE WALL**
At that point, we know that the ball will only bounce off the front side wall and in front of our feet (and the service line). We need to hit it after that (and before the second bounce).
SOLUTION: We place sideways, make some distance, and hit an easy off the side wall forehand.
- 2) **The ball is coming deep: OPTION 2 > TWO WALLS**
(bounding beyond the service line or behind my feet). Now we will need to ANALYZE it but for sure we will need to wait until the ball is hitting off the second rebound.



In this "two-walls situation", we will only have two potential options. To make the right decision, I recommend using two tips and references: the place where the ball bounces based on an imaginary bisector and the distance between the ball coming and my own body. See below the scheme I created for you to solve these situations properly :



OPTION 2 A > BACK SIDE WALL

The ball is bouncing deep beyond of our feet (and the service line). It comes **CLOSE TO OUR BODY** and bouncing on **INTERNAL SIDE** of the bisector.

SOLUTION: We let it go, wait until the second rebound and move towards the side wall. We place sideways, make some distance and hit an easy off the side wall forehand.

"The closer the ball comes to me, the closer I get to the side wall"

OPTION 2 B > SIDE BACK WALL

The ball is bouncing deep beyond of our feet (and the service line). It comes **FAR AWAY OF OUR BODY** and bouncing on the **EXTERNAL SIDE** of the imaginary bisector (see picture above).

SOLUTION: We get apart towards the back wall and let it go, wait until the second rebound, place sideways, make some distance and hit an off the back wall forehand.

"The further the ball comes to me, the further I move towards the back wall"

I really hope all these tips will help you out in your Padel journey. I'm excited to receive more and more players every day. 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.