

Tips for Padel lovers (Coaches and players)

OFF THE BACK WALL



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Strategy tips IV: EVOLVED GAME PATTERNS AT THE NET

Now that I learned how to start moving my opponents, **is there any pattern that I could follow??**

Where should I place my volleys to win the point at the net?

We need to hurt the opponents while placing the ball properly (right place, spin and speed) to make them move and pushing them to miss the ball. And we need to do so without taking extra risks.

We should be making decisions that let us play shots where we can be successful over 85% on average.

I usually use a term to make players understand easily: **We need to become STRATEGICALLY OFFENSIVE.**



'THE FIVE OF HEARTS': A visual clue that you will remember forever.

This is an evolved version of the concept of **PICK & STICK** that we reviewed on last issue. I usually use the analogy of a card to make it very visual in your mind.

We need to pretend that we place a **"5 of hearts"** card on our opponents' side and we need to look at each heart as an open space to understand the concept.

We always have 5 open spaces and two of them are busy with any player. Try to place the ball to any open space while considering these two aspects:

1. The easy angle for you (depending on the ball that you are receiving)
2. The direction of the previous movement of your opponents. Meaning, please consider where their bodies (and weight) are headed for not to place the ball exactly where they are going to be.

The idea here is to look for the space all the time but now, trying to make it a little more complex than before. You and your partner need to keep the play as a team no matter who is hitting the ball and look for the furthest available space (heart on the drawing) to the opponent that was moving and hitting before.

If you work on this concept, you will keep this image of 5 hearts in your mind and you will start watching spaces in the court instead of opponents.

Please notice that you need to look for your "easy angles" and try not to do any magic or impossible shots while building your strategy.

We need to play a safe ball that give as the chance to move our opponents while keeping the rally going.

The magic happens when you establish this pattern as an easy way to build points and you keep control of the situation on the offensive area all the time.

See you all soon.
Best Padel experiences ever,

1. Get the image of the 5 of hearts in your mind when attacking.
2. Place one ball in the middle to make them move for the first time.
1. Now look for the furthest option to the latest hit. You usually have 2 options to choose. Take what is easy and natural in every moment.
1. Please notice the big difference between where the ball bounces and where the ball is hit to get the most of this strategy.

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.