

Tips for Padel lovers (Coaches and players)

# OFF THE BACK WALL



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## Strategy tips V: TWO DIMENSIONS TO LENGTHEN THE COURT

Following up on our latest issue article on the "FIVE OF HEARTS" I would love you to get a different point of view about **how to lengthen the court of our opponents**. This important topic will become key when trying to make them struggle with continuous demanding/ uncomfortable situations.

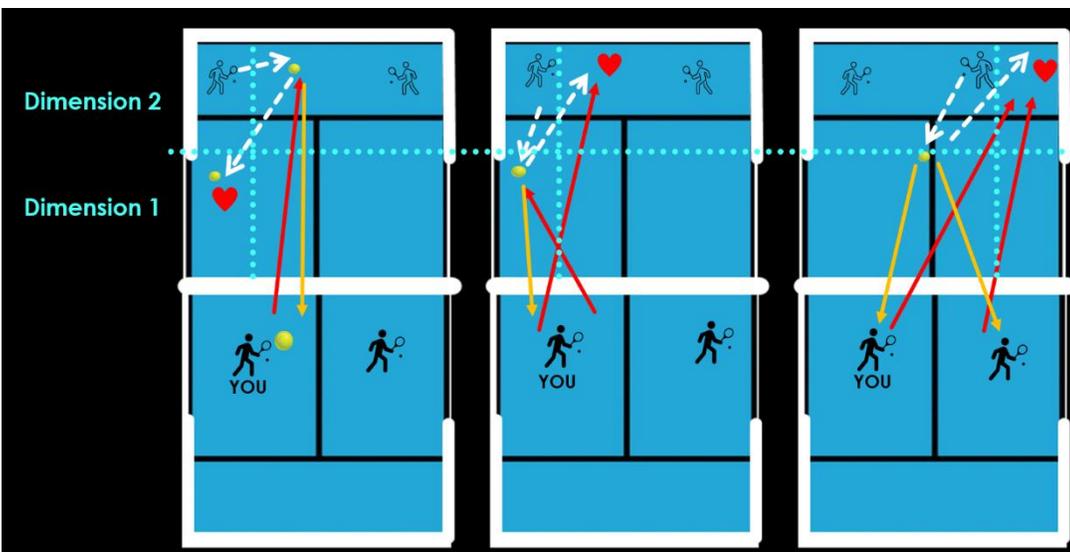
I would love to open a **NEW WAY OF THINKING FOR YOU** when building points at the offensive area.

This new concept will push you to new horizons and challenges and will make your games even more interesting and nutritive while exploring what I usually call:

### **'THE TWO DIMENSIONS' of the court when attacking:**

The premise here lies on understanding that there are more options to look for than simply FOREHAND and BACKHAND in our opponents. We can also explore DEEP and SHORT and create multiple options (DEEP Forehand and Backhand, and SHORT F and B).

What I mean by short is not necessarily a dropshot, it can also be a ball that is making the opponents hit the ball in what I call Dimension one (area). See the figure below to have a better idea about the situation.



*Not to mention that the most preferred shot after making our opponent with a SHORT FOREHAND, should be moving him/her up to a DEEP BACKHAND. The more space we can create in between shots, the better for us to lengthen the court.*

*You will obviously need to agree with your partner in all these strategy sequences to better perform a game pattern that will drive you to get an easy ball to finally hit a winner.*

Whether you bring them to the transition area first (Dimension 1) or the opposite (making them hit close to the wall, Dimension 2) you will need to make the effort to continuously lengthen the court as much as you can by working in these TWO DIMENSIONS on the same side (same player). That will increase the odds of some imbalances and/or bad timing with a potential easy ball to finish the point later on.

I usually recommend getting the offensive strategy started down the middle with a ball that doesn't offer any rebound of the back wall (less options to get lobbed) and open some space for the following shot close to the walls.

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.**

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.