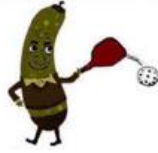


PICKLEBALL



Pickle's Tip of the Month – 2 ***(Why doesn't the ball go where I want to go?)***

...Okay, you've been playing a while and you are thinking, "Why doesn't the ball go where I want it to?"...most likely there is more than one reason why this is happening...

...Are you hitting the ball in the center of your paddle? ...Swinging up, down or side to side? ...Perhaps it is the way you are gripping your paddle...Bending your wrist? ...You should be hitting through the ball with a firm wrist...

...Always follow the ball and **square your body with the opponent who is going to hit the ball rather than the net...**

...Are you trying to play the angles (low percentage shots), rather than hitting a "safe" shot? Most coaches will tell you to hit it down the middle, or at your opponent's opposite hand ankle, or at an open hole in their defense...

...Have you stopped the forward motion of your body before you hit the ball? It is almost impossible to hit a good shot while you are running forward...when you see your opponent ready to hit the ball, stop short, get ready and if the ball comes your way you are in position to hit it properly...

...Some coaches teach the "handshake" grip(thumb / forefinger V lined up with the center of the side of your paddle), while others use the "continental" grip (thumb / forefinger V lined up to the left of the center of the side of your paddle)... for now you should use what is comfortable for you...if it is not working (the ball not going where you want it, consistently popping it up or hitting it into the net), then change it up until you find what works for you...