

**Hello Participants,**

**This week Gordon Young and Chuck Haller will be your instructors. This is a training week when we work primarily on the mental side of our game verses technical skills. This is often an overlooked subject. Sometimes the most physically gifted players lose to a less gifted players and this is usually due to the mental side of our game. Chuck and Gordon have produced the following materials for your work on Thursday.**

### **CONSIDERATIONS FOR TEAM PICKLEBALL STRATEGY**

***. Start with What are our team strengths and how to maximize them...***

**Serve:**

- **To backhand,**
- **to T (may be backhand),**
- **to Corner**

**Return:**

- **To same player always**
- **To T**
- **To server or partner**

**Third shot:**

- **Drop or Drive & where (could be different by player)**
- **Return to person who hits return (person back)**

**Dinks**

- **X number of dinks before a speed up**
- **Never X dinks in a row to same place (pattern?)**
- **More often To Backhand cross court**
- **More often to middle**
- **More often to outside**

**General**

- **Who takes Lobs**
- **Generally go to backhands when possible**

- Generally go to middle or outside when possible
- Look for Shake and Bake (may be one player or both)
- Isolate person who is back and keep going to them

Targeting: Targeting a weaker player is a strategy but in rec play it does not help you improve. It also has a few disadvantages:

- 1) It can make you force a shot to the weaker player where the better shot is to the other player
- 2) The “stronger” player will start to poach/overplay but this changes typical doubles dynamics and can disrupt your teams expectations/chemistry.

**Mental notes before a game:**

Have a plan. What do you see that makes you think gotcha of your opponents.

Think of how you want to vary your shots and set a goal for yourself. Change in serves - depth, spin or speed. Keep your opponent off balance. Change in service return. Back to server or down the line to test opponents backhand.

Before game starts. Think GET TO THE NET.

Mid game. You suck! Take a deep breath. And think back to what shots you are hitting. All it takes is find a mental reset. Simplify your game - hit to the middle. Go for consistency not glory. This may change momentum. Amazing what can happen.

I hope you enjoy the training.

**Don Peterson**

**3.5 Skips and Drills Coordinator**

