

## Coach Mo

## Deb Harrison

## Prem Carnot

<p>“Never go in the kitchen with two feet. Step in with one foot, tap the ball softly, then get out and into your ready position.”</p>	<p>“You always want to be facing your opponent and square to the ball — the best way to guarantee both is to side-step.”</p>	<p>“When you’re at the kitchen line, your paddle should ALWAYS be up.”</p> <p>“Cover the line when the ball is being hit by the opponent <u>opposite</u> you; cover the middle when the ball is being hit by the opponent opposite your <u>partner</u>.”</p>
<p>“Aim for the left person’s left foot — low to the <u>backhand</u>. For 95% of people, it’s their weakest <u>shot</u>.”</p>	<p>“Third shot drop is what you should be using 80% of the time, against a <u>good</u> team.”</p>	<p>“The key to split-stepping is to stop just BEFORE your opponent makes contact with the ball — and err on the side of <u>stopping</u> WELL before.”</p> <p>“If you feel you’ve been beaten in a diagonal dink contest, try to go to the <u>nearest</u> point of relief. Don’t try to go cross-court — just get the ball over, low, and back in <u>play</u>.”</p>
<p>“The most important thing in pickleball is to split-step every single time your opponent touches the ball — every, <u>single</u> time. That could be 200 times a game. If you do that, you’ll be in a good, balanced, ready position and you’ll be a <u>much</u> better player.”</p> <p><b>* BONUS TIP:</b> “Don’t try to win the point from <u>anywhere</u> but the line.”</p>	<p>“Serve a deep, high, floating ball to your opponent — it keeps them back behind the baseline and requires them to supply the pace to return it over the net.”</p> <p><b>* BONUS TIP:</b> “The <u>team</u> that dominates the non-volley line WINS.”</p>	