

“OH NO!! I HAVE THE YIPS! “

“YIKES! You have the YIPS???! “

Relax, it’s not a disease; it’s just a temporary problem!

“I lost my serve... it disappeared. I can’t get it in. Is it mental or physical?” It is BOTH!

Losing your serve is SO frustrating! I’ve lost mine and other Villagers have as well, even Advanced Players. The rest of your game suffers with the stress and worry of knowing it might happen again.

When I had the Yips, I realized that I have 150 square feet to get the ball in! I’ve done it plenty of times. Why can’t I get it in anymore?

When you just can’t get your serve in, you’ve acquired a state called the YIPS. The yips affect your mechanics and motor skills, and slowly seep in to your confidence, creating stress. The term originated in golf, but is now widespread in most sports.

But there are suggestions to help you if you get the yips.

1. Try and relax. Take as many deep breaths as you can before you serve. This is easier said than done, like telling you NOT to think about a purple hippo that just flew into the court. IT’s not that simple to find your “happy place.” When your mind tenses, your body tenses, your muscles tighten... leading to unforced errors.
2. So, if the mental aspect doesn’t resolve your yips, there is a physical solution: Since your paddle wobbles when you’re tense, put an extra finger behind your paddle, (pointer, middle or both) when you serve. This limits the ability to wobble, because it loosens the grip.
3. When your serve improves, go back to your former serve. It is best to not have fingers up on your paddle for the long term.

Well, good luck if you ever get the YIPS!!! And remember that many players get them, even Professionals. THEY WILL GO AWAY! Happy playing!

Contact Mike Walias at mjw0275@yahoo.com for lessons.

