

I'm sure you've frequently heard the saying "Forehand takes the middle."

The problem with this logic is that with two players at the net, if the forehand person takes the middle shot, they frequently leave themselves wide open for a shot down the sideline to their backhand side.

At the back of the court, the person with the forehand can and usually should take the shot because:

- You have enough time to get in position for the current shot and get back into position for the next shot.
- It's more difficult to hit a backhand shot from the back because of the power needed to cover the longer distance to the net.

But for now, we're talking about when your team is at the kitchen line, at mid-court or in between.

### THE "TWO-THIRDS, ONE=THIRD STRATEGY

Means that you and your partner focus on only covering 2/3 of the court at a time. With this strategy:

- The middle third is ALWAYS being covered.
- You and your partner form an impenetrable WALL on the 2/3 of the court that you ARE covering.
- You're mentally prepared to cover that extra 1/3 if the shot comes to that area.
- You're in a position to pounce when your opponent's get out of position.

So, you and your partner should position yourselves just 6'-7' apart from each other.

Therefore, instead of it being "Forehand gets the middle", if you and your partner are positioning yourselves well, then whoever is in the middle gets the middle.

Also, remember NO LEAD FEET, after every shot hit... you must shift your position.

\*\*We hope to see a lot of our members at our first Social Drop-in April 29 at 4:30.

Please sign up on our website.

The photo: Hope you had a nice Easter! This is Chester doing his best at Stay-cationing with his favorite paddle just in case he wants to practice his dinks.

