

“Yikes!! My serve disappeared!! I lost it! I can’t get the ball into the right place!! Is this a mental or physical problem?”

It is *both*.

Please relax! You have the YIPS. It’s not a disease. It’s a temporary problem. Losing your serve is so frustrating! I’ve lost mine and many 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?

The YIPS affect your mechanics and motor skills and slowly seep into your confidence, creating stress. The term YIPS originated in golf, but is now widespread in most sports.

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

1. This is real. 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 the 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, and 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 or middle or both) when you serve. This limits the ability to wobble, because it loosens the grip. 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.
3. What helped me to improve my serve was switching to the Drop Serve instead of the no bounce serve. Perhaps trying a new serve would help you if you get the YIPS, at least temporarily?

Well, good luck, my fellow Villagers, if you ever get the YIPS! Just remember that MANY players get it, even professionals....it WILL go away. Happy playing!

Members, contact Mike Walias at [mjw0275@yahoo.com](mailto:mjw0275@yahoo.com) if you would like a PB lesson. Thank you so much, Mike!!