

There are two very avoidable reasons most Pickleball injuries occur:

1. Not wearing court shoes (see website story for more info).
2. Running backwards. Take a tip from Nike – Just don't do it!

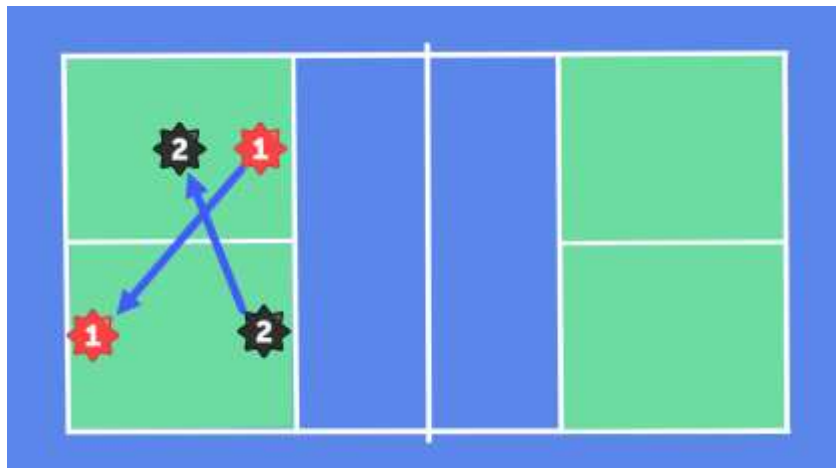
One of the best tips for successful Pickleball play is partner communication. Do not hog the ball by running onto your partner's side of the court unless they call "Yours" or "Switch", and never, ever, run backwards! Get into the habit of calling your balls even when it's obvious, it will only make your partnership stronger. That's what Camille & Phyllis did in the Battle of the Paddle – and they won.

Having said that, what about lobs??? First rule? NEVER, EVER, RUN BACKWARDS! Running backwards can lead to a very bad fall by hitting your head. See our website version of this story for a short but excellent video demonstrating how to handle switching lob balls.

This is the process to follow:

A lob is hit to Player #2. If 2 can hit the ball by raising their paddle, that's fine. But if the ball is going over their head, they should call "YOURS". Then following should occur:

- NEVER run backwards!
- Player #1 pivots, turns sideways, then runs to the back of the court to return the lob – FACING the baseline.
- Player #2 pivots and goes mid-court.
- After returning the ball, Player #1 begins to return to the no-volley line, with both players moving back into position together.



No matter what – NEVER RUN BACKWARDS! If you (or your partner) cannot get the ball, simply say "Great shot!". It's never worth an injury to make a shot.

Note: It's OK to let it go too, 60 to 70% of attempted lobs either will go too long or too short.

If it goes in, say great shot!