

While at the courts, I heard Liz Kung (one of our group leaders), make a great point to a group of novice players: “when taking your stance on the court, keep your legs spread apart and stay on the balls of your feet”. This provides a strong base; it prevents forward falls when reaching for low balls or dinks or backward falls when moving laterally. Of course, everyone knows that you should never run backwards!

That comment led to my [posting a great video on our website, \*Ready of Not!?\*](#). This one is definitely worth watching! CJ Johnson focuses on players over 50, and how play changes. The major discussion points focus on paddle position and foot placement. Repeatedly stressed is the importance of keeping your feet wider than your shoulders and weight on the balls of your feet.

As we age, balance often deteriorates. In games like Pickleball or Tennis, balance is paramount to safety. Of course, someone can catch a toe or trip, but the proper stance can make a big difference. As Dr. Mark Kemenosh put it, “Part of the problem is a 20-year-old mind inside a 70-year-old body.” We discussed the proper shoes recently, which is just another weapon in our arsenal in safe play.

One point not touched on regards overhead lobs. If a lob is hit to you, your partner should cover and you should switch to their side. This will be covered in next week’s article.

Our best tip? When starting out, schedule a session with the incredible Mike Walias. Mike donates his time to introduce players to the game with a demonstration session, and boy are we grateful! He reviews safety, proper play, and rules to get you started safely on your Pickleball journey! While registration is required to use the courts, you may register as a member or non-member resident. Your confirmation email will contain Mike’s contact info and a lot of great information!

