

Our Motto: "The more you practice, the luckier you get"

Background on this drill: The element of surprise can be a factor in Pickleball. The occasional lob will help keep the opposing team honest. The lob is most effective on the (us) older folks (not younger teams) as the "youngsters" can generally get to and return a lob quicker and easier.

A lob is also effective if you have been drawn off the court to retrieve a ball. It will allow you time to get back to your position.

To be successful, the lob has to be hit fairly high and preferably to the opposing players backhand. A successful lob also has to be deep enough to avoid an overhead smash back at you.

Wind and Sun can be a big factor with this shot. Windy days can make a lob a low percentage shot. Conversely, a lob (when opposing side is facing the sun) can be a good strategy.

In this drill, there will be two taped lines across the back of the court. One will be three feet from the back line and one will be five feet from the back line. If you are a 3.0 player or lower, you have lob the ball within the five foot zone as many times as you can in a minute. If you are a 3.5 or higher level, you have to lob the ball within the three foot line as many times as you can in a minute. Hitting the tape will count as being within the required return zone.

Remember; Practice, practice, practice. You will get luckier!!

