



TONY ROIG

01 GREATLY IMPROVE YOUR RESULTS WITH THIS 1 CHANGE

There is one thing that is significantly dragging down your game. While popups aren't fun, it isn't popups. It also isn't that your paddle wasn't in the ready position.

The one thing that is causing you to lose more points than you should is: **the net.**

No matter what you do, if the net gets ahold of your shot you cannot win. The net is the undisputed champion of pickleball.

The one thing *you can do* to avoid this outcome is to give the net its due respect. Don't tempt the net with your shots. Instead, give your shots sufficient space over the net so that the net doesn't even have a chance to end your rally.

Take the net out of play and you will win more. Period.

Tony Roig

Co-chief Content Creator

[VIPickleball](#)



CJ JOHNSON

02 WHAT YOU SEE IS WHAT YOU GET

What's the most valuable tool in your pickleball bag?

Paddle? Knee brace? Shoes?

Nope, it's the camera on your phone. The sad part is that most people don't use it.

If you've never seen yourself play, how do you know what you're doing on the court?

What does your backhand look like? How about your overhead? Are you a good mover or could you use some work? Where do you make most of your mistakes? Is it a specific shot or would a change of strategy help?

Even if you don't have a trained eye, you'll see something. The camera doesn't lie. It's going to show you what you do well and what you don't do so well.

Take a video of yourself playing pickleball...Today!

CJ Johnson

Co-chief Content Creator

[VIPickleball](#)