

Verbal Volleying with Deakin

What is my warm up routine?

I like to get to the courts at least an hour prior to my first match of the day. In a perfect world, I would like 15-20 minutes to get a decent sweat going. I funnel through a series of dinking, third shot, volley/reset drills and end off with hitting some serves and returns. I have a fairly ritualistic approach to this and my entire day hinges on this warm up. So if you are my first opponent of the day, just try to distract me so I can't get this warm up in. Hahahah. .



What makes for a good partnership?

This is a great question because so many people struggle at times finding the right fit for themselves. For me, I look for partners that are fun and easy to work with on court. There is nothing worse than playing with someone who is not willing to step outside their comfort zone to make changes on the fly when your initial game plan is not working. Because let me tell you, this happens more than we like to admit. Pickleball is full of very interesting personalities and skill levels. Not all are going to make a great partner for you. Find someone you really click with off the court and ensure your skill levels and goals are similar. I can almost guarantee at the very least you would have an amazing time competing with one another. Win or lose. Paddle up and have fun