



NeuroPickleball

For Attack Counterattack - Session 1 Participants Only

Quick Review

- Looking and seeing are two different things – direct your attention to what matters
- You can train your vision to better spot attacking opportunities and threats
- An attack at you or from you is most likely to come directly from across the net
 - Get in the habit of observing position, paddle and posture (body language)
- Attacking can become very creative and individual, but there are underlying patterns and shots
 - Learn and practice the patterns until you feel confident
 - Once you see and execute a particular attack, you will feel drawn to do it again and again.
 - Focus on getting skilled before you worry about getting predictable
 - Look for opportunities to use patterns in games and notice when they are being done to you so you can prepare or disrupt
- Popup Pattern
 - Repetitive shots, followed by an uncomfortable different low shot, e.g.,
 - Forehand, Forehand, Forehand, Reaching Backhand
 - Deep, Deep, Deep, Short
 - At, At, At, Stretch Volley

Drills

- The Cage Match
 - 1:1 with half the court width and depth
 - Emphasizes observation, low ball flight and low speed attacking
- Bounce, Lift, Bounce Lift
 - Central vision observational skills and mental focus
 - Near/Far vision focus
- Hit to the paddle
 - Uses peripheral vision to see what's happening on the other side of the net
 - Feeder moves paddle – later is harder, optimally at or just after the bounce
 - Occasionally shift to hit away from the paddle so you don't develop a bad habit

Additional Resources

- Attacking Video
- <https://www.facebook.com/pickleballvoyager/videos/10157416956622413>
- Near Far Post - <https://neuroathlete.com/vision-and-the-kitchen/>
- Stroop Effect - <https://stroopeffectapp.com>
 - We've found this app to be helpful in a number of ways
 - Using as directed is pretty useful for focus and vertical eye movements
 - Screen can be turned horizontally to train horizontal eye movements
 - If you stare at the score while playing, you can work either vertical or horizontal peripheral vision depending on screen orientation
 - The bigger the screen and/or the closer to your face, the more difficult