

Pickleball - Analysis report (Sample)

MATCH TAPE BREAKDOWN

Step 1 - FOCUS PLAYER:

Mr X (Yellow T-Shirt, Right Side)

AGE:

31

MATCH DATE:

17th May 2026

COACH:

Club

Step 2 - PROFESSIONAL COACHING ANALYSIS

Doubles Dynamics & Chemistry

<https://www.youtube.com/watchxyz> Overall, you and your partner do a respectable job tracking the ball, but there is a slight lack of cohesion when the ball is pushed down the "divorce middle." As a 31-year-old with good physical coverage, you occasionally try to over-poach or hesitate when the ball lands between you. At the Non-Volley Zone (NVZ), maintaining an invisible 6-foot string between you and your partner will help you shift like a pendulum, plugging up those middle gaps.

Strategic Execution

Your serve and return depth are keeping you in the points, but your transition game needs an upgrade. You are heavily favoring the Third-Shot Drive over the Third-Shot Drop. While the drive is a great tool, driving too often allows opponents sitting at the Kitchen line to easily punch the ball down at your feet. You need to develop patience in the transition zone (No Man's Land) and learn to reset the ball into the kitchen so you can safely advance.

Technical Tendencies

Your forehand side is your primary weapon, generating solid pace. However, on the backhand side, specifically during dink rallies, your paddle face tends to open up towards the sky, resulting in unforced errors or pop-ups. Additionally, when hand battles speed up, your backswing gets too long. In pickleball, less is more. Keep that paddle out in front of you!

STEP 3: ACTIONABLE FEEDBACK & TIMESTAMPS

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The Scenario: You attempt a deep forehand drive from the transition zone.

The Critique: You generated decent pace, but your weight was falling slightly backward upon contact. This compromises your accuracy and makes it incredibly difficult to crash the net immediately after the shot.

The Pro Tweak: Transfer your weight through the ball. Step into the shot with your left foot and let your momentum carry you seamlessly toward the NVZ line.

[03:51]

The Scenario: A backhand dink exchange at the Kitchen line.

The Critique: You flicked your wrist at the point of contact, which opened the paddle face too much. This resulted in a floated dink that gave your opponents an attackable, high ball.

The Pro Tweak: Lock the wrist and push from the shoulder. A dink is a gentle push, not a flick. Keep your paddle face neutral and aim for the opponent's feet.

[06:01]

The Scenario: A wide forehand lunge to save a sharp angled shot.

The Critique: Great hustle here! However, you reached exclusively with your arm while leaving your base narrow. This threw you completely off balance, making recovery for the next shot impossible.

The Pro Tweak: Drop your center of gravity and take a dynamic crossover step. Load your outside leg so you can push back into the court immediately after making contact.

[07:47]

The Scenario: A fast-paced volley exchange at the NVZ.

The Critique: You took a huge, tennis-style backswing on your volley, which caused you to be late on the ball and hit it into the net.

The Pro Tweak: Keep your paddle up and in your peripheral vision! At the kitchen line, you don't have time to swing. "Block" and "punch" the ball instead of swinging at it.

[08:29]

The Scenario: Caught in the transition zone on a 5th shot.

The Critique: You hit a decent reset drop but stopped moving halfway to the net. You essentially glued your feet to the most vulnerable part of the court. PC Dr Report 2026 Page 3 of 3

The Pro Tweak: Commit to the drop and move! As soon as you realize your drop is un-attackable, close the distance to the NVZ. Remember to "Split Step" right before your opponent makes contact.

STEP 4: AGE-TAILORED INJURY PREVENTION

Kinetic Chain & Movement Analysis

At 31, you still have explosive physical capabilities, allowing you to sprint and stop on a dime. However, the hard-court surface combined with your aggressive lateral lunges (as seen at [06:01]) places immense sheer force on your patellar tendons (knees) and lateral ankle ligaments. I also noticed a tendency to flick the wrist during backhand returns, which over time is a prime trigger for lateral epicondylitis (Tennis Elbow) due to the rigid paddle weight.

Targeted Injury Prevention Tips

- **Protect the Knees:** Stop locking your joints during wide saves. Focus on deceleration mechanics by sinking into your hips and glutes rather than letting your knees absorb the stopping impact.
- **Tennis Elbow Prevention:** Minimize wrist-flicking. Drive your power from your core, hips, and shoulders. Your arm should be a lever, not the engine.
- **Footwear Matters:** Ensure you are wearing strict court shoes (not running shoes) with a wide toe box and robust lateral stability to prevent rolled ankles and ward off plantar fasciitis.

Recommended 5-Minute Warm-Up Routine

Before you step onto the court, execute this specific neuromuscular protocol:

- 1. Heart Rate Elevation:** 60 seconds of defensive side-to-side shuffles along the baseline. Keep low and don't cross your feet.
- 2. Joint Mobilization:** 30 seconds of forward/backward arm circles to lubricate the rotator cuffs, followed by figure-8 ankle rolls.
- 3. Dynamic Flexibility:** 60 seconds of lateral lunges (Cossack squats) to open up the hips and prepare the groin for wide dink retrievals.
- 4. Neuromuscular Activation:** 60 seconds of fast-paced shadow swings (mimicking rapid volleys and overhead smashes) to fire up your fast-twitch muscle fibers at the net.

Prepared by ProCoachPlus | The Pickleball Pro Coach