

SPLIT-STEP TO SUCCESS

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Split-step to success! Advanced tennis players do a split-step *almost* every time their opponents hit the ball. Advanced Pickleballers do the split step in certain situations too. When advancing forward, try to hop (or split) into your ready position (with both feet hitting the ground at the same time), then launch into the direction you need to go. Synchronize the timing of your landing to occur right when your opponent strikes the ball. If you are stationary and already in your ready position (such as waiting to return serve), your feet should already be split to about shoulder-width apart. In this case, simply do a little hop on your opponent's contact and then spring into action. This is a very basic tennis move but it can be tricky for the club player at first—be sure to see your club tennis professionals for help. Once you master the split-step you'll find that you've become a quicker version of you!