

I Used to Think Power Won Points—Now I Know This Matters More



Here's what I used to believe...

When I first got serious about playing and teaching pickleball, I thought power was the key to winning. Hit it harder. Drive the ball. Smash overheads. Outmuscle your opponent. That was the mindset I brought over from other racket sports—and I saw it in almost every beginner I taught. More force meant more success... right?

Then I realized this instead...

One day, I watched a 4.0 player lose to a 3.5 player who rarely hit the ball hard. The difference? Control. The 3.5 hit consistent dinks, placed every shot with purpose, and never gave away free points. It clicked. Winning at pickleball isn't about who hits hardest. It's about who hits *smartest*. The player who makes fewer errors—and forces more—usually wins.

Here's how you can use this right now...

Next time you step on the court, focus less on hitting winners and more on staying in the point. Trade 10% of your power for 30% more control. That means aiming for high-percentage targets, slowing down your third shot drop, and keeping the ball in play. You'll be shocked how many points your opponents give away—if you let them.

Want a list of high-percentage targets to practice? Let me know—I'll include one in the next issue.

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