

The Power of the Punch Volley: How to Take Time Away from Your Opponents



If you want to step up your net game, it's time to master one of the most effective weapons in pickleball: the **punch volley**.

✓ What Is a Punch Volley?

It's a compact, controlled shot that allows you to redirect pace and keep the ball low without taking a full swing. It's not a swing-and-pray shot — it's a short, firm punch made with your paddle out front.

Think of it like a jab in boxing — quick, efficient, and precise.

✓ When to Use It:

- When your opponents hit a high ball to you at the net
- When you want to **speed up the point** and take control
- When you're attacking a pop-up but want to stay in balance

Too many players take big, looping swings at the net and end up hitting out or losing control. The punch volley is all about **compact motion** and **quick hands**.

✓ **How to Execute:**

- Paddle out in front, not back by your hip
- Use a firm wrist and a short forward motion
- Keep your eyes on the ball and follow through slightly
- Aim for your opponents' feet, their paddle-side hip, or the middle seam

✓ **Bonus Tip:**

Practice this shot with a partner feeding you chest-high balls at the net. Focus on **consistency and control**, not power. The goal is to make them hit up, not give them a chance to counterattack.

Master the punch volley, and you'll win more exchanges at the net — fast.