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## Don't Hit Out Balls

OMG  
Play Tips

One of the most frustrating issues for a player and their partner is hitting out balls. It's tough to refrain from hitting such balls! Though, the more skilled players tend to hit fewer out balls. Keep reading to see how they do it.

- [1] If the ball is chest high or above, do **NOT** hit it. Remember this simple rule, "**chest high, let it fly.**"
- [2] One of the most important things you can do to not hit out balls is to slow down! Often players have a sense of urgency to get the ball back, that they rush through the point. If you watch the better players, it often seems that they have plenty of time to get to the ball. They are comfortable and set before they execute the stroke. They see the ball, the court, and seem to have all the time in the world to make a decision.
- [3] Keep your paddle up and in front of you. Create and maintain space between your paddle and your body. When your paddle is pointed down at your side, and a ball is whizzing by at shoulder height, the natural reaction is to raise the paddle quickly—sometimes inadvertently making contact with the ball. Such a large movement makes it even more difficult to pull back. When you have a shorter swing and less motion to the ball, it gives you even more time to react. You can move toward the ball or more easily pull away from a ball that is going out.
- [4] Doubles is a team sport. If you quietly watch your partner hit a ball you know is going out, you must share the responsibility for this error. You should communicate with your partner—yelling "bounce it", "no" or "out".



[Click to watch Joe Baker's video "Don't Hit Out Balls: 6 Easy Rules."](#)

If you avoid hitting out balls, you may win 2 or more points per game.