

WHY MOST PLAYERS NEVER REACH 4.0

It's **NOT** because they don't play enough.

It's because they practice
the **wrong** things.



MOST 3.0 – 3.5 PLAYERS:

- ✗ Play 10 hours a week
- ✗ Repeat the same mistakes
- ✗ Judge improvement by wins



4.0+ PLAYERS:

- ✓ Train with a specific goal
- ✓ Measure consistency, not highlights
- ✓ Fix one weakness at a time



REALITY:

Practice doesn't make perfect.
Purposeful practice makes progress.

WHAT HOLDS PLAYERS BACK



TOO MUCH OPEN PLAY

Games are great for fun, but they won't fix your weaknesses.



ATTACKING EVERY BALL

4.0 players know when to attack and when to reset.



POOR COURT POSITIONING

Small position mistakes lead to easy points for your opponents.



TRYING TOO MANY SHOTS

Stick to high-percentage shots you can repeat under pressure.



NO TRAINING PLAN

No plan = No progress. Train with purpose.



THE GOOD NEWS?

These mistakes can be fixed.
With the right plan, 4.0 is closer

Stop hoping. Start training with purpose
and see real results in **90 days**.



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