

FOR THE 10%



BOOK 01 — ZURDO ELITE POWER SYSTEM

ADVANTAGE **ZURDO**

BASIC EDITION

**DEVELOP YOUR
LEFT-HANDED
PADEL TACTICS
& IDENTITY**

ZURDI ZURKO

20 DIAGRAMS



CONTENTS (BASIC EDITION)

Basic Edition note: This edition is a condensed version designed to deliver the core Zurdo framework in a faster, more practical format. Advanced pattern libraries, extended drill libraries, and deeper match-planning material are reserved for the full Premium Edition available on our website www.zurdoelite.com

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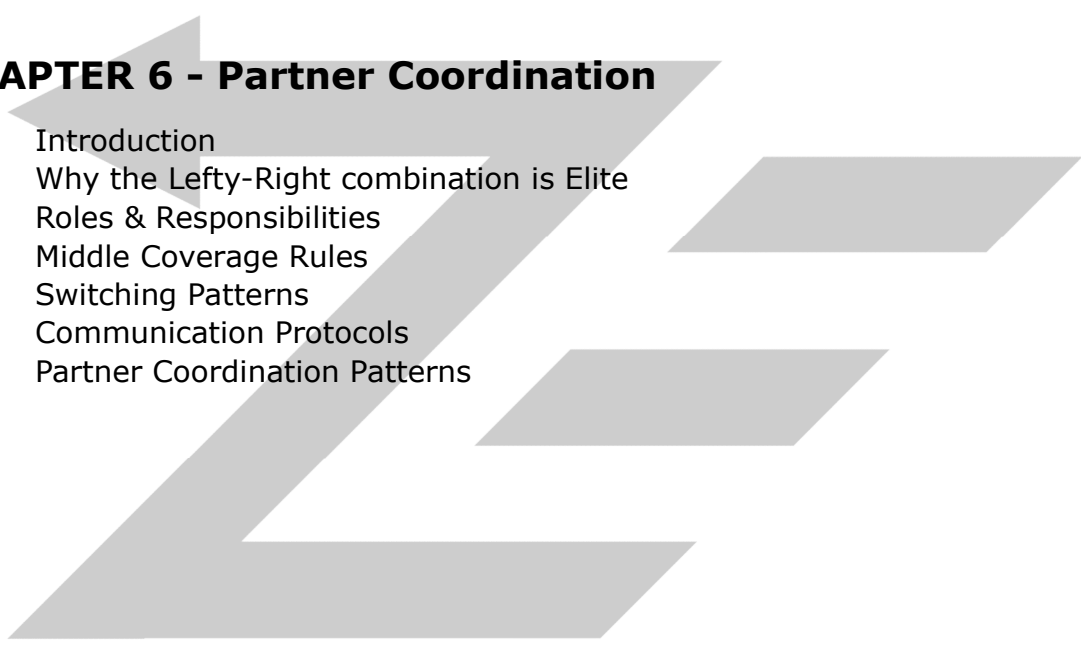
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FOREWORD – “Do you feel Unseen?”

by Zurdi Zurko, Zurdo Elite Tribe Leader

To every left-handed player who has ever felt unseen on the court: this book is for you.

Left-handed athletes have to carve their own path through sports that were never designed with them in mind. We grow up adapting, improvising, and learning to read the game from angles others never have to consider. Whether it's a southpaw boxer forcing opponents into unfamiliar rhythms, a left footed footballer bending the pitch to their will, or a left-handed tennis player shaping patterns that feel “wrong” to everyone else...**our identity is built on navigating a world that rarely mirrors us.**

Padel is no different. In fact, it magnifies the experience.

For years, left-handed padel players have been told to **“just play like everyone else,”** as if our natural geometry, our dominant angles, and our instinctive patterns were inconveniences rather than advantages. We've seen players being coached to switch sides, suppress their strengths, or fit into tactical frameworks built entirely for right handers. We've watched them lose confidence not because they lacked talent, but **because they lacked a map that reflected who they truly were.** This book changes that.

What we have created here is more than a tactical manual, **it's a declaration of identity.** It recognises that left-handed players don't simply mirror the game; we reshape it. Our patterns of play, our positioning, our transitions, our pressure moments, our defensive instincts; they all follow a different logic. A logic that deserves to be understood, refined, and celebrated.

Across these chapters, you'll find the first complete framework built specifically for us. You'll see how left-handed geometry transforms the serve and return. How our natural cross court dominance rewrites net play. How our angles open combinations that right handers rarely access. How our defensive exits, pressure patterns, and match play decisions follow a rhythm that is uniquely ours. And how, with the right mindset, a left-handed player can grow into a role that is not just effective, but essential.

But what matters most is this: **the book gives you permission to play as a left hander, and celebrate it!** It connects you to a wider lineage of athletes who have turned their difference into an advantage. It gives you the language, the diagrams, the clarity, and the **confidence to build a tactical identity** that fits your game rather than forcing your game to fit someone else's.

Once you understand the patterns in these pages, you will never see the court the same way again. And that is the beginning of something powerful.

Welcome to the first true padel playbook for left-handed padel players.
Welcome to the Zurdo Elite community that finally has a voice.
Welcome to your game...played on your terms.

Full edition available here → [Advantage Zurdo – Zurdo Elite Store](#)

CHAPTER 1 – Advantage Zurdo!

1.1 WHY A LEFTY IS A TACTICAL WEAPON

Definition of a Zurdo!

For the purposes of this eBook (and all of our content) a Left-Handed player will be called Zurdo.

We are assuming you are mainly playing against 3 other right-handed players. We will cover playing with or against other Zurdo's in future content.

Most padel tactics books assume a right-handed player on the right side. This creates a blind spot in the sport.

You being Zurdo is very special and you have **a huge advantage and you don't even know it yet!**

Diagram formatting notes:

- The Padel balls show the direction of the shot (the speed trails are behind the direction of the ball)
- A shot number indicates the sequence of the shot in the example
- FH = Forehand. BH = Backhand, to help indicate the difference.
- Zurdo, and Zurdo's shots, will be shown in Red
- Opponent 1 & Opponent 2 shots will be shown in Grey

Did you know there are only around 10% left handed people in this world! Which means the majority of the matches you play, you can leverage all of the strategic information in this book.

Just some of the obvious advantages:

- Your forehand points to the middle.
- Your backhand points to the side glass.
- Your angles are reversed.
- Your spin behaves differently.
- and most importantly - **Your opponents are not used to your patterns.**

This chapter explains why your geometry is so powerful and how to build your entire tactical identity around it.

1.2 THE FOUR PLAYER ROLES

To help keep it consistent, these 4 player roles appear in every diagram and every chapter.

1) Zurdo (You!)

- Left-handed
- Right Side
- the Highlighted Player in **Red** in all diagrams
- All shots/directions from Zurdo are also in **Red**
- Forehand → Middle
- Backhand → Side Glass

2) Zurdo's Partner

- Right-handed
- Left Side
- It's very unlikely you will play with another Zurdo! However if you do and can train hard together, imagine the power of Double Zurdo!
- Forehand → Middle
- Backhand → Side Glass
- Strong advantage as both players have forehand to the middle.

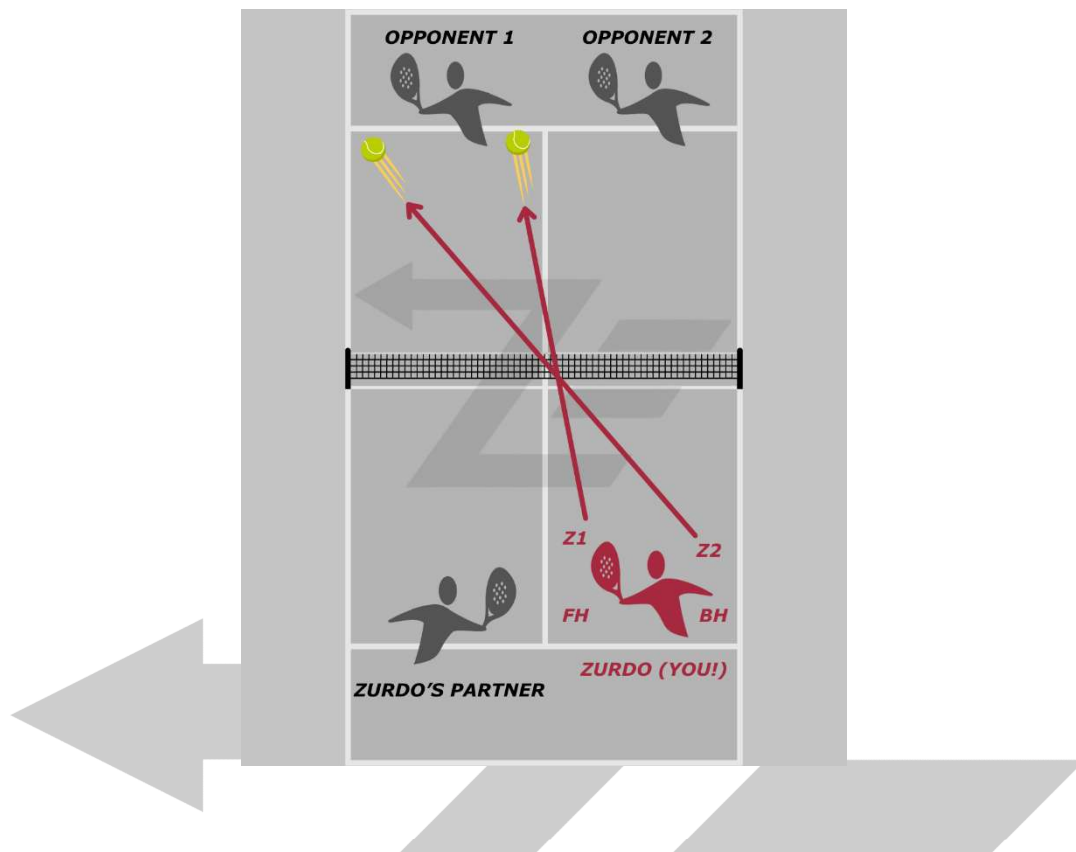
3) Opponent 1

- Right-handed
- Cross-Court
- Sometimes will be left-handed
- Forehand → Side Glass
- Backhand → Middle

4) Opponent 2

- Right-handed
- Parallel
- (1% chance of being a Zurdo!)
- Forehand → Middle
- Backhand → Side Glass

These four roles will be described in the same way throughout this guide.



1.3 WHY THE ZURDO IS SPECIAL

A left-handed player on the right side is rare.

A left-handed player who understands the geometry is dangerous.

Your forehand points into the middle

This is the most valuable zone in padel and you control it with your strongest shot.

Your inside-out forehand attacks Opponent 1's backhand

Right-handers hate this ball. It's your signature weapon.

Your backhand cross-court has two targets

- Wide → Opponent 1's forehand
- Middle → Opponent 1's backhand

Right-handers cannot do this from the right side.

Your spin behaves differently

Lefty spin into the side glass creates unpredictable rebounds.

Your patterns are unfamiliar

Right-handers rarely train against left-handed right-side players.

This gives you built-in tactical and psychological advantage!

1.4 THE CORE GEOMETRY OF A ZURDO

Let's break down your orientation:

Zurdo (Left-Handed, Right Side)

- **Forehand → Middle**
- **Backhand → Side Glass**

This means:

- Your strongest shot controls the middle
- Your backhand must handle the side glass
- Your inside-out forehand is a natural backhand-breaker
- Your cross-court backhand can attack two different zones
- Your down-the-line shots are reversed compared to right-handers

This geometry defines your entire tactical identity.

1.5 SHOT-MAPPING

1. Zurdo → Opponent 1

Opponent 1 is right-handed and cross-court from you.

Their orientation:

- **Forehand → Side Glass**
- **Backhand → Middle**

Your shots:

- **Cross-Court Wide (towards side glass) → Opponent 1's forehand**
- **Cross-Court Middle (towards the T) → Opponent 1's backhand**
- **Inside-Out Forehand → Opponent 1's backhand**
This is your highest-value attacking shot.
- **Backhand Cross-Court** - This dual-threat is unique to left-handers on the right side.
 - **Wide → Opponent 1's forehand**
 - **Middle → Opponent 1's backhand**

2. Zurdo → Opponent 2

Opponent 2 is right-handed and parallel to you.

Their orientation:

- **Forehand → Middle**
- **Backhand → Side Glass**

Your shots:

- **Down-the-Line Forehand** → Opponent 2's forehand
- **Down-the-Line Backhand** → Opponent 2's backhand

These shots are lower-percentage but essential for:

- Breaking patterns
- Punishing poor positioning
- Forcing defensive lobs
- Creating space for your partner

A parallel bandeja from a Zurdo to Opponent 2's backhand is very unpredictable and difficult to defend, especially if the ball drops into the corner glass. Try it!

1.6 THREE CORE STRENGTHS OF A ZURDO

1. Middle Domination

Your forehand controls the most important zone on the court.

2. Backhand Pressure on Opponent 1

Your inside-out forehand naturally attacks their weaker wing.

3. Dual-Threat Cross-Court

Your backhand can attack either wing of Opponent 1.

This combination is unique and extremely difficult to defend.

1.7 THREE CORE CHALLENGES FOR A ZURDO

1. Backhand Bandeja

Your backhand faces the side glass, a difficult angle.

2. Defensive Backhand Glass

Lefty backhand → side glass requires technical precision.

3. Middle Coverage

You must coordinate perfectly with your partner to avoid gaps.

These challenges will be solved in later chapters.

CHAPTER 1 SUMMARY BY ZURDI

You now understand the core identity of a Zurdo:

- Your forehand dominates the middle
- Your inside-out forehand attacks Opponent 1's backhand
- Your backhand cross-court is a dual-threat
- Your geometry is unfamiliar and uncomfortable for right-handers
- You have built-in tactical advantages
- You have specific challenges that we will solve later

You are now ready for **Chapter 2: Understanding the Opponents.**



CHAPTER 2 - Understanding the Opponents

How to read, exploit, and dismantle Opponent 1 and Opponent 2

2.1 INTRODUCTION

To dominate as a Zurdo, you must understand the two right-handed opponents you face:

- **Opponent 1** - the cross-court opponent
- **Opponent 2** - the parallel opponent

Each has different forehand/backhand orientations, different responsibilities, and different vulnerabilities.

This chapter teaches you how to:

- Read their positioning
- Predict their shot choices
- Exploit their geometry
- Force errors
- Build pressure cycles
- Break their patterns

A Zurdo who understands the opponents becomes extremely difficult to beat.

PLAYER ROLES (Reminder)

Remember, these roles never change:

1) Zurdo

Left-handed, Right Side:

- Forehand → Middle
- Backhand → Side Glass

2) Zurdo's Partner

Right-handed, Left Side

- Forehand → Middle
- Backhand → Side Glass

3) Opponent 1

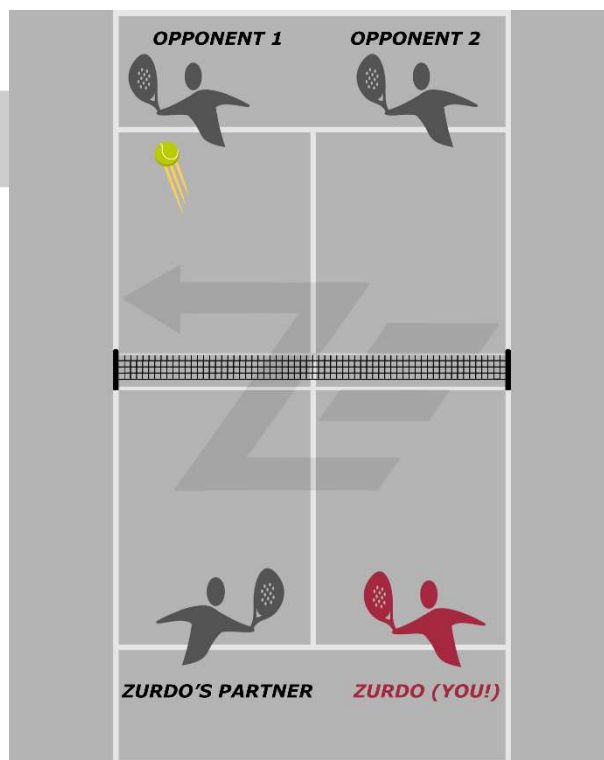
Right-handed, Cross-Court

- Forehand → Side Glass
- Backhand → Middle

4) Opponent 2

Right-handed, Parallel

- Forehand → Middle
- Backhand → Side Glass



2.2 WHO IS OPPONENT 1? (Cross-Court)

Opponent 1 is the player directly **cross-court** from Zurdo.

Orientation (Usually Right-Handed, Right Side)

- **Forehand → Side Glass**
- **Backhand → Middle**

Responsibilities

- Defend your cross-court pressure
- Handle your inside-out forehand
- Cover the middle on their backhand
- Manage the side glass on their forehand
- Support Opponent 2 during net play

Why Opponent 1 matters

They will likely receive **70% of your shots**.
They are the primary target of your patterns.

If you break Opponent 1, you break the pair.

OPPONENT 1: STRENGTHS

Right-handers on the right side typically have:

1. Strong forehand off the side glass

They are used to this rebound.

2. Solid defensive lobs cross-court

This is their natural escape.

3. Good forehand volleys

Especially when the ball comes wide.

4. Predictable positioning

Right-handers on the right side rarely improvise.

These strengths matter, but they also create predictable patterns you can exploit.

OPPONENT 1: WEAKNESSES

1. Backhand in the middle

This is their weakest defensive zone.

2. Difficulty reading lefty spin

Your angles are unfamiliar.

3. Vulnerable to inside-out forehands

This shot attacks their backhand seam.

4. Poor recovery from wide forehand volleys

They get pulled off the court easily.

5. Predictable lobs under pressure

Most right-handers lob cross-court when stressed.

These weaknesses are the foundation of your offensive system.

2.3 WHO IS OPPONENT 2? (Parallel)

Opponent 2 is the player directly **parallel** to Zurdo.

Orientation (Right-Handed, Left Side)

- **Forehand → Middle**
- **Backhand → Side Glass**

Responsibilities

- Control the middle
- Pressure Zurdo's backhand corner
- Support Opponent 1 during defence
- Attack with forehand volleys
- Finish points at the net

Why Opponent 2 matters

They are the “boss” of the opponents’ team.
If they dominate the middle, you lose control of the rally.

OPPONENT 2: STRENGTHS

1. Strong forehand into the middle

This is their natural attacking shot.

2. Good net coverage

They often lead the offensive phase.

3. Solid overheads

Especially bandejas into your backhand corner.

4. Ability to pressure your backhand

They can pin you with volleys and overheads.

Opponent 2 is the more dangerous opponent, but also the more predictable.

OPPONENT 2: WEAKNESSES

1. Backhand to the side glass

This is a difficult rebound for right-handers.

2. Difficulty handling down-the-line pressure

Your down-the-line forehand attacks their forehand seam.

3. Vulnerable when pulled wide

Right-handers on the left side struggle to recover.

4. Predictable middle coverage

They often overcommit.

5. Poor reaction to lefty spin

Especially when the ball kicks toward the side glass.

These weaknesses allow you to break their structure.

2.4 HOW TO READ OPPONENT 1

1. Watch their stance

If they open their hips → forehand

If they close their hips → backhand

2. Watch their recovery path

Wide recovery → attack middle

Middle recovery → attack wide

3. Watch their lob preparation

High elbow → cross-court lob

Low elbow → flat drive

4. Watch their partner

If Opponent 2 steps forward → Opponent 1 will defend

If Opponent 2 steps back → Opponent 1 will attack

Reading Opponent 1 gives you control of the rally.

2.5 HOW TO READ OPPONENT 2

1. Watch their feet

If they step inside → volley coming

If they step back → bandeja coming

2. Watch their shoulders

Open → forehand middle

Closed → backhand side glass

3. Watch their spacing

If they drift middle → down the line is open

If they drift wide → middle is open

4. Watch their confidence

If they hesitate → attack

If they commit → reset

Reading Opponent 2 helps you break their net structure.

CHAPTER 2 SUMMARY BY ZURDI

You now understand:

- The geometry of Opponent 1 and Opponent 2
- Their strengths and weaknesses
- How to read their positioning
- How to predict their shots
- How to exploit their vulnerabilities

This knowledge is essential for building your offensive and defensive systems.

You're now ready for **CHAPTER 3: The Zurdo's Offensive System.**



CHAPTER 3 - The Zurdo's Offensive System

How a left-handed right-side player creates pressure, breaks structure, and dominates rallies

3.1 INTRODUCTION

A Zurdo's offensive system is built on three pillars:

1. Middle domination with the forehand

Your strongest shot controls the most important zone.

2. Backhand pressure on Opponent 1

Your inside-out forehand attacks their weakest wing.

3. Dual-threat cross-court backhand

You can hit two different targets from the same preparation.

This chapter teaches you how to:

- Build pressure
- Break defensive structures
- Create predictable chaos
- Force weak lobs
- Finish points efficiently

This is where your left-handed geometry becomes a weapon.

3.2 THE ZURDO OFFENSIVE PYRAMID

Your offensive system has three levels:

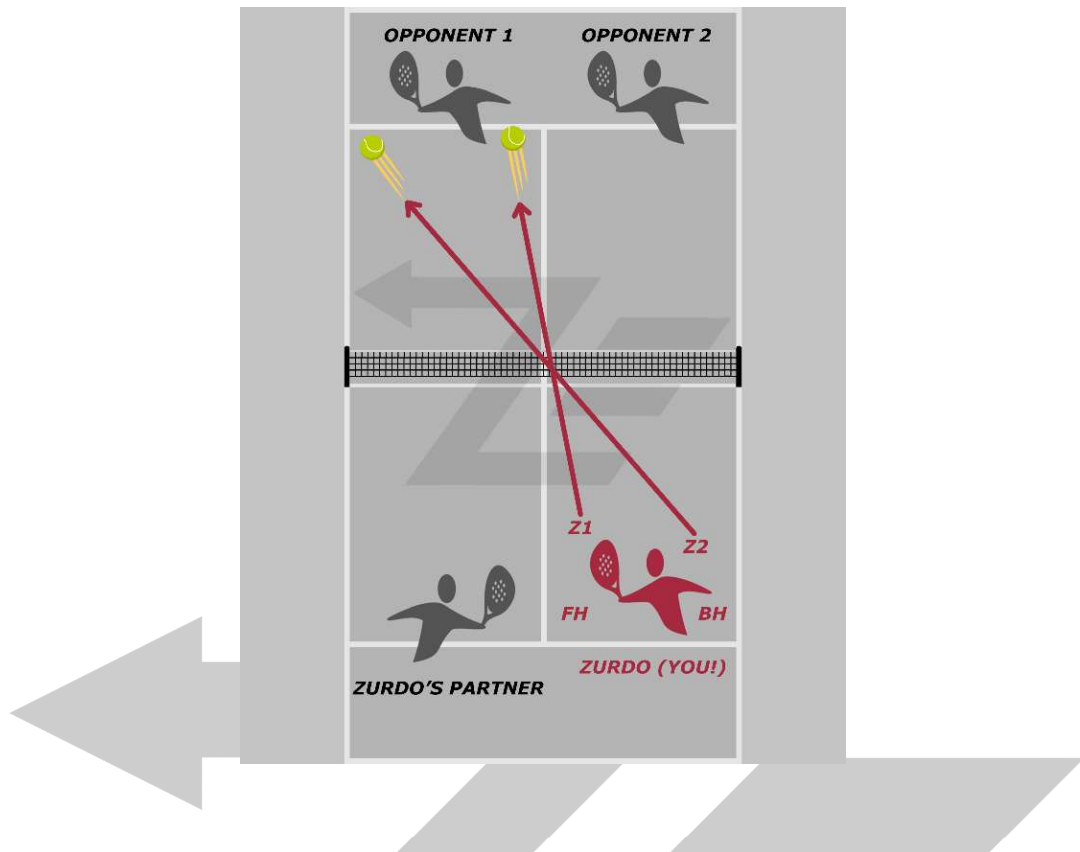
LEVEL 1 - Control

Z1. Forehand to the middle

Z2. Backhand cross-court resets

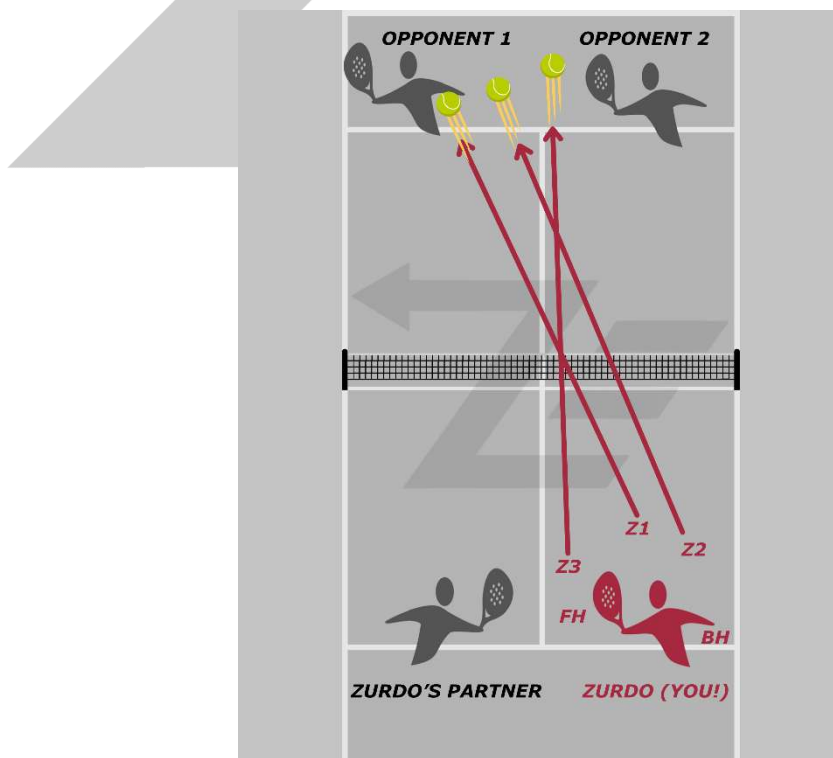
High-percentage tempo control is key.

The most natural shot direction from the Zurdo are Forehands to target the middle and Backhands to target the side glass. These shots will be most effective and comes with the least risk of unforced errors. See recommended shot directions below for the Zurdo:



LEVEL 2 - Pressure

- Z1. Inside-out forehand to Opponent 1's backhand
- Z2. Backhand middle to force weak lobs
- Z3. Forehand middle to push Opponent 2 back



LEVEL 3 - Attack

- Step-in forehand winners
- Down-the-line forehand to Opponent 2
- Overhead finishes
- Net-pressure volleys

You must master Level 1 before Level 2, and Level 2 before Level 3.



3.3 THE INSIDE-OUT FOREHAND (Your Signature Weapon)

This is the most important shot in your entire offensive system.

Target:

Opponent 1's backhand (their weakest zone)

Why it works:

- Right-handers hate backhands in the middle
- Your angle is unfamiliar
- Your spin kicks away from them
- It forces predictable lobs
- It opens the middle for your partner

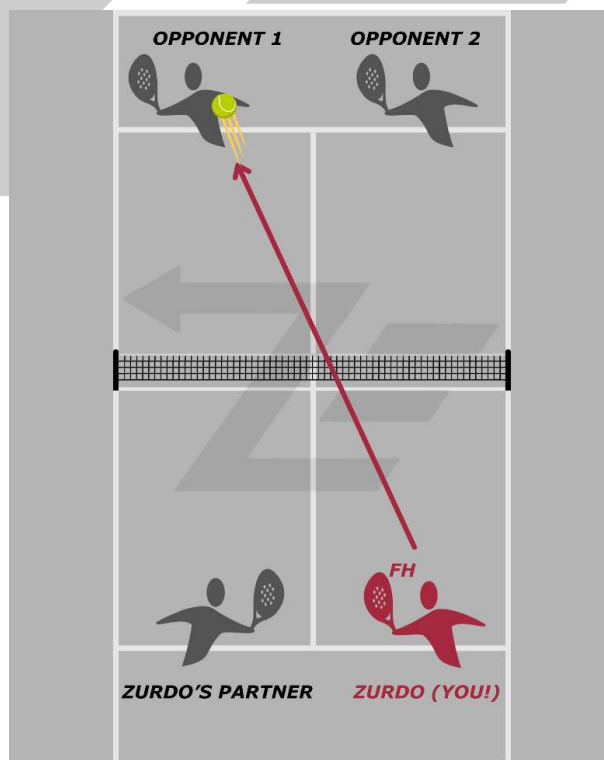
When to use it:

- When Opponent 1 is recovering
- When Opponent 1 is late
- When Opponent 2 drifts middle
- When you want to force a lob

Technical keys:

- Open stance
- Racquet face slightly closed
- Brush outside the ball
- Aim 1 meter inside the sideline

This shot is the foundation of your pressure game.



3.4 THE DUAL-THREAT Backhand

Your backhand cross-court is special because it can attack **two different zones**:

Z1. Backhand cross-court WIDE → Opponent 1's forehand

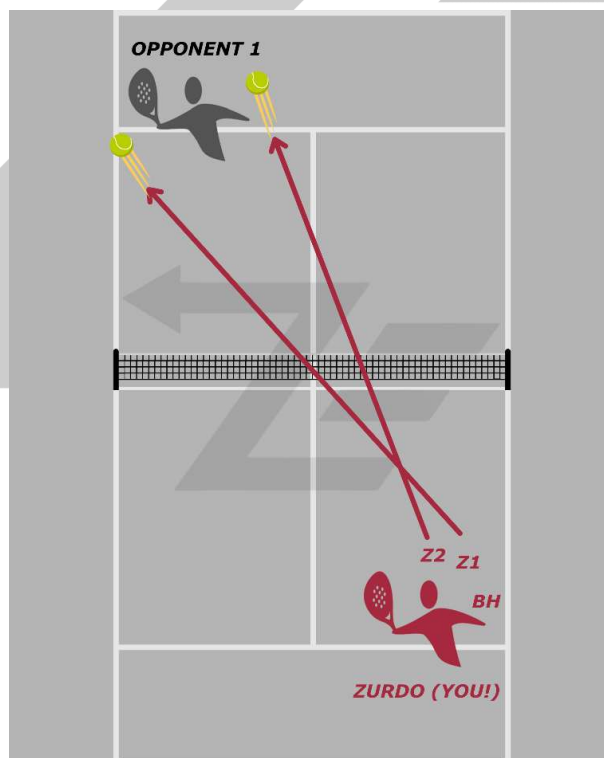
Z2. Backhand cross-court MIDDLE → Opponent 1's backhand

Right-handers cannot do this from the right side.

Why this is powerful:

- Opponent 1 cannot predict your target
- You can change direction without changing preparation
- You can break their rhythm
- You can force movement patterns they hate

This is your second-most important offensive tool. This unpredictability creates pressure.



3.5 FOREHAND MIDDLE DOMINATION

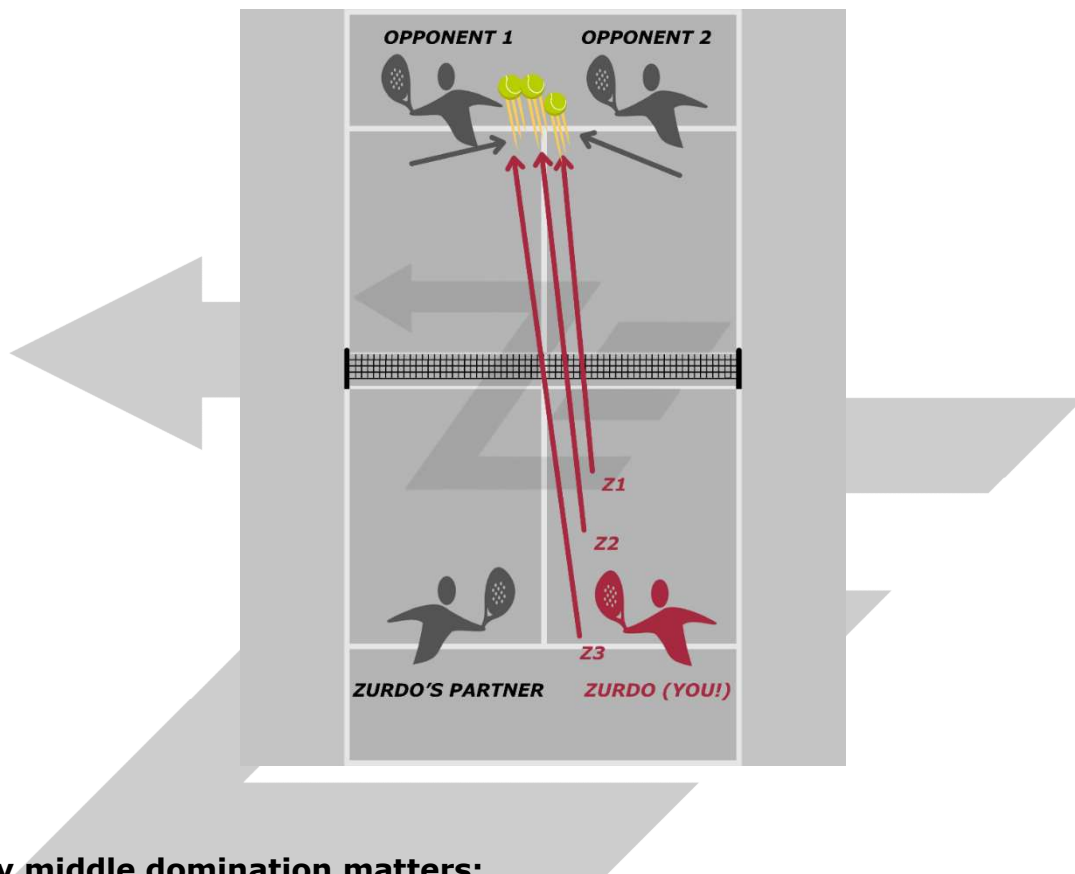
Your forehand points into the middle - the most valuable zone in padel.

Bombard the middle with these shots:

Z1. Volley

Z2. Bandeja

Z3. Drive



Why middle domination matters:

- It forces both opponents to hesitate and move together towards the middle, opening space into the corners
- It creates confusion
- It opens angles for your partner
- It prevents Opponent 2 from stepping forward
- It keeps Opponent 1 pinned

Your goals:

- Hit heavy, deep forehands into the seam
- Make Opponent 2 defend with their backhand
- Push Opponent 1 backward
- Control tempo

This is your “safe pressure” shot and should be your default offensive shot.

3.6 ATTACKING OPPONENT 1'S BACKHAND

This is the core of your pressure system.

Three ways to attack Opponent 1's backhand:

Z1. Inside-out forehand

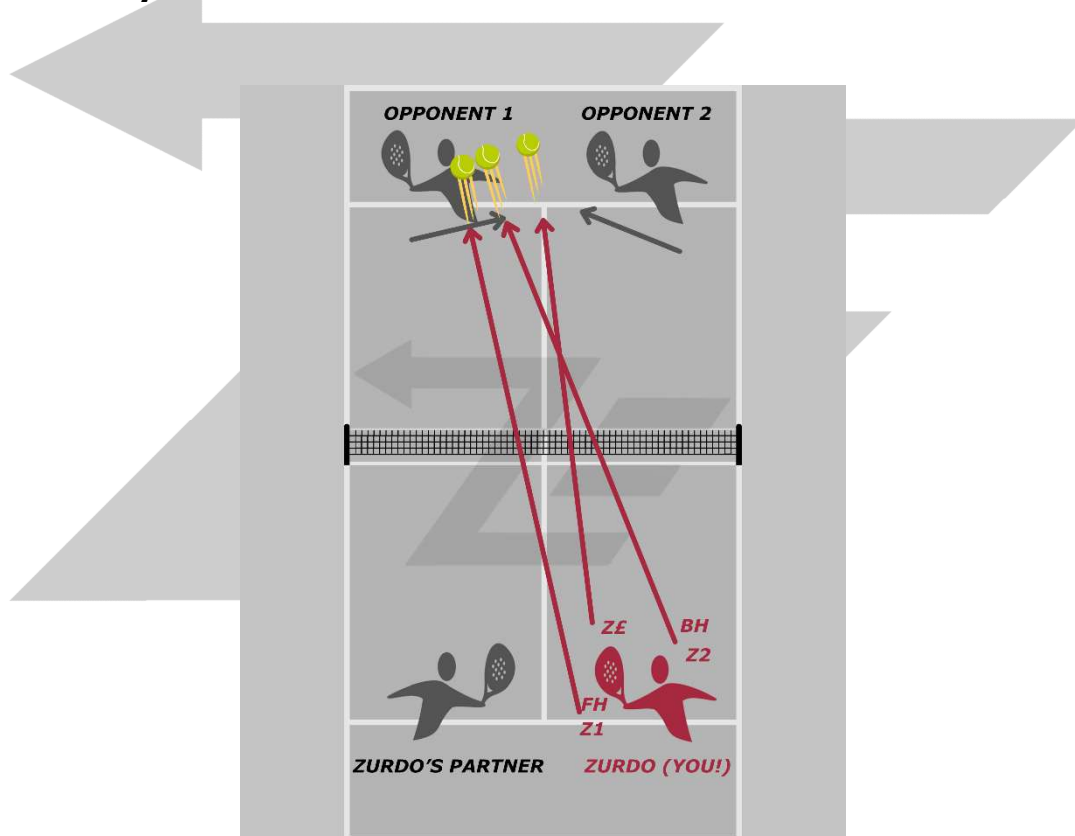
Z2. Backhand cross-court middle

Z3. Forehand middle with heavy spin

Why this works:

- Right-handers struggle with backhands in the middle
- They cannot counterattack from this zone
- They produce weak lobs
- They open space for your partner

This is how you break their structure.

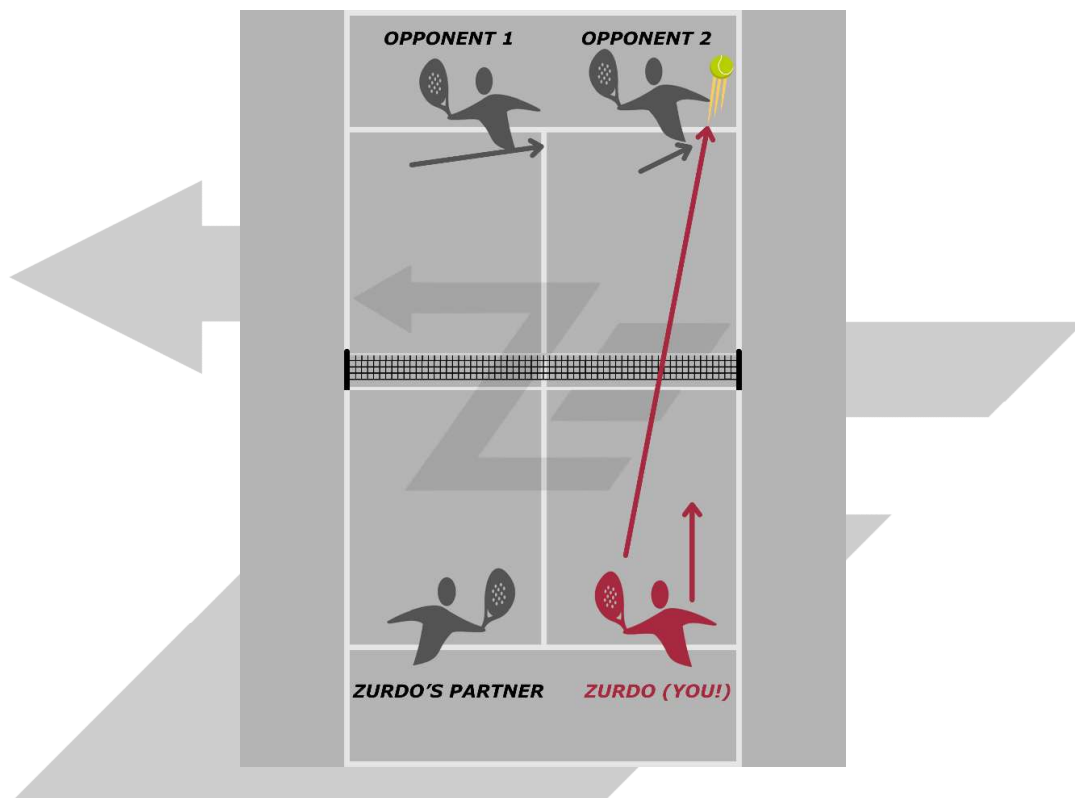


3.7 ATTACKING OPPONENT 2 DOWN-THE-LINE

Opponent 2 is the stronger opponent - but also the more predictable.

Your down the line shot can attack Opponent 2's backhand, forcing them into the corner and maybe even defend a difficult ball against the glass.

Using this shot, also creates an opportunity to move quickly to the net, as their next shot could be weak and easy to attack.



When to use down the line:

- When Opponent 2 overcommits middle
- When Opponent 1 is stuck wide
- When you want to break their net structure
- When you want to force a defensive shot or lob

This is your “pattern breaker.”

3.8 OFFENSIVE PATTERNS

OFFENSIVE PATTERN 1: BACKHAND PRESSURE CYCLE

Sequence:

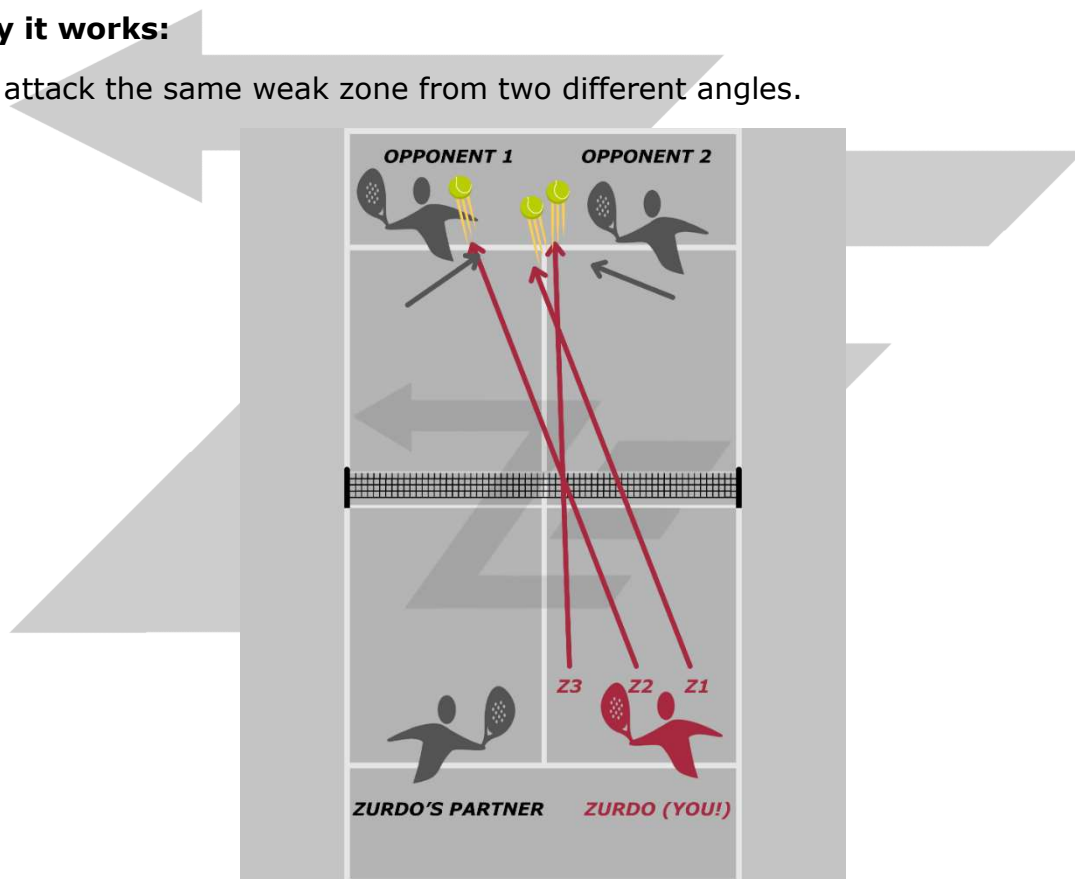
- Z1. Backhand cross-court middle** → Opponent 1's backhand
- Z2. Inside-out forehand** → Opponent 1's backhand
- Z3. Forehand middle** → push Opponent 2 back
- Z4. Repeat until weak lob**

Goal:

Force a short ball or weak lob.

Why it works:

You attack the same weak zone from two different angles.



OFFENSIVE PATTERN 2: WIDE-TO-MIDDLE SWITCH

Sequence:

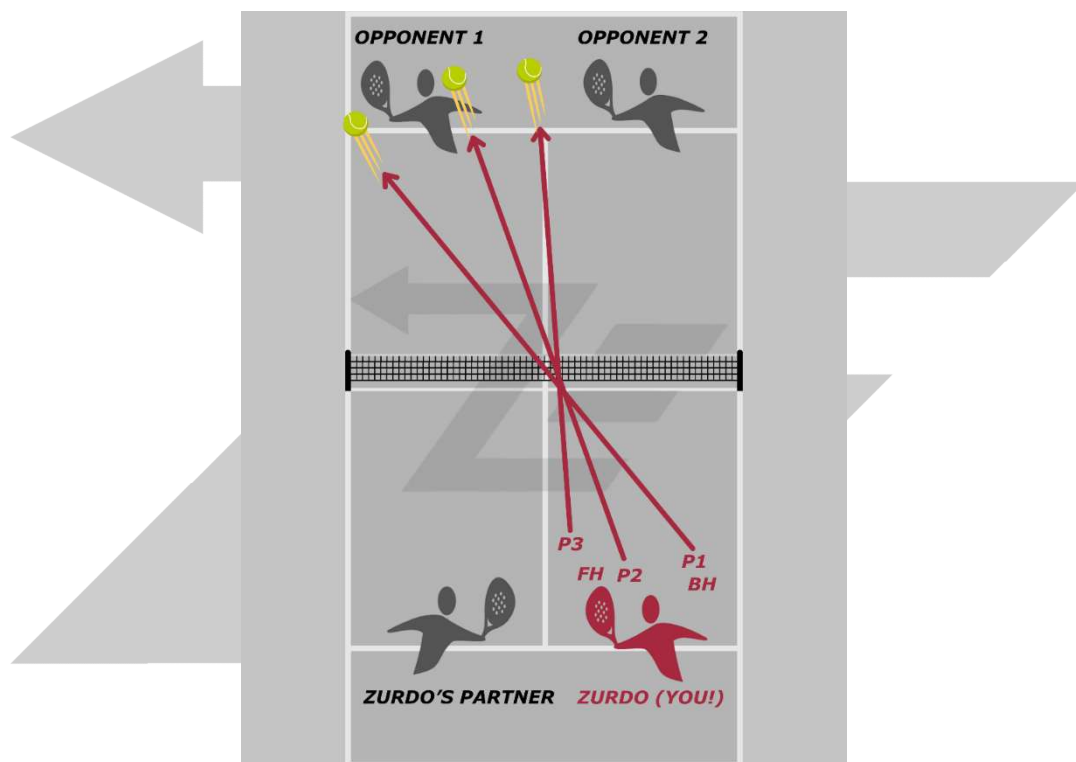
Z1. Backhand cross-court wide → Opponent 1's forehand, Opponent 1 recovers wide.

Z2. Inside-out forehand → Opponent 1's backhand, Opponent 1 is late

Z3. Forehand middle → take control

Goal:

Break Opponent 1's recovery rhythm.



OFFENSIVE PATTERN 3: MIDDLE DOMINATION

Sequence:

Z1. Forehand middle

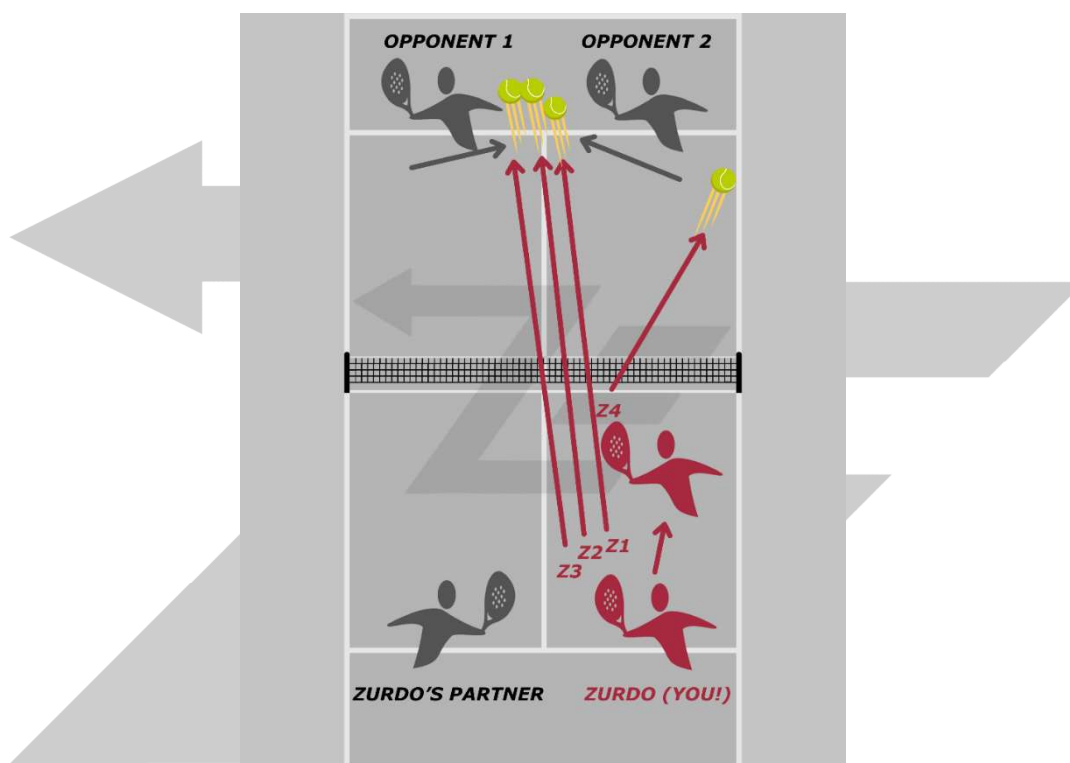
Z2. Forehand middle (stronger)

Z3. Forehand middle (stronger and deeper), Opponent 2 steps back

Z4. Step-in forehand winner or volley/drop shot finish to parallel

Goal:

Push Opponent 2 out of position.



CHAPTER 3 SUMMARY BY ZURDI

You now understand the Zurdo offensive system:

- Inside-out forehand = primary weapon
- Dual-threat backhand = unpredictability
- Forehand middle = control
- Pressure cycles = structure breakers

You're now ready for **CHAPTER 4: The Zurdo's Defensive System.**

This chapter is all about **survival, resetting, and turning defence into attack** - the part of the game where a Zurdo can become *Elite*.



CHAPTER 4 - The Zurdo's Defensive System

How a left-handed right-side player survives pressure, resets rallies, and neutralises right-handed attacks

4.1 INTRODUCTION

Defence is where most right-handed right-side players struggle.

But for a **left-handed right-side player**, defence is even more unique:

- Your **backhand faces the side glass**
- Your **forehand faces the middle**
- Opponent 2 can pressure your backhand corner
- Opponent 1 can attack your cross-court space
- Your angles are reversed compared to right-handers

This chapter teaches you how to:

- Defend the backhand side-glass corner
- Reset cross-court under pressure
- Use defensive lobs effectively
- Neutralise Opponent 2's overheads
- Coordinate with your partner during defence
- Turn defence into attack

This is where you become a complete player.

THE THREE DEFENSIVE PRIORITIES OF A ZURDO

1. Survive the backhand side-glass corner

This is your most vulnerable zone.

2. Reset cross-court with height and depth

This buys time and breaks pressure cycles.

3. Protect the middle with your forehand

You must prevent Opponent 2 from dominating the seam.

If you master these three priorities, your defence becomes elite.

4.2 BACKHAND GLASS DEFENCE

This is the hardest defensive skill for a Zurdo, Opponents target the Pressure Zone (see PZ)

Why it's difficult:

- Your backhand faces the side glass
- The rebound is unpredictable
- Opponent 2 targets this zone with bandejas (shot 1a)
- Opponent 1 targets this zone with cross-court drives (shot 1b)

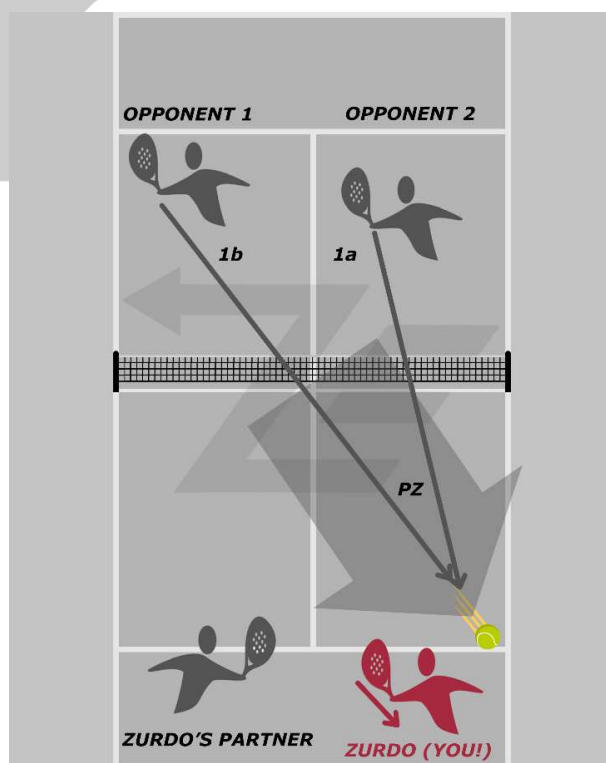
Your goals:

- Create space
- Let the ball pass
- Use height to reset
- Avoid slicing too low
- Keep your racquet face stable

Technical keys:

- Step back early
- Open your hips
- Let the ball drop
- Lift with your legs
- Aim high and deep cross-court

This is the foundation of your defensive identity.



4.3. RESETTling CROSS-COURT

When Opponent 1 attacks you cross-court, your job is to **reset the rally**, not counterattack. Move backwards and give yourself space away from the glass to execute one of **your reset options**:

Z1. High lob cross-court

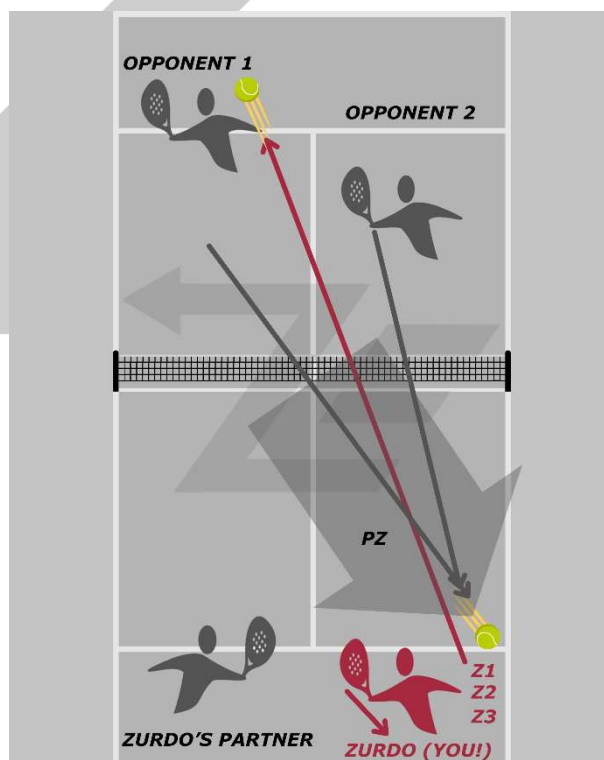
Z2. High slow ball cross-court

Z3. Deep topspin reset cross-court

Why cross-court resets work:

- They give you maximum distance
- They force Opponent 1 to hit on the move
- Keeps the ball away from Opponent 2 who will be ready to finish the point
- They buy time for your partner to reposition
- They break the opponents' net structure

Golden rule: Never reset down-the-line under pressure, your escape route is always cross-court.



4.4 DEFENSIVE LOBS

Your lob is one of your most important defensive tools.

Two types of lobs:

Z1. Cross-court lob (safe, high-percentage)

Z2. Down-the-line lob (risky, used to break patterns)

Z1. When to lob cross-court:

- When Opponent 1 is attacking
- When you're late
- When the ball is low
- When you need time

Target - If you can lob behind Opponent 1 to their backhand, that will maximise the effect, as they can't attack it. Or will draw Opponent 2 across for a bandeja, creating space in Opponent 2's parallel.

Z2. When to lob down-the-line:

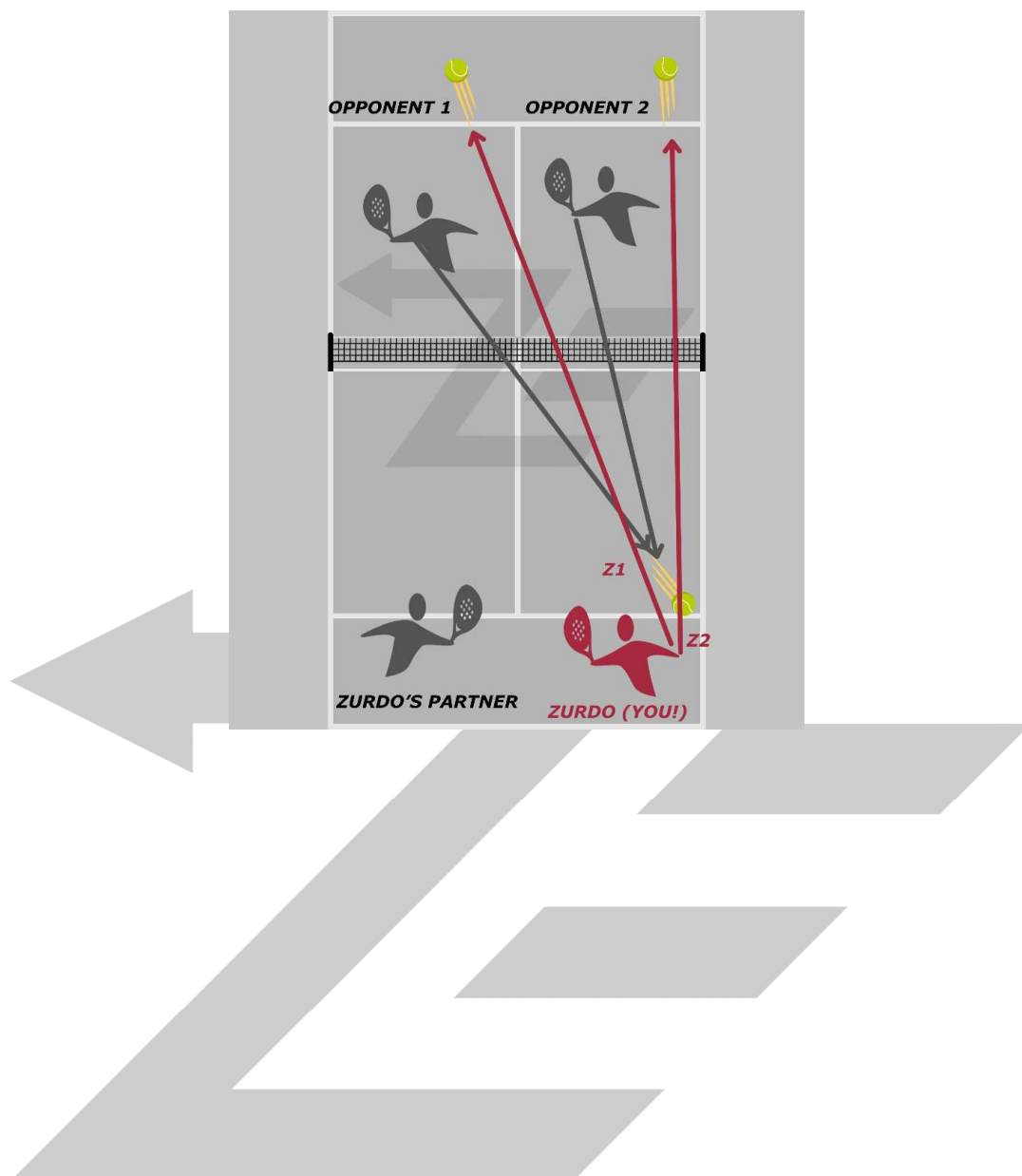
- When Opponent 2 steps too far middle
- When Opponent 1 is stuck wide
- When you want to flip the rally

Target – avoid short lobs to Opponent 2's forehand, they will attack hard!

Technical keys:

- Use legs, not wrist
- Aim for height, not speed
- Keep your racquet face open
- Finish upward

A good lob resets the entire rally.



4.5 NEUTRALISING OPPONENT 2'S OVERHEADS

Opponent 2 (parallel) has:

- A strong forehand
- A strong overhead
- A natural angle into your backhand corner

Your defensive goals:

1. **Force them backward**
2. **Make them hit bandejas, not smashes**
3. **Break their rhythm with height**
4. **Reset cross-court**

How to neutralise them:

- Lob early
- Lob high
- Lob cross-court
- Make them move backward
- Avoid giving them low balls

If Opponent 2 cannot dominate overheads, their entire system collapses.

4.6 PARTNER COORDINATION DURING DEFENCE

Zurdo's Partner (right-handed, left side) plays a critical role.

Partner responsibilities:

- Cover the middle
- Protect your forehand side
- Help you escape the corner
- Take overheads when possible
- Reset with you

Your responsibilities:

- Defend the backhand corner
- Reset cross-court
- Communicate early
- Avoid leaving the middle open
- Use height to buy time

Communication cues:

- "Mine"
- "Yours"
- "Lob"
- "Reset"

Good defence is always a team effort.



4.7 DEFENSIVE PATTERNS

DEFENSIVE PATTERN 1: CORNER ESCAPE

Sequence:

- Opponent 2 hits bandeja to your backhand corner
- You step back and let the ball pass
- You lift high cross-court
- Opponent 1 moves backward
- Your partner steps forward
- Reset complete

Goal: Escape pressure and regain neutral position.

DEFENSIVE PATTERN 2: MIDDLE PROTECTION

Sequence:

- Opponent 2 attacks the middle
- You use forehand to block or lift
- Partner shifts slightly right
- You reset cross-court
- Opponents lose net advantage

Goal: Prevent Opponent 2 from dominating the seam.

DEFENSIVE PATTERN 3: LOB-TO-RESET

Sequence:

- Opponent 1 attacks cross-court
- You lob high cross-court
- Opponent 1 retreats
- Opponent 2 shifts back
- You and partner recover to net
- You take control

Goal: Turn defence into attack.

CHAPTER 4 SUMMARY BY ZURDI

You now understand the Zurdo defensive system:

- Backhand side-glass defence is your priority
- Cross-court resets are your escape route
- Defensive lobs are your equaliser
- Opponent 2's overheads must be neutralised
- Partner coordination is essential
- Defence → Reset → Attack is your flow



You're now ready for **CHAPTER 5: Net Play for a Zurdo**. This chapter is where your left-handed identity becomes a *net-dominance weapon*.



CHAPTER 5 - Net Play for a Zurdo

How a left-handed right-side player controls the net, dominates the middle, and finishes points

5.1 INTRODUCTION

Net play is where a Zurdo becomes truly dangerous.

Why?

Because your **forehand points into the middle**, giving you:

- Better coverage
- Better angles
- Better finishing options
- Better poaching opportunities
- Better pressure on Opponent 1's backhand

Right-handers on the right side cannot replicate these advantages.

This chapter teaches you how to:

- Dominate the middle with forehand volleys
- Control the side glass with backhand volleys
- Poach effectively as a left-hander
- Use your overheads to create chaos
- Coordinate net positioning with your partner
- Apply structured net-pressure patterns

This is where you become a complete offensive threat.

5.2 WHY A ZURDO IS STRONG AT THE NET

1. Forehand covers the middle

You can dominate the seam with your strongest shot.

2. Natural poaching angle

Your forehand poach moves *toward* the middle, not away from it.

3. Lefty spin on volleys

Your slice and topspin behave differently off the glass.

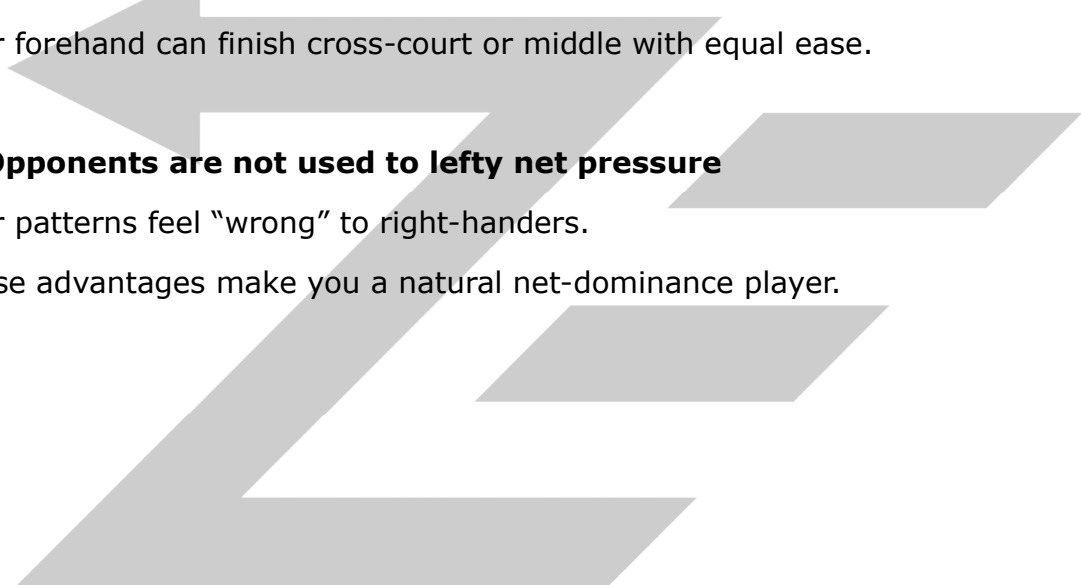
4. Better finishing angles

Your forehand can finish cross-court or middle with equal ease.

5. Opponents are not used to lefty net pressure

Your patterns feel “wrong” to right-handers.

These advantages make you a natural net-dominance player.



5.3 FOREHAND MIDDLE VOLLEYS (Your Net Superpower)

Your forehand volley points directly into the middle seam.

Your goals:

- Intercept middle balls
- Pressure Opponent 1's backhand
- Force weak lobs
- Create chaos in the middle
- Set up your partner

Technical keys:

- Racquet head above wrist
- Short backswing
- Punch, don't swing
- Aim for the seam between Opponent 1 and Opponent 2
- Keep your chest facing the net

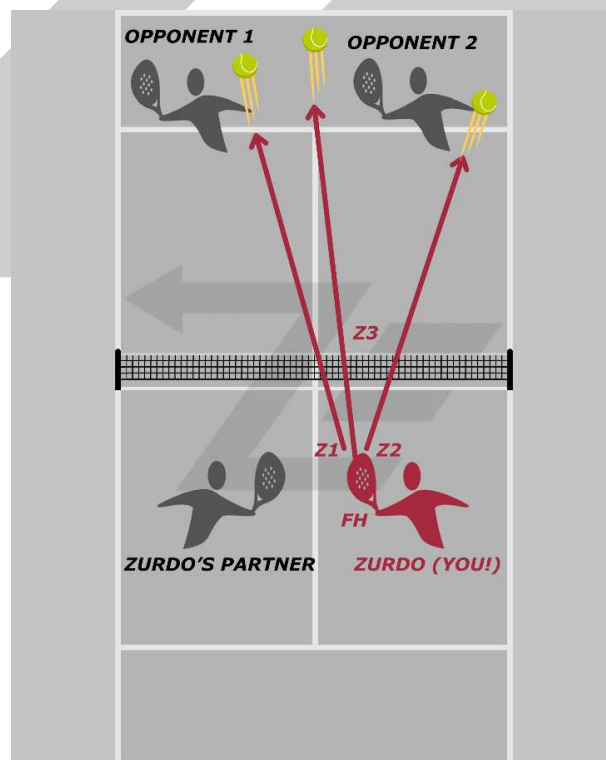
Tactical keys:

Z1. Attack Opponent 1's backhand

Z2. Attack Opponent 2's backhand

Z3. Attack the middle when both hesitate

This is your highest-value volley and should be your default net-pressure shots



5.4 BACKHAND SIDE-GLASS VOLLEYS

Your backhand volley faces the side glass, a tricky angle.

Your goals:

- Keep the ball low
- Avoid giving Opponent 1 easy forehands
- Use slice to keep the ball skidding
- Direct the ball cross-court when possible

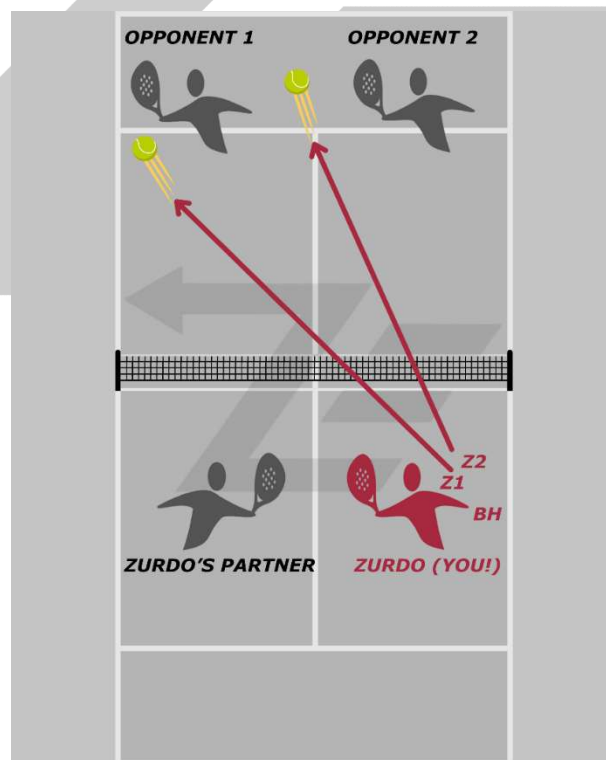
Technical keys:

- Closed racquet face, slice under the ball
- Keep the volley short
- Aim low and cross-court to Opponent 1's backhand (**shot Z2**)
- or towards the fence (**shot Z1**)
- Avoid hitting down-the-line to Opponent 2 unless to break a pattern

Tactical keys:

- Use this volley to reset, not attack
- Keep Opponent 1 pinned wide or backwards to the middle
- Don't overhit

This volley is about control, not power. Your escape route is always **cross-court**.



5.5 POACHING AS A LEFT-HANDER

Left-handers have a natural poaching advantage:

- Your forehand moves *toward* the middle
- Your angle is sharper
- Your reach is longer on the middle ball
- Opponent 1 sees your forehand, not your backhand

When to poach:

- When Opponent 1 hits cross-court under pressure
- When Opponent 2 plays a soft middle ball
- When your partner hits a strong cross-court drive
- When Opponent 1 opens their stance

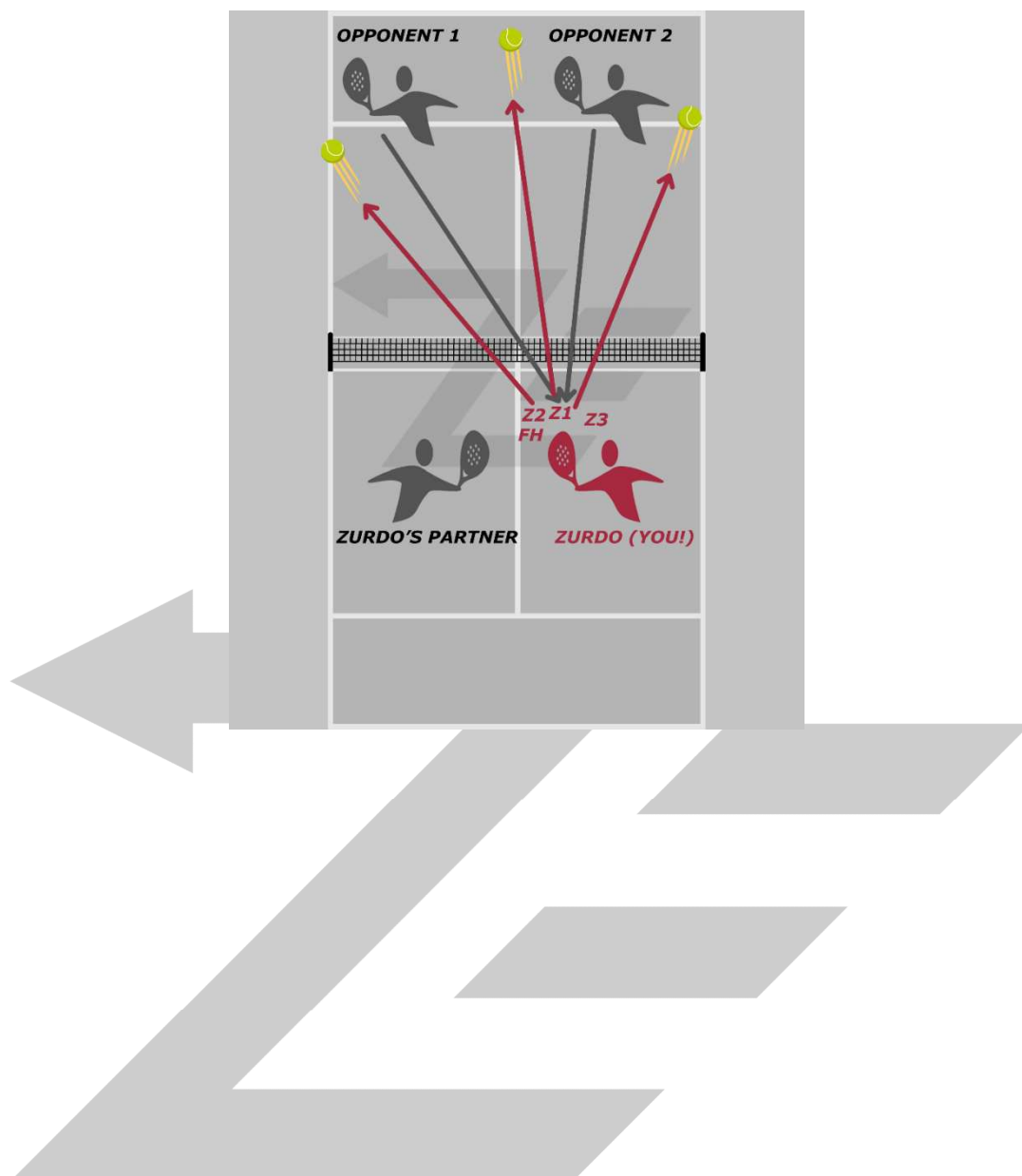
Your poaching targets:

- Z1. Middle seam**
- Z2. Opponent 1's corner**
- Z3. Opponent 2's backhand**

Your poaching rules:

- Go early
- Go decisively
- Go with forehand
- Go with angle

This is one of your biggest weapons. Your forehand poach is a natural threat.



5.6 OVERHEAD STRATEGY

Your overheads (bandeja, víbora, smash) are unique because:

- Your spin is reversed
- Your angles are unfamiliar
- Your smash naturally goes cross-court
- Your bandeja naturally goes middle

Your overhead goals:

- Push Opponent 1 back
- Force weak lobs
- Create chaos with spin
- Set up your partner

Overhead targets:

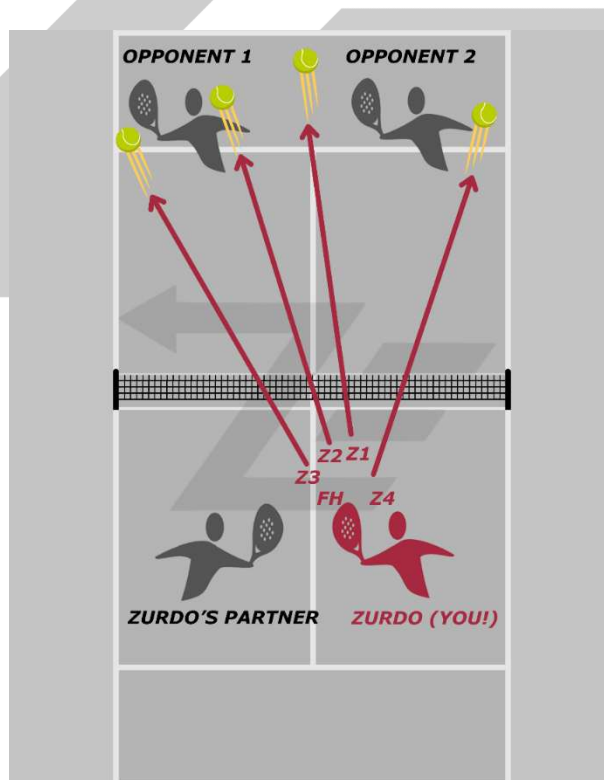
Z1. Middle seam

Z2. Opponent 1's backhand

Z3. Deep cross-court

Z4. Deep into Opponent 2's backhand

Your overheads don't need to be powerful - they need to be *smart*. Your overheads should always create pressure, not risk.



5.7 NET POSITIONING WITH YOUR PARTNER

Net positioning is where the lefty-righty combination becomes elite.

Your responsibilities:

- Dominate the middle
- Poach aggressively
- Protect your backhand corner
- Cover the seam
- Finish points with forehand

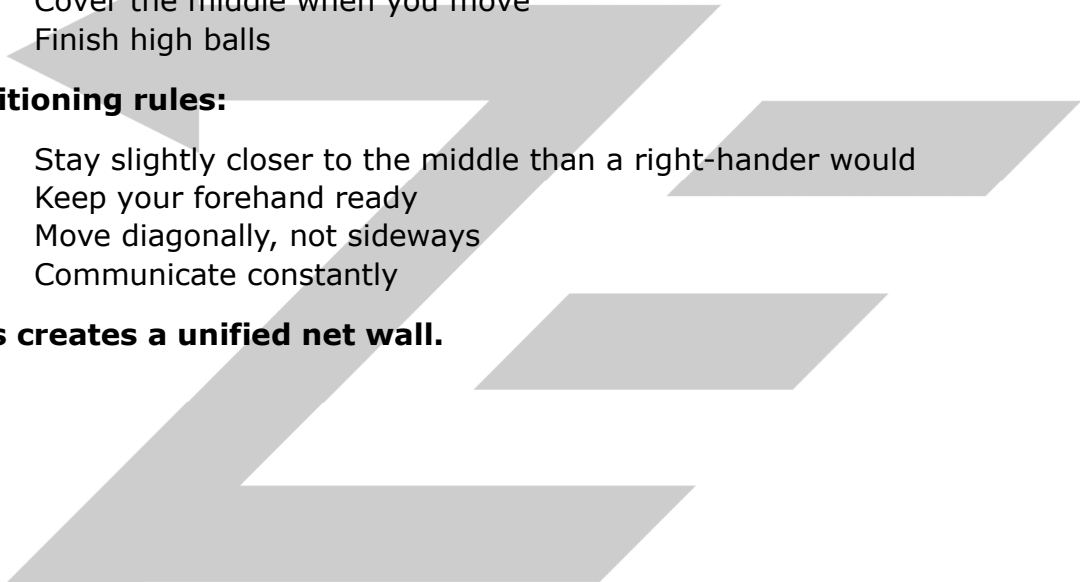
Partner responsibilities:

- Protect the left side
- Attack with forehand volleys
- Support your poaches
- Cover the middle when you move
- Finish high balls

Positioning rules:

- Stay slightly closer to the middle than a right-hander would
- Keep your forehand ready
- Move diagonally, not sideways
- Communicate constantly

This creates a unified net wall.



5.8 NET PRESSURE PATTERNS

NET-PRESSURE PATTERN 1: MIDDLE LOCKDOWN

Sequence:

1. Partner hits strong cross-court
2. Opponent 1 defends
3. You step into the middle
4. Forehand volley to seam
5. Opponents panic
6. Partner finishes

Goal: Dominate the middle with your forehand.

NET-PRESSURE PATTERN 2: LEFTY POACH

Sequence:

1. Opponent 1 hits cross-court under pressure
2. You read the open stance
3. You poach with forehand
4. Aim at Opponent 1's backhand
5. Partner shifts right
6. You finish or force error

Goal: Break Opponent 1's rhythm.

NET-PRESSURE PATTERN 3: OVERHEAD CYCLE

Sequence:

1. Opponent 2 lobs
2. You take overhead
3. Hit middle or cross-court
4. Opponent 1 retreats
5. Opponent 2 shifts back
6. You and partner step in
7. Repeat until weak ball

Goal: Push opponents back and take control.

CHAPTER 5 SUMMARY BY ZURDI

You now understand the Zurdo net-play system:

- Forehand middle volleys = your superpower
- Backhand volleys = control, not attack
- Poaching = natural lefty advantage
- Overheads = pressure, not risk
- Net positioning = lefty-righty synergy
- Net-pressure patterns = structured dominance



You're now ready for **CHAPTER 6: Partner Coordination.**

This chapter is all about **team synergy** - the lefty-righty partnership that becomes a tactical superweapon.



CHAPTER 6 - Partner Coordination

How a left-handed right-side player and a right-handed left-side partner form an elite tactical unit

6.1 INTRODUCTION

A Zurdo is never just a player - you are half of a **lefty-righty superteam**.

This combination is rare, powerful, and extremely difficult for opponents to handle because:

- Both forehands point into the middle
- Both backhands point to the side glass
- You naturally cover each other's weaknesses
- You create angles right-handers never train against
- You dominate the middle with two forehands

This chapter teaches you how to:

- Coordinate movement
- Share responsibilities
- Communicate effectively
- Build synchronized patterns
- Cover the middle without confusion
- Attack and defend as a unified structure

This is where your team becomes elite.

6.2 WHY THE LEFTY-RIGHTY COMBINATION IS ELITE

1. Two forehands in the middle

This is the strongest possible middle-coverage structure.

2. Two backhands to the side glass

Each player handles their natural corner.

3. Natural symmetry

Your strengths and weaknesses complement each other.

4. Predictable roles

You both know exactly which balls are yours.

5. Opponents hate this setup

They rarely train against it.

This combination is a built-in tactical advantage.

6.3 ROLES & RESPONSIBILITIES

Zurdo (Left-Handed, Right Side)

- Dominate the middle with forehand
- Attack Opponent 1's backhand
- Poach aggressively
- Defend the backhand side-glass corner
- Reset cross-court under pressure

Zurdo's Partner (Right-Handed, Left Side)

- Control the left-side corner
- Attack with forehand volleys
- Support your poaches
- Cover the middle when you move
- Finish high balls

These roles never change.

6.4 MIDDLE COVERAGE RULES

The middle is the most important zone in padel - and you have **two forehands** pointing at it.

Middle Coverage Rule #1

Forehand always takes the middle.

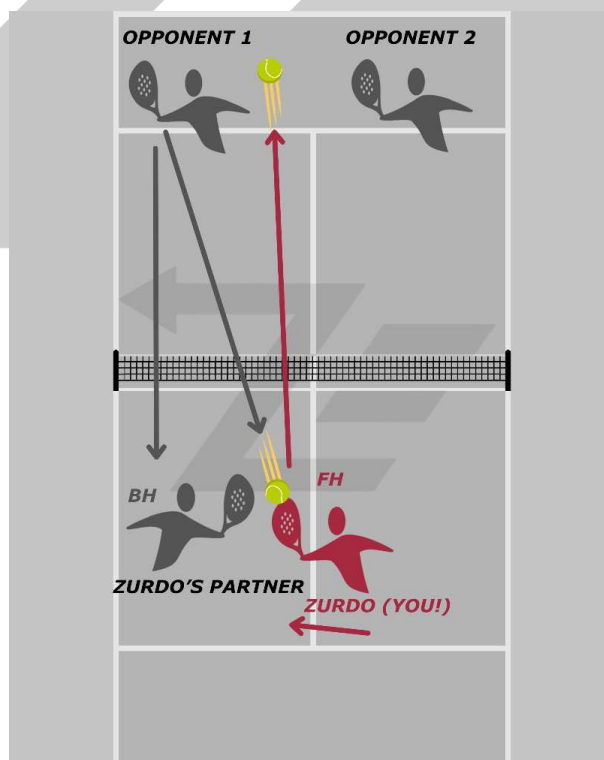
Middle Coverage Rule #2

Zurdo takes middle balls on the right half.

Middle Coverage Rule #3

Partner takes middle balls on the left half.

Important positioning rule! If the ball returns from the corner, example Opponent 1 shot to the middle, then Zurdo should cover the middle, slightly behind. Zurdo's partner stays close to the side to cover parallel shots. See below.



6.5 SWITCHING PATTERNS

Switching is often avoided in a Lefty-Righty team combination as both players are then forced to their unnatural side of the court. However it is essential when:

- You are pulled too far into the middle
- Your partner is pulled too far into the middle
- Opponents lob over you
- You poach aggressively but the opponent counters

Switching Rule #1

If one player leaves their zone, the other fills it.

Switching Rule #2

Switch early, not late.

Switching Rule #3

Communicate with one word: "Switch."

Switching Rule #4

After switching, reset to normal positions ASAP.

Switching is about maintaining structure, not improvisation. You rotate like gears - smooth, controlled, predictable.

6.6 COMMUNICATION PROTOCOLS

Communication is the glue of the lefty-righty system.

Essential words:

- **"Mine"** - I take it
- **"Yours"** - You take it
- **"Switch"** - Rotate positions
- **"Lob"** - Defensive reset
- **"Go"** - Poach
- **"Back"** - Retreat
- **"Up"** - Step forward

Golden rule:

Say it early, say it loud, say it once.

Late communication is worse than no communication.

HOW TO SUPPORT EACH OTHER

Zurdo supports Partner by:

- Covering the middle
- Poaching aggressively
- Taking overheads on the right side
- Resetting cross-court under pressure
- Protecting the seam

Partner supports Zurdo by:

- Covering the left corner
- Taking overheads on the left side
- Protecting the middle when Zurdo moves
- Feeding balls into Zurdo's forehand
- Finishing points at the net

This is a true partnership - not two players sharing a court.

6.7 PARTNER-COORDINATION PATTERNS

PARTNER-COORDINATION PATTERN 1: FOREHAND WALL

Sequence:

1. Opponents hit into the middle
2. Zurdo steps in with forehand
3. Partner shifts slightly right
4. Opponents hesitate
5. You dominate the seam

Goal: Create a “wall” of two forehands.

PARTNER-COORDINATION PATTERN 2: LEFTY POACH SUPPORT

Sequence:

1. Opponent 1 hits cross-court
2. Zurdo poaches with forehand
3. Partner shifts right to cover
4. Opponents panic
5. You finish or force error

Goal: Turn your poach into a team attack.

PARTNER-COORDINATION PATTERN 3: SWITCH-AND-RESET

Sequence:

1. Opponents lob over Zurdo
2. Partner calls “Switch”
3. Partner takes overhead
4. Zurdo rotates left
5. You reset to normal positions

Goal: Maintain structure under pressure.

CHAPTER 6 SUMMARY BY ZURDI

You now understand the lefty-righty partnership:

- Two forehands in the middle = elite
- Switching must be early and clean
- Communication must be simple and loud
- Poaching is a team action
- Middle coverage is shared but Zurdo-led
- Partner synergy is a tactical weapon



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