



# How 4.0 Players Win Without Hitting Hard

*Power is optional. Control is not.*

## What 4.0 Players Do Differently

### 1. Win the Kitchen, Not the Baseline

- Move up early
- Hold the non-volley zone
- Force opponents to hit up

### 2. Smart Shot Selection

- High-percentage dinks
- Safe cross-court rallies
- Attack only on true opportunities

### 3. Reset Instead of Forcing Power

- Soft blocks under pressure
- Neutralize hard shots with touch
- Turn defense into offense

### 4. Create Errors, Not Winners

- Consistent depth
- Low net clearance
- Make opponents hit "one more ball"

### 5. Target Feet & Weak Spots

- Aim at the body, not sidelines
- Exploit backhands
- Jam opponents at the kitchen line



### 4.0 Mindset

*"Win the rally before trying to win the point."*



**Placement + Patience + Precision**

beats **Power** at the **4.0** level.