

# PICKLE JUICE PODCAST GUEST ONE-SHEET



Steven Yellin  
and Paul Stokstad

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Co-authors of Pickle Juice: The Fluid  
Motion Factor for Pickleball

Why do pickleball players play brilliantly one day, then tighten up, overthink, and lose touch the next?

Pickle Juice gives players a practical language for the difference between playing tight and playing free.

*Steven Yellin*



Developer of the Fluid Motion Factor, a quiet-mind performance system used in golf, tennis, and other sports

## *Paul Stokstad*



Writer, teacher, pickleball player, and co-author who translated FMF into pickleball language and court experience.

### **Topics we can discuss:**

- Flow state in pickleball
- Overthinking and pressure
- Soft eyes and relaxed attention
- Dinks, resets, and mental noise
- Partner tension
- Coaching without clutter

### **Sample Questions:**

- What is the Fluid Motion Factor?
- Why do players choke on easy shots?
- What should players do after a missed dink?
- How can players access freer movement?
- Why does trying harder often make play worse?

### **Links of interest:**

[picklejuicebook.com](https://picklejuicebook.com)  
[tinyurl.com/picklejuice-amazon](https://tinyurl.com/picklejuice-amazon)

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