



**SURFER'S FOOTPRINT**

**THE 5 SIMPLE  
ADJUSTMENTS  
THAT INSTANTLY  
INCREASE YOUR  
WAVE COUNT**

[Surfersfootprint.com](http://Surfersfootprint.com)

# **The 5 Simple Adjustments That Instantly Increase Your Wave Count**

*How to catch more waves every session  
without paddling harder or surfing bigger boards*



Hey there, fellow wave rider! My name is Johnny, and if you're anything like I used to be, you've probably had those sessions where you paddle out full of stoke, only to come in feeling **more frustrated than stoked** because the waves just seemed to slip by. Sound familiar?

Well, I'm here to tell you a secret that most surfers never truly grasp: catching more waves isn't about being the strongest paddler, the fittest person in the lineup, or the most aggressive. Nope. It's about something far more subtle, yet incredibly powerful: positioning, timing, and a few small, technical adjustments that add up to a massive difference.

I've seen it countless times – surfers who were barely catching anything suddenly doubling their wave count in a single session. And guess what? They weren't paddling harder; they were simply changing how and when they paddled, and where they were sitting. It's like unlocking a cheat code for the ocean!

This little guide is packed with the 5 simplest, highest-impact adjustments you can make right now. No need for a new board, no grueling gym sessions, and definitely no risky heroics. Just read through these insights, apply them next time you hit the water, and I promise you'll feel the difference. Let's get you riding more waves!

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### **What You'll Learn**

In the next few pages, we're going to dive into some game-changing insights that will transform your surfing experience.

Get ready to discover:

- Why "paddling harder" usually makes things worse.
- How elite surfers seem to be in the right spot every time.
- The exact adjustments that give you priority without fighting for it.
- How to read waves earlier than everyone else.
- How to stop wasting energy on waves you'll never catch.

## Adjustment #1: Fix Your Takeoff Position

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Alright, let's kick things off with arguably the most crucial adjustment you can make: your takeoff position. Think of it like setting up for a perfect shot in any sport – if you're not in the right place, everything else becomes ten times harder. I've seen so many surfers, even experienced ones, consistently sit either too far inside or too far outside the peak, and they don't even realize it!

### **The Problem: Where Most Surfers Go Wrong**

- ▶ Too far inside: This is a classic. You're sitting too close to where the wave is already breaking. What happens? You end up with late drops, a frantic scramble to catch the wave, and often, you miss it entirely. It's a recipe for panic paddling and frustration.
- ▶ Too far outside: On the flip side, if you're too far out, the waves will just pass underneath you. You'll watch them peel away, leaving you with a long, pointless paddle back to the lineup, feeling like you've wasted precious energy.
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### **The Fix: Finding Your Sweet Spot**

Your goal is to sit where the wave is just starting to steepen, not where it's already breaking. This is that magical zone where the wave begins to lift your board, giving you momentum without the terrifying vertical drop. It's where you can paddle into the wave with control and grace.

### **How to Dial It In:**

1. Observe the Pros: Before you even paddle out, or while you're waiting for a set, watch where the best surfers in the lineup are consistently taking off. They're usually in the sweet spot.

2. **Feel the Lift:** Pay attention to your board. You want to be in a position where the wave starts to gently lift the tail of your board, giving you that initial push.
3. **Go a Little Deeper:** This might sound counter-intuitive, but try sitting 5-10 meters deeper (further out) than your usual comfort zone. Often, what feels like too far out is actually the perfect spot for an earlier, smoother entry.
4. **Stay Mobile:** Don't anchor yourself! The ocean is constantly changing. Adjust your position every few sets, or even within a set, as the peak shifts. Be dynamic, not static.

✓ **Result:**

**By mastering your takeoff position, you'll experience earlier entries, smoother takeoffs, and significantly fewer missed waves. You'll feel more in control and less rushed, setting you up for a much more enjoyable ride.**

**Wanna Surf Til You're 70 ? Injury Prevention is key.**

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## Adjustment #2: Paddle Earlier — Not Harder

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This is another big one, and it often goes hand-in-hand with Adjustment #1. Many surfers think that if they just paddle harder, they'll catch more waves. But I'm here to tell you that late paddling is a wave count killer!

### **The Mistake: The Sprint Paddle Trap**

Most surfers wait until the wave is already steep, right on top of them, and then they launch into a frantic sprint paddle. They're hoping sheer force will get them into the wave. But what usually happens?

- Missed waves: The wave outruns them, or they pearl (nose-dive) because they're trying to force it.
- Burned shoulders: All that frantic paddling exhausts you quickly, leaving you with less energy for the waves you could catch.
- Panic pop-ups: When you're rushing, your pop-up becomes a desperate scramble, often leading to an unstable stance or a wipeout.

### **The Fix: The Gentle Glide**

My golden rule for paddling is this: If you're paddling at 100%, you're already late.

Instead of a sprint, think of it as a gentle glide. You want to start paddling earlier and lighter, matching the wave's speed gradually.

### **What to Do Instead:**

1. **Begin Early:** Start paddling when the wave is still a soft bump on the horizon, well before it gets steep. You're aiming to build momentum with the wave, not against it.
2. **Long, Smooth Strokes:** Use long, deliberate strokes. Focus on efficiency and rhythm, not brute force. This conserves energy and helps you feel the wave's energy.
3. **Match the Wave Speed:** Gradually increase your paddle speed to match the wave's acceleration. You're becoming one with the wave, letting it do most of the work.

4. Add Power at the End: Only in the final moments, as the wave truly picks you up, should you add a burst of power to get that last bit of push and ensure you're securely on the wave.

✓ **Result:**

**By paddling earlier and smoother, you'll gain more control over your takeoff, build more confidence, and ultimately, catch more waves with less effort. You'll feel like the wave is inviting you in, rather than trying to shake you off.**



**Wanna Be Able to Surf For Hours ? Endurance is key.**

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## Adjustment #3: Angle Your Takeoff (Even Slightly)

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Here's a simple adjustment that can make a world of difference, especially on steeper waves: angle your takeoff. I see so many surfers paddle straight towards the beach, and while it might seem intuitive, it's actually a wave killer!

### **The Problem: The Straight-On Approach**

Paddling straight down the line, perpendicular to the wave, creates several issues:

- Slows you down: You're fighting the wave's natural direction, which reduces your speed and makes it harder to get into the wave.
- Steeper drops: Taking off straight means you're dropping vertically down the face, which can be intimidating and often leads to pearling or losing your balance.
- Reduces margin for error: With a straight takeoff, you have less room to adjust if something goes wrong. It's an all-or-nothing approach.

### **The Fix: Embrace the Angle**

Instead, try angling your board 10-20 degrees toward the open face of the wave. This small change has huge benefits.

### **Why This Works Wonders:**

- Match the Wave's Direction: You're aligning yourself with the wave's energy, allowing it to carry you forward more efficiently.
- Lateral Drop, Not Vertical: Instead of dropping straight down, you're dropping more laterally across the face. This feels much smoother, less intimidating, and gives you more time to get to your feet.
- Faster, Smoother Pop-Up: Because you're already moving with the wave and not fighting gravity as much, your pop-up will be quicker and more fluid, setting you up for a better ride.

**How to Practice:**

1. **Pick Your Direction Early:** Before you even start paddling, decide which way you're going (left or right). Look down the line.
2. **Point Your Nose:** As you start to paddle, subtly point the nose of your board a little bit down the line, towards the direction you want to go.
3. **Commit:** Don't hesitate! Once you've committed to an angle, stick with it. Hesitation can kill your speed and throw off your balance.

**✓ Result:**

**With angled takeoffs, you'll experience cleaner entries into the wave and significantly fewer wipeouts. You'll feel more connected to the wave and ready to ride from the moment you stand up.**



## Adjustment #4: Stop Chasing Every Wave

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This might sound counter-intuitive, but one of the quickest ways to decrease your wave count is to try and catch every single wave that comes your way. Trust me, I've been there, paddling frantically for anything that moves, only to end up exhausted and frustrated.

### **The Trap: The Energy Drain**

Paddling for everything that comes your way leads to:

- Wasted energy: You're burning through your paddle power on waves that are either uncatchable, closing out, or just not worth the effort.
- Out of position: Constantly chasing means you're often pulled out of the prime takeoff zone, making it harder to catch the good waves when they finally arrive.
- Missed opportunities: While you're flailing for a junk wave, that perfect set wave might be rolling in right behind it, and you're too tired or too far away to get it.

### **The Fix: Be Selective, Not Passive**

This isn't about being lazy; it's about being smart. You want to be selective, not passive. Think of yourself as a sniper, waiting for the perfect shot, rather than a machine gunner spraying bullets everywhere.

### **Use This Simple Filter:**

Before you commit to a paddle, ask yourself: Does this wave have...

- A clean face? Is it peeling nicely, or is it a messy, crumbling closeout?
- Enough wall to stand up? Is there a clear section to ride, or will it just fizzle out immediately?
- A predictable peak? Can you tell where it's going to break, or is it shifty and unpredictable?

If the answer to any of these is a clear no, then let the junk go.

Every bit of energy you save by letting those less-than-ideal waves pass is energy you can invest in better positioning and more powerful paddling for the waves that truly matter. It's about quality over quantity, which paradoxically leads to more quality quantity!

✓ **Result:**

By being selective, you'll find yourself making fewer wasted paddles and enjoying more successful rides. Your energy will last longer, and your sessions will be far more rewarding.



**How To Manage Wipe Out Stress and Being Held Under**

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## **Adjustment #5: Read Sets, Not Single Waves**

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This is where you start to move from being a good surfer to a great one. The best surfers in the lineup aren't just reacting to individual waves; they're reading the rhythm of the ocean and anticipating patterns. They understand that the ocean moves in sets, and that understanding is a huge advantage.

### **The Problem: The Reactive Approach**

If you're only reacting wave by wave, you're constantly playing catch-up. You're guessing, hoping, and often finding yourself out of position when the real gems arrive. This reactive approach keeps you in a state of uncertainty and often leads to missed opportunities.

### **The Fix: Zoom Out Mentally**

Instead of focusing on the immediate wave in front of you, take a moment to zoom out mentally. Observe the entire lineup. Think of yourself as a chess player, looking several moves ahead.

### **What to Watch For:**

- ▶ How many waves per set? Do the sets typically have 3 waves? 5 waves? Knowing this helps you anticipate when the bigger waves are likely to come.
- ▶ Which wave is the best? Often, the first wave of a set can be a bit messy, or the last one might be smaller. Many times, the second or third wave is the money wave – the one with the most power and best shape.
- ▶ Where does the peak shift? Does the peak consistently break in the same spot, or does it move up and down the beach? Adjust your position accordingly.

By understanding these patterns, you can position yourself strategically. You might sit slightly wider, wait calmly, and then paddle with confidence for that prime wave you've identified.

✓ **Result:**

When you read sets, you're already moving and preparing for the best waves while others are still reacting. This leads to a feeling of calm anticipation and a much higher success rate on the waves you choose to ride.



## Put It All Together:

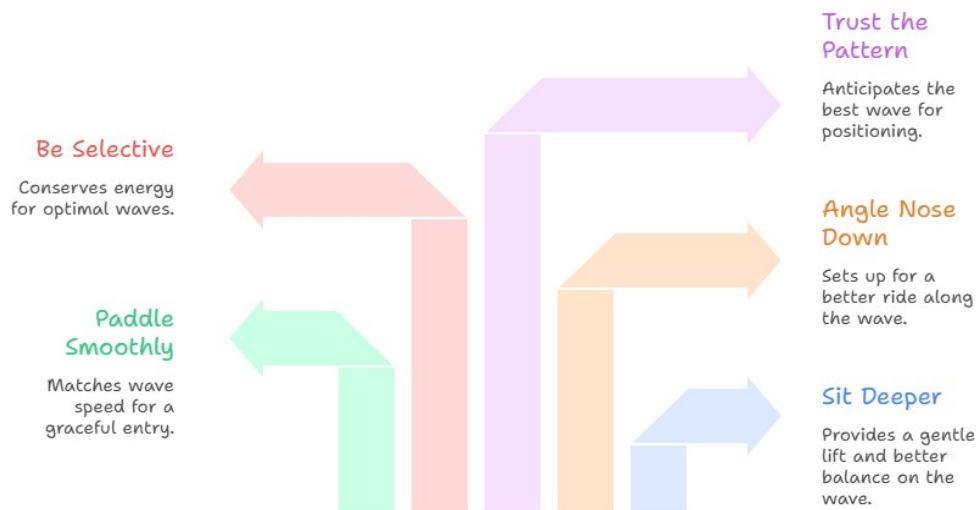
### Your Next Session Game Plan

So, you've got the five adjustments. Now, how do you put them into practice? It's simple, but it requires a conscious effort. Think of your next session as a training ground for these new skills.

#### Before You Even Paddle Out:

- Watch the Lineup for 5 Minutes: Before you jump in, sit on the beach and observe. Where are the waves breaking? Where are the best surfers taking off? What's the set rhythm like?
- Identify the Takeoff Zone: Pinpoint that sweet spot where the waves are just starting to steepen.
- Spot the Set Rhythm: How many waves are in a typical set? Which one looks like the best one to target?

#### The Secret To Catching Endless Waves



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Do this once – just one session – and I guarantee you'll feel the difference. It's not about being a superhero; it's about being smart.

## Ready to Dive Deeper?

This guide is just the beginning of your journey to becoming a more confident and skilled surfer. At [SurfersFootprint.com](https://SurfersFootprint.com), we're passionate about helping surfers like you unlock their full potential.

So check out these resources :

- ▶ *If you feel stuck despite applying these adjustments, these are the surf coaching platforms surfers trust most.*

### **TOP 3 ONLINE COACHING PLATFORMS**

- ▶ *If you have a specific area of your surfing you want to improve, we've developed an AI surf coach that gives personalized recommendations based on your goal*

### **CLICK HERE TO ACCESS THE AI SURF COACH**

- ▶ *If you want a clear way to turn these concepts into physical preparation, you can explore the surf workout library we've developed*

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***Aloha my friends, and see you in the lineup !!!***