

Skills 2
Class 2 of 4
Dinking, Volleys, Serve

Equipment: SKLZ balls, Ball Caddies, name tags

Introductions - 5 Minutes

1. Name
2. Favorite part of last class, or a question
3. Remind participants to drink water as needed.

Today's Line Up

Warm-Up

Dinking Review & Demo Dinking with SKLZ balls

Dinking Drills

Volley review & Demo Volleying with SKLZ balls

Volley Drills

Discuss Serve Video & review rules for serving

Serve Drill

Play

Cool Down

Warm-up Stretches (See separate sheet) - 5 Minutes

DINKING

Dinking - An unattackable ball that lands in the NVZ. Slows the game down, a strategic part of the game. Moving with your partner.

Dinking - Instructor to Demo – 5 Minutes

1. **"Ready position"** - Paddle up at 10-12 o'clock, knees slightly bent, legs about shoulder width apart with weight on pads of feet. After you hit the ball return to ready position.
2. **Grip** – The harder the grip the higher/farther the ball will go. When dinking try a light hold, 3 out of 10 in pressure.
3. **Shuffle** - Feet side to side; NEVER CROSS-OVER STEP (can cause a trip and fall situation). Avoid planting feet wide and reaching from there.
4. **Stroke** - Always hit ball in front of body; Movement from shoulder with follow through. No wrist snapping to get the ball over the net.
5. **Use legs** - don't stand straight up or bend at waist, use your legs to get low to the ball, bend your knees.
6. Always contact the ball in front of you. If the ball has bounced, step in to avoid reaching. IF YOU NEED TO BACK UP, **DO NOT** STEP BACK. Turn sideways and shuffle to avoid common falls often resulting in head injuries and broken bones.

Introduction to SKLZ Training Balls – Instructor to Demo

1. Softer touch with training balls
2. More time dinking with pickleball
3. Helps with keeping eye on the ball.

Dink Drill - time as needed

1 Ball Caddy, SKLZ Balls

1. Place the ball caddy in center court behind the NVZ line.
2. Four players on the court, players dink directly across to player:
 - Dink 5 minutes using the **regular pickleball**. Then rotate players.
 - Dink 5 minutes using the **SKLZ training ball**. Then rotate players.
 - Dink 5 minutes using the **regular pickleball**. Then rotate players.
3. Now incorporate cross-court dinking using only the **regular pickleball**. Four players on the court, dinking cross-court for 5 minutes. Then rotate players.

Summary: Using the SKLZ balls demonstrates you have more time to get into position to dink when using a regular pickleball.

VOLLEY

Review Punch Volley

Used at the NVZ line to keep opponents back and on defense. Can be used as a put away shot when executed at the right time.

Punch Volley – Instructor to Demo – 5 Minutes

1. Standing behind the NVZ line.
2. Paddle is parallel to the court.
3. Engage quads; sit in a chair
4. Use a short push motion from the center of your body. Do not lean forward.

Punch Volley Drill - instructors & assistants feeding balls- 15 Minutes

1. Place the ball caddy center court behind the NVZ line.
2. 2 players on the court with others in line behind each player waiting their turn. Instructors/assistants feed the ball to players. After 10 volleys attempts, next player steps up to NVZ line for their turn.
3. Repeat drill as time allows.

Partner Punch Volley Drill - 10 Minutes

1. 4 players on the court. Partners standing behind NVZ line punch volley back and forth attempting to keep the ball in the air with control.

If time, try volleying with SKLZ balls

SERVE

Discuss Serve Video – 5 Minutes

<https://youtu.be/X2FQHZ3abqk>

What did you learn?

1. Hold paddle like it is a skillet and use a bowling motion.
2. Weight transfer from back foot to front foot. Use a step.
3. Start with paddle back and move smoothly through the ball in an upward motion

Serve

The serve starts every point. Try to place the ball in back third of court.

Types of Serves – Volley and Drop Serve

Review Rules of the Serve – Score announcement

1. Paddle contact of the ball must be below the waist. Volley Serve (Conventional Serve)
2. The head of the paddle must not be above the highest part of the wrist at contact. Volley Serve (Conventional Serve)
3. The server may hold the ball in the non-paddle hand, or drop the ball onto the paddle. Volley Serve (Conventional Serve)
4. At the time the ball is struck, the server's feet may not touch the base line or the outside imaginary extension of the sideline and centerline.
5. Score must be announced before contacting the ball. (0-0-2.) Failure to call out the score or calling out the score during the action of serving will result in a fault.
6. You have 10 seconds from when you announce the score to serve the ball. Take a breath – don't rush.
7. If the wrong score is called, the referee or any player may stop play before the return of serve to correct the score. It is a fault to stop play after the return of serve to identify or ask for a score correction. It is a fault to stop play to identify or ask for a score correction when the score was correctly called.

Serve Drill - 20 Minutes 1 Ball Caddy Per Court

1. Place the ball caddy in the center of court behind the baseline on one side of the court.
2. Two players on each side behind the baseline.
3. After 5 serves, rotate players.

Players should attempt Volley Serve and Drop Serve

Play - 25 Minutes - Remind Players to:

1. Serves – Help players incorporate serve tips from video. Don't creep up after serving. **Two Bounce Rule**
2. Paddle ready – Paddle up, knees slightly bent, weight over pads of feet.
3. Communicate – during play, talk with your partner, mine, yours, watch, etc. and also encourage each other.
4. Shuffle – Make sure all 4 players are shuffling to where the ball is on the court.
5. Middle- Cover the middle
6. Position: Stay out of no man's land.

Review/Questions:

Summary review of today's lesson, answer any questions.

Watch this video for next class - Attack When You See THIS Not That!

<https://youtube/VDtNk8JjDO0>

Continue to practice.

Cool Down Stretches (See separate sheet) – 5 Minutes to Comfort Level