

Skills 2
Class 4 of 4
Put It All Together

Equipment: Ball Caddies, Colored Dots, SKLZ balls, name tags

Introductions - 5 Minutes:

1. Name
2. Best individual improvement from class
3. Remind participants to drink water when necessary.

Today's Line Up

Warm-Up

Dinking/Volleying Warmup

Dinking to the Dots

Dingles

Groundstroke, forehand and backhand, review

Serve/Return Game

Play

Cool Down

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

DINKING and VOLLEYING

Warm up by Dinking and Volleying- Use SKLZ balls and pickleballs - 10 minutes

1. Dink using the SKLZ balls and then switch to regular pickleball. Try to get 10 consecutive dinks using each. Rotate players.
2. Volley using the SKLZ balls and then switch to regular pickleballs. Try to get 10 consecutive volleys using each. Rotate players.

Dinking Drill to Dots - 15 Minutes - Working on placement of dinks.

8 Colored Dots, 1 Ball Caddy Per Court

1. Two players on each side (4 total) dink to the partners across the net. 4 Dots are placed in the NVZ on each side of the net: 1 at each of the sidelines and 2 near the middle.
2. Goal is to return the ball to one of the opponent's dots, alternating to the dots on the side and center, etc. MUST SHUFFLE FEET!
3. As players hit the dots, celebrate(!) and rotate players.
4. If players are ready, run the drill with cross-court dinking.

Dingles Game 15 minutes

4 players are on the court. Play as a regular game, but all players “serve” from the NVZ line. First 4 hits must be dinks, then any shot is acceptable.

GROUNDSTROKE and SERVE

Review Ground Stroke

Strongest shot. Goal is to hit a return serve deep back into the opponent's court. The higher, deeper and slower your return, the more time you will have to get to the NVZ.

Ground Stroke – Instructor to Demo both forehand and backhand – 5 Minutes

1. Ready position.
2. Transfer weight from back foot to front foot; heel of back foot should come off the ground.
3. Rotate hips on contact and follow-through.
4. Head down with your eyes on the ball. Contact ball in front of you.

Serve and Return Drill - 20 Minutes

Ball caddies, Colored Dots 5-7' from Baseline on Both Sides

Goal - Serve and return should be behind colored dots.

1. Place ball caddy in the center of court behind the baseline on the serving side.
2. Have 2 players serve on each side of the court and 2 players return the serve on the other side of the court. Those returning the serve are trying to practice their ground strokes, both forehand and backhand. After 5 serves, rotate to the next quadrant with 1 player going on and 1 player going off the court.

Summary - Discuss the importance of keeping your eye on the ball (not players or net), and the benefit of deep serves and returns.

“HAVE TO” Game– Deep Serves and Returns - 20 Minutes

1. Serves – Have to be deep (behind circles), if not then it’s a loss of serve/side out.
2. Return of Serve – Has to be deep (behind circles), if not it’s a point for the serving team.
3. Play – If both serve and return are deep, the game continues. First team to 5 points wins (or 10 minutes). Then rotate 2 players on and 2 players off court.

Play – use remaining time- Coach Players to:

1. Partnering – Who has middle, call for balls, help with wide and long ball calling (WATCH!) Communicate.
2. Paddle ready – Weight on pads of feet, paddle up.
3. Footwork – Footwork first, shuffle.

Review/Questions:

Summary/review of today’s lesson, answer any questions.

Cool Down Stretches (See separate sheet) – 5 Minutes