

**Skills 3**  
**Class 2 of 4**  
**Deep Serve, Deep Return**

**Equipment:** SKLZ training Balls, Colored Circles, Ball Caddies, name tags

**Introductions - 5 Minutes**

1. Name
2. Ask a question or state a safety rule/guideline learned.
3. Remind participants to drink water when needed.

**Today's Line Up**

Warm-Up

Discuss video

Volley and Drop Serve

Return of Serve

Serve and Return Drill

Have to Game - Deep Serve and Deep Return

Eye on the ball drill with SKLZ balls and pickleballs

Play

Cool Down

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

## Serve

Discuss video <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 Review

1. The serve starts every point.
2. Entire score must be called before the ball is served. 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.
3. 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.
4. Try to place the ball in the back third of the court.

## **Volley and Drop Serve-Instructor to Demo**

### **Volley (Conventional) Serve:**

1. Contact ball below your waist.
2. Paddle travels in upward motion.
3. The head of the paddle must be below the highest part of the wrist.
4. Serve must be made without bouncing the ball off the court.
5. Weight should transfer from back foot to front foot.
6. Always follow through.

### **Drop Serve:**

1. Server must release the ball from hand and hit the ball after it bounces. No restrictions on number of bounces nor where the ball can bounce on the playing surface. The server's release must be visible to the receiver.
2. Ball shall not be propelled (thrown) downward or tossed or hit upward with the paddle.
3. The ball may be hit with a forehand or backhand without any restrictions. Such as: location restrictions of ball and paddle as the Volley serves.

## **Return**

### **Return of Serve - Instructor to Demo**

Strategy to return the ball deep. The higher, deeper, and slower the return, gives more time for players to get to NVZ in an offensive position and keep opponents back in a defensive position.

1. Forehand and backhand
2. Ready position
3. Return deep with arc to slow the speed of ball
4. Eye on the ball to the paddle
5. Make contact with the ball in front of you.
6. Follow through

### **Serve and Return Drill - 20 Minutes**

**Ball caddies, Colored Circles 5' from Baseline on Both Sides**

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. 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.

### **Dinking and Moving Drill – 15 Minutes Using SKLZ balls and Pickleballs**

1. Two players using 1 SKLZ ball stand across from one another. The players dink the ball back and forth as they move to the opposite side of the court and back. Remember to SHUFFLE, no crossing of feet. Safety!
2. Repeat above using the pickleball.
3. Players now start on the opposite side corners of the kitchen. Hit cross-court dinks, moving one step at a time toward the opposite sidelines. At the middle you will dink straight and then switch to the backhand dinks/forehand dinks. Continue to the other sideline.

### **Play – 30 Minutes - Remind Players to**

1. Communicate – Talk before and during game with partner, “mine”, “yours”, “watch”, etc. also encourage each other.
2. Rubber band – Make sure players are moving together and keeping a 10-foot distance during play.

### **Cool Down Stretches (See separate sheet) – 5 Minutes**

