

Skills 3
Class 3 of 4
3rd Shot Drop

Equipment: Ball Caddies, Colored Circles, name tags

Introductions - 5 Minutes:

1. Name
2. Say 1 etiquette rule
3. Remind participants to drink water when needed.

Today's Line Up

Warm-Up

Figure 8 Dinking Drills

Groundstroke Drill

3rd Shot Drop - Intro, discuss video, demo

3rd Shot Drill/Slinky Drill

Have to Game using 3rd Shot Drop

Play

Cool Down

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

Figure 8 Dinking drill - 10 Min.(to prepare for 3rd Shot Drop)

1. Four players stand at the NVZ.
2. One side hits straight across and the other side hits cross-court forming a figure 8.
3. Repeat with rotating positions.

Groundstrokes Practice - 10 Minutes

1. Instructors/assistants to feed each player 5 forehands and 5 backhands.
2. Next player rotates in and repeat as above.
3. If time allows repeat above so each player gets 2 opportunities to return forehands and backhands.

Discuss 3rd Shot Drop Videos – Watched Prior to Class

https://youtu.be/mqpdBPUm_vc

<https://youtu.be/1GOScVp7pDg>

What did you learn?

1. Take pace off the ball for a soft return.
2. Low to high motion of paddle swing (Get under ball).
3. Arc is on your side of the net.
4. Continental grip with laid back wrist.
5. Step into shot, move forward toward the ball.
6. Ball contact point is in front of the body for full control.

3rd Shot Drop Intro - Instructor to Demo – 5 Minutes

A slow-paced arching shot that lands in your opponent's NVZ. Allows the serving team to approach the NVZ and neutralizes opponents' hard game. This shot can also just be called a drop shot or reset shot. It can be used anytime you need to slow the game down and allows you and your partner to get back in position.

Demo a 3rd shot drop. Both straight across and cross court.

1. Take pace off the ball.
2. Use a smooth short pendulum swing.
3. Contact the ball in front of you for full control.
4. Arc is on your side of the net.
5. Consistent tempo and follow through are key components.
6. Step into the shot in a forward movement towards the ball.
7. Keep your head down through the follow through.
8. Return to “ready position”.

3rd Shot Drill – Slinky 10 Minutes WITHOUT paddles

Start with 4 players on the court. One set of players, the feeders, staying at the NVZ line who toss the ball to the receiving players also at the NVZ line.

1. Receiving player tosses the ball back into NVZ. Once they have successfully returned 3 balls in NVZ the receiving player takes 2 steps back. Exercise continues with receiving player continuing to move back toward the baseline.
2. Continue to baseline, then work way forward to NVZ. Like a slinky.
3. Once a receiving player has made it back to the NVZ line, switch 2 roles on the court, ie, receiver becomes feeder and feeder becomes receiver.

3rd Shot Drill – Slinky 10 Minutes WITH paddles

Repeat above drill WITH paddles, since we now have the motion necessary.

3rd Shot Drill – Slinky 10 Minutes WITH paddles going CROSSCOURT

Repeat above drill WITH paddles, now going CROSSCOURT since this a good strategic shot to use in play. Discuss why.

Summary: A slow paced arching shot which lands in your opponent's NVZ. Allowing the serving team to approach the NVZ and neutralizes opponents' hard game.

“Have To” Game – 3rd Shot Drop - 25 Minutes

1. 3rd Shot – Serving team has to make an attempt (it could be close) at a 3rd shot return, or it’s a fault/side out.
2. Goal - First team to 5 points wins. Rotate 2 players off and 2 players on court.

Play - 40 Minutes - Remind Players to

1. 3rd Shot Drop - Remind players to attempt a 3rd shot drop.
2. Dinks – Remind players to play a dinking game. “Rubber band” to move together back and forth.
3. Paddle ready – Knees bent, paddle up, weight over pads of feet.
4. Communicate – Discuss game strategy with partner before play and during play talk with your partner. Use: “mine”, “yours”, “watch”, etc. Also encourage each other.
5. Shuffle – Make sure all 4 players are shuffling to where the ball is on the court.
6. Middle - Cover the middle- rubber band distance.

Cool Down Stretches (See separate sheet) – 5 Minutes