

Skills 3
Class 4 of 4
Volleys and Lobs

Equipment: Ball Caddies, Ball Machines, name tags

Introductions - 5 Minutes

1. Name
2. Best individual improvement from class
3. Now turn to your neighbors, left & right, and give them a High Five! This previews the Punch Volley.
4. Remind participants to drink water when needed.

Today's Line Up

Warm-Up

Discuss video on 9 Tips That I Wish...

Crab Crawl and Dinking Drills

Groundstroke forehand & backhand practice

Slinky Drill

Discuss 3rd shot strategies

Discuss video on punch volley

Volley Drill

Discuss and Demo Offensive/Defensive Lobs

Play using Round Robin format

Cool Down

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

Discuss the video 9 Pickleball Tips

<https://youtu.be/ZkMhS2l61xA>

1. The Grip - use the Continental Grip
2. Adjust to your paddle and ball - this is not tennis?
3. Have compact strokes
4. Quickly get into ready position after each stroke
5. Hit down toward opponent's feet not their body
6. Get comfortable hitting a volley in an open stance
7. Use the NVZ to your advantage
8. Learn a soft game - dink
9. Be a student of the game - play different players

Crab Crawl Dinking Drills– 10 Minutes (Focus is on dinking, shuffling)

1. Two players dink to each other while “crab crawling,” shuffling their legs/feet across the court and back; then rotate 2 players on; 2 players off.
2. When all have completed this round begin second round so players perform criss-cross lateral dinks. Described in #3 below.
3. Two players start on opposite corners of the NVZ. Hit cross court dinks, moving one step at a time toward the opposite side line. At the middle you will dink straight across and then continue to the opposite side line you were working towards. Repeat going back to original starting spot.
4. Rotate 2 new players in.

Groundstrokes Practice: Forehands & Backhands- 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

This is a repeat of the last class:

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 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 after the feeders toss them the ball.
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.

WATER BREAK - Gather to discuss the Strategy of the 3rd shot

Should it be a drive or a drop? Things to consider:

Is the receiver staying back? Try keeping them back with a drive.

Is the receiver moving to the NVZ line? Try a 3rd shot drop as they will be on the move and not set in position.

Volleys

- Volleys are played at the NVZ with feet close to NVL.
- Paddle is parallel to the net and in ready position, at 11 o'clock.
- Punch should be short and compact. Very little backswing. Like a High Five.
- Use a short push motion from the center of your body. Do not lean forward.

Discuss - How to hit a Pickleball Punch Volley

<https://youtu.be/Vm-sA2LiCZk>

Punch Volley Drill – 15 Minute

Set up Ball machine on each court

1. Have students line up to hit 8-10 volleys. Rotate players. Be sure they are hitting forehand and backhand volleys. Remind them to return to the ready position.

Lob Shot

There are both offensive and defensive lobs.

Discuss Offensive Lob

Lob over your opponent's "reach" in order to place the ball deep into the court. This will force opponents off the NVZ line and catch them off guard.

Discuss and Demonstrate Offensive Lob - 5 Minutes

1. Stand facing the net and try not to move your feet.
2. Start dinking and then Lob when the time's right.
3. Use a smooth pendulum swing with increasing force.

4. Watch the ball contact the paddle.
5. Be patient and wait for the right ball to lob.

Discuss Defensive Lob - We need to be extremely careful w/this lob

Lob from the baseline to buy time for your team or when you see your opponents out of position. Start your motion like a ground stroke, with a continuous lift and follow through.

Round Robin Play - until cool down 10 min before end of class

Discuss what a round robin is and that there are apps to assist with the setting up a Round Robin. We will be playing each game to 7 or for 7 minutes.

During play remind players of the following.

1. Partnering – Plan strategy before the game. Communicate during the game who has the middle, call for balls, help with wide and long ball calling (WATCH!)
2. Paddle ready – weight on pads of feet, paddle up.
3. Patience – Be patient on the court, let the ball come to you for better control, don't rush to the ball.
4. Footwork – Footwork first, you can tell where a ball is going to, start moving your feet in that direction to meet it, don't wait, should always be shuffling your feet as the ball is moving around the court (ALL PLAYERS).

Cool Down Stretches (See separate sheet) – 5 Minutes

