

Skills 3
Class 4 of 4

Equipment: Ball caddies, name tags (if needed)

Introductions - 5 Minutes

1. Name
2. What do they feel has been their best individual improvement from class
3. Remind participants to drink water when needed.

Today's Line Up

Discuss and Demo Offensive/Defensive Lobs

Play using Round Robin format

Player Assessments

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

Discuss the video 9 Pickleball Tips

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

Drop Shot/Drive Drill – Slinky 15 Minutes – warm up drill

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

1. Receiving player dinks the ball back into NVZ. Once they have successfully returned 3 balls in NVZ the receiving player takes 2 steps back. Exercise continues with the receiving player continuing to move back toward the baseline.
 2. Once at the baseline, the receiving player **drives** the ball to the NVZ server, who **punch volleys** it back to the person at the baseline.
 3. After 3-4 shots, the baseline player **drops** the ball to the NVZ player and then works their way forward to the NVZ.
 4. The receiving player takes 1-2 steps forward at each return from the NVZ player, who is attempting to keep them back.
 5. The receiving player needs to RESET (a drop shot) to the NVZ player.
- 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.

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 Instructors 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.

Players demonstrate Offensive lob at NVZ – 10 minutes

1. Two players at NVZ and one designated 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.

Instructors show how to return a lob and how partners work together when lobbed - 5 minutes

After demo, instructors lob player and have player move to return the lob. 5-10 minutes

Round Robin Play to end of class – NO INTENTIONAL LOBBING

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 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).

Coaches will stop play after the point to give players feedback or ask players what a better option might have been

During round robin play, assessors will come and take two people aside to assess them using IPTPA. The assessment is to help the player with skill improvement. It is not necessarily a rating.

Encourage players to sign up for DUPR if they are not already signed up. It is a free app, DUPR.com. Once signed up, they can attach themselves to CantaMia Pickleball. Ritch Fuhrer is the contact person for getting into DUPR matches to start getting a reliability score. This will then allow those players who wish to participate in Skill Based round robins the opportunity to play with players of the same skills in a more competitive atmosphere. This is different from Open Play and groups who reserve courts to play with 'their own group'.

Cool Down Stretches (See separate sheet) – 5 Minutes