

Skills 2
Class 1 of 4
Dinks and Volleys

Equipment: Ball caddies, nametags

Introductions - 5 Minutes

1. Name
2. Previous sports or pickleball experience and/or PB classes.
3. Remind participants to drink water as needed.

Today's Line Up

Review safety guidelines

Volley and Punch Volley Demos & Drills

Moving to NVZ

Dinking with a purpose

Partner communication

Play

Cool Down

Review Safety – 5 Minutes

1. Proper shoe attire
2. Sunglasses/protective eyewear/sunscreen/hat
- 3. Hydrate Often**
4. Close all gates
5. Stop playing whenever a ball rolls on the court. Yell “Ball on Court”
6. **Never Run Backwards** (back pedal); turn and run to the ball
7. Play within your limitations.
8. Know address where you are playing (posted on gates)
9. Call 911-head injury, loss of consciousness, chest pain. First aid kit in Storage Room

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

VOLLEYS – Instructor Demo – 5 minutes

1. Stable paddle with slightly open face.
2. Compact stroke with very little backswing or follow through- push ball forward.
3. Optimal contact zone- not too close or too far.
4. After each stroke, return to ready position

Volley Drill – 15 Minutes – cooperative play

1 Ball Caddy Per Court

1. Place the ball caddy in the center of the court behind the NVZ line. Remind players this is a cooperative drill.
2. 4 players on the court. Partners standing behind the NVZ line, volleying back and forth attempting to keep the ball in the air with control. Instructors may feed the ball to players to assist with the drill.
3. Goal: Try to get to 10 consecutive volleys. Rotate one position every 5 minutes. Players out should practice volley on board.

Punch Volley Intro

Used at the NVZ line to keep opponents back and on defense. Can be used as a put away shot when executed at the right time.

Punch Volley – Instructor to Demo – 5 Minutes

1. Standing behind the NVZ line.
2. Paddle is parallel to the court.
3. Engage quads; sit in a chair

4. Use a short push motion from the center of your body. Do not lean forward.

Punch Volley Drill – 15 minutes – cooperative play

1. Same drill as volleys
2. The player needs to decide if they can punch volley or dink back to feeding player
3. Punch the ball, if possible, but if feed isn't the best, try a ground stroke or a dink
4. Recognize – not every ball will be a punch volley
5. Use backhand for punch volley, use forehand for groundstroke
6. Return to ready position after each hit

Partner Play Introduction - (5 minutes)

Instructors demonstrate partner positioning and communication

1. Who covers the middle
2. Who covers the line
3. Who's ball is it? Where is the ball coming from?
4. How do the players move with each other
5. Communication

Players Drill - (15 minutes)

Start play at the NVZ. Play starts like a regular game but dink game with a purpose. Goal is to have players move together and communication with each hit – mine or yours (no put away balls, must reset the ball)

1. Communicate
2. Shuffle side to side

3. Diagonal balls – forehand or backhand

Baseline Player Movement to NVZ Coaches Demo – 5 minutes

1. Serving team stays
2. Receiving team goes

Players Practice Deep Serve/Deep Return (15 minutes)

1. Deep Serve, stay as baseline
2. Receiving team – 1 up, 1 back; Deep return, go to NVZ
3. Serving team return ball over the net. Purpose is to get to the NVZ
4. Start dinking, if successful shot over the net
5. Finish point, next player serves and serve continues around the court

Play – remaining time - Remind Players to:

1. Ball - Eye on ball at all times, make contact in front of the body.
2. Backwards - **DON'T run backwards (back pedal)**; turn and run, then meet the ball. Practice!
3. Court Placement – Avoid no man's land and creep up after serving
4. Paddle ready – Always be ready with paddle up for good shots and face/chest protection.
5. Communicate – During play, talk with your partner, “mine”, “yours”, “watch”, etc. Also encourage each other.
6. Look for opportunities to dink or volley!
7. Teams who play at the NVZ are the most successful and have a greater chance to win the point.
8. No staying back – why not? You are the player the opposing team will attack.

Review/Questions

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

Practice at least twice a week with classmates or backboard.

Handout video sheets to watch each week

Cool Down Stretches (See separate sheet) – 5 Minutes