

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

Warm-Up

Discuss Dinking Video & Demo Dinking

Dinking Drills

Discuss Court Etiquette

Discuss Volleying Video & Demo Volleying

Volleying Drill

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 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

DINKING

Dinking Video Review - 5 Minutes

5 Keys To Successful Dinking:

www.youtube.com/watch?v=Uo_iZnYxNI8

What did you learn?

1. Grip - Continental, easier to move from slow to fast, forehand to backhand.

2. Swing Path – Consistent stroke, never contact ball behind your body-contact in front of you, short backswing, short-compact follow through.

3. Use your legs - Get low, bend your knees not your back, move your feet.

4. Clearing the net margin of error 1-½ ft above the net, so you do not make an error.

5. Keeping your dink in the NVZ - Short and in front of opponent's feet so they cannot return the ball as a volley, eye on the ball at all times,

Dinking - Is what differentiates pickleball from all other racket sports. It is an unattackable ball that lands in the opponent's NVZ and forms the strategic part of the game.

Dinking - Instructor to Demo – 5 Minutes

1. "Ready position" - Paddle up at 10-12 o'clock; knees slightly bent; legs about shoulder width apart. After you hit the ball, return to ready position.
2. Ball – Eyes on the ball at all times.
3. Grip – Light grip – 3 out of 10 pressure with control. The harder the grip the higher/farther the ball will go.
4. Stroke – A shoulder stroke; low to high movement; no snapping of wrist.
5. Shuffle feet side to side; NEVER CROSS-OVER STEP (can cause a trip and fall situation). Avoid planting feet wide and reaching; stay on pads of feet.
6. Always contact the ball in front of you.
7. Goal – To get the ball over the net and land in the opponent's NVZ.

3 Dinking Drills – 30 Minutes total time

1 Ball Caddy per court

1. Place the ball caddy center of court behind the NVZ line.
2. With 4 players on the court; Rotate one position every 5 minutes.

First Drill: Partners with one ball. Dink across the net trying to alternate hitting forehand and backhand. **Players count how many dinks without making a mistake.** Catch and start over if ball is long or out. Repeat drill, dinking cross-court.

Second Drill: Now have 4 players with one ball. Dink cross court or cross to players on the other side of the net. Rotate 2 players on and 2 players off the court. **Players count how many dinks without making a mistake.**

Third Drill: Play a game in the NVZ. Keep score and switch servers as you would in a regular game, but all players are at the NVZ line. Each play must be a dink. A ball is OUT if it goes past the NVZ line. Play to 5 points or 5 minutes, then rotate players in.

Discuss Court Etiquette - 5 Minutes

1. In/Out Balls - No arguing line calls. Only the players on the receiving side should call the ball “in” or “out”. If players can’t agree then the ball is considered “in”.
2. Distractions - Avoid talking to players from sidelines during the game.
3. Language - No offensive words.

VOLLEY

Volley Video Review – 5 Minutes

3 Tips For Strong Volleys

<https://www.youtube.com/watch?v=UTL8YSKF1cQ>

Tip 1 – Stable paddle with slightly open face.

Tip 2 – Compact stroke with very little backswing or follow through- push/punch ball forward.

Tip 3 – Optimal contact zone- not too close or too far.

Punch Volley

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

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, punch volley 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.

Play - 25 Minutes - 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. ***Two Bounce Rule***
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!

Review/Questions

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

Practice at least twice a week with classmates or backboard.

Watch for email with **youtube** video link to:

Serve

<https://youtu.be/X2FQHZ3abqk>

Cool Down Stretches (See separate sheet) – 5 Minutes