

Skills 3
Class 1 of 4
Dinking and Groundstroke

Equipment needed: Ball machine, Ball caddies, SKLZ balls, name tags

Introductions - 5 Minutes

1. Name
2. Share reason/goals for taking this class
3. Remind participants to drink water when needed.

Today's Line Up

Review safety guidelines

Warm-Up

Review Dinking and perform Dinking Drills

Field Trip to Storage Bldg.

Groundstroke - Discuss videos and demo, teach all to set up Ball Machine

Groundstroke Drill - Forehand and Backhand

Play

Cool Down

Review Safety – 5 Minutes-Have students share ones they remember.

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 Bocce Room

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

DINKING

Definitions:

Dink: A non attackable ball that lands in the NVZ. Slows the game down, a strategic part of the game.

Rubber Band: A term used to describe moving with your partner (rubber band).

Dinking – Instructor to Demo – 5 Minutes

Demo straight on and cross court.

1. Contact ball in front of your body.
2. Slow, controlled **pendulum swing from shoulder**.
3. **Watch the ball** to the paddle.
4. Follow through with **consistent tempo**.
5. Knees slightly bent, weight on the balls of your feet.
6. Grip tension 3-4 out of 10.
7. Return to the ready position.
8. Always move with your partner keeping a distance of about 6' between you, like a rubber band.

Dinking Drill - 20 Minutes (5 Min SKLZ balls – 10 Min Pickleball)

3 balls with 6 players at NVZ dinking cooperatively with a partner.

Dinking Drill – 5 Minutes using SKLZ ball

(Softer touch with training ball, helps w/keeping eye on ball.)

Have partners dink to each other with the SKLZ ball trying to dink first to forehand, then middle, and then backhand. Repeat.

Dinking Drill – 10 Minutes using Pickleball

Have partners dink to each other with the Pickleball trying to dink first to forehand, then middle, and then backhand. Repeat.

Moving Dinking Drill – 5 Minutes using 1 pickleball with 4 players on the court at the NVZ

1. Dink to those on opposite side trying to force them to move...work on placement.
2. Partners are to move like there's a rubber band around them both. If one moves to the right of the court so does the other.
3. There should be about a 10-foot gap between partners (span of arms out with paddles just overlapping between players).
4. ALL PLAYERS constantly shift on court to follow the movement of the ball. Move with your partner.

Dinking Game- 10 Minutes using a Pickleball

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.

1. Each play must be a dink. A ball is OUT if it goes past the NVZ line.
2. Play to 5 points, then rotate players in.

Summary: A dink is a unattackable ball that lands in the NVZ. It slows the game down, a strategic part of the game. “Rubber band” moving with your partner.

FIELD TRIP TO STORAGE BLDG (Assistants should set up one ball machine on the court while class is on the field trip.)

- Entire class walks over to Storage Bldg.
- Show students how to unlock, lock, and plug in ball machines.
- Show students other supplies available to them: ball caddies, circles, and SKLZ balls.
- Walk around bldg. to show students the location of the AED machine.
- Return with the 1 ball machine. Help students set them up for the next exercise on groundstrokes. Instructions are on the machine.

GROUNDSTROKES

Review Groundstroke Videos both forehand & backhand – 5 Minutes

<https://youtu.be/nqmkw95LLV4>

<https://youtu.be/L3rJGE62OHQ>

What did you learn?

1. Footwork first – Shuffle or step to ball then swing.
2. Weight forward on the balls of your feet
3. Rotate back, step forward through the ball (heel of foot lifts up)
4. Hit the ball in front of you.

Groundstrokes: forehand & backhand

Generally strongest shot and produces few errors. Objective is to hit it deep (with some arc – gives more time to get to NVZ).

Setting up ball machine: Demo how to set-up

1' Behind Baseline; Height 15-20, Speed 50, Spin 3

Groundstrokes - Instructor to Demo both Forehand and Backhand - 5 Minute

1. Foot work first – Move the feet BEFORE swinging paddle. Move to where you see the ball coming to.
2. Weight - Forward on balls of feet.
3. Grip – A harder grip for a farther return of the ball.
4. Shoulder – Rotate to be open face to the net as a swinging paddle to return the ball. Make contact with ball in front of you.
5. Follow Through – Swing continues to opposite shoulder as follow through before resetting to paddle ready position.

Groundstroke Drill both Forehand and Backhand– 25 Minutes

1 Ball Machine per court placed behind the Baseline

1. 1 player on receiving side of court
2. Each player hits 6 forehands. Players rotate clockwise, one goes off court and then another goes onto court.
3. Players not on court shag balls, feed ball machine
4. On second time in, players hit 6 backhands.

Play – 10 Minutes - Coach Players to:

1. Ball - Don't rush the ball, allow the ball to come to them, make contact in front of the body.
2. Court Placement – Avoid no man's land and creep up after serving. (Two Bounce Rule) Game is played at the kitchen line.
3. Dink – Not all hard hits, reset with a soft stroke to start dinking. Practice “rubber band” method.
4. Paddle ready – For good shots and face/chest protection.
5. Weight – Keep weight forward, on pads of feet.
6. Communicate – Before play, discuss strategy against the opponent and who is going to get lobs, etc. During play, talk with your partner, “mine”, “yours”, “watch”, etc. Also encourage each other on good and bad returns.

Cool Down Stretches (See separate sheet) – 5 Minutes