

**Skills 2**  
**Class 2 of 4**  
**Dinking, Volleys, Serve**

**Equipment:** SKLZ balls, Ball Caddies, name tags, ball machine

**Introductions - 5 Minutes**

1. Name
2. Favorite part of last class, or a question
3. Remind participants to drink water as needed.

**Today's Line Up**

Serve/Return of Serve

Volley and Punch Volley with ball machine

Introduction to drop shots

Play

Cool Down

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

During warm up, what did the players learn from the videos

*5 Keys To Successful Dinking:*

[www.youtube.com/watch?v=Uo\\_iZnYxNI8](http://www.youtube.com/watch?v=Uo_iZnYxNI8)

*3 Tips For Strong Volleys*

<https://www.youtube.com/watch?v=UTL8YSKFIcQ>

## **Serve and Return of Serve Drill – 15 minutes**

Two players at baseline and two players on opposite end receiving

Two players are serving to the opposite court side player, the receiving player needs to deep return to the player who served them the ball.

1. Focus and follow through with the return using a forehand or backhand groundstroke return.
2. Take your time, focus on the ball and where it will bounce, stop, hit and follow through

## **Using the ball machine review**

Players need to watch video on [cmpickleball.com](http://cmpickleball.com) and then contact club at [pickleballcantamia@gmail.com](mailto:pickleballcantamia@gmail.com) inform them you have reviewed the video, and they will send the code to the ball machine

## **Volley and Punch Volley using the ball machine**

One court uses the ball machine for 15 minutes. Remaining players with practice volley and punch volley with a partner on another court. Switch courts after 15 minutes.

## **Introduction to drop shot – 5 minutes instructor demo**

1. Proper technique for drop – same shot as a dink but longer push
2. Why use a drop shot
3. When to use a drop shot (you are always safe with a drop shot return to keep your team in the play)
4. Keep the ball about 12 inches over the net but mid-NVZ
5. Make the drop shot unattackable

## **Drop Shot drills – 15 minutes**

Instructors serve the ball to the players

Players stand in the transition zone and drop ball into NVZ

1. Focus on pushing the ball over the net using a soft shot
2. Allow yourself time and get ready as the ball is coming toward you
3. Stop, bend your knees and give yourself space, moving one leg behind you
4. Continue to watch the ball
5. Hit the ball as it's starting to come down after the bounce
6. Hit the ball out in front of you
7. Focus on keeping the ball about 12 inches above the net but drop in mid-NVZ on receiving player's side
8. Remember to follow through with your shoulder and not the wrist
9. Make the shot unattackable for the opposing team
10. Return to the ready position after every shot

If players are successful in the transition area, have them move back to baseline to get the feel of distance. Same motion, same footwork, just a little stronger push.

## **Play – remaining time - Remind Players to:**

1. Serves – Help players incorporate serve tips from video. Don't creep up after serving. **Two Bounce Rule**
2. Paddle ready – Paddle up, knees slightly bent, weight over pads of feet.
3. Communicate – during play, talk with your partner, mine, yours, watch, etc., and encourage each other.
4. Shuffle – Make sure all 4 players are shuffling to where the ball is on the court.

5. Middle- Cover the middle. Whose ball is it?
6. Position on the court and with their teammate

### **Review/Questions:**

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

Watch video before next session – Attack When you see THIS not THAT!

Otherwise known as Red/Yellow/Green shots

Continue to practice with friends or with the board on courts 5 or 6

**Cool Down Stretches (See separate sheet) – 5 Minutes to Comfort Level**