

## Skills 3

### Class 1 of 4

**Equipment needed:** Ball machine, ball caddies, 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

Footwork, positioning, partner strategy

Ball machine – groundstrokes – backhand and forehand

Ball Machine – drop shots

Play

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

## 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
10. First aid kit in Bocce Room

## Instructors Demo – 5-10 minutes

1. Footwork
  - a. Balls of your feet
  - b. No flat feet
  - c. Moving side to side with your partner
  - d. Be able to run back for a lob
  - e. Getting back into position for your team
2. Positioning
  - a. Baseline
  - b. Transition area
  - c. NVZ
3. Partner Strategy
  - a. Who has the middle (left-handed/right-handed)
  - b. Who are you targeting
  - c. Who has a bad backhand
  - d. What do we do with bangers

### **Ball machine using oscillation – 15 minutes**

Two players at the baseline, each player takes 5 hits, switch players quickly. Those not in line, retrieve balls and replace balls in machine

1. Groundstrokes (first round)
  - a. Ready position
  - b. Player calls 'mine' or 'yours'
  - c. Right side returns with backhand
  - d. Left side returns with forehand
2. Groundstrokes (second round)
  - a. Same scenario as first round but switch sides

### **Ball machine using oscillation – 15 minutes**

Same as above but using a drop shot from baseline

### **Ball machine using oscillation – 15 minutes**

Same as above except players must start moving toward the NVZ after the first player's groundstroke

1. Groundstroke for first player
2. Drop shot for the second player
3. Drop shot or groundstroke (drive) for the first player (decision making time)
4. Next group up immediately and ready to start next round

**Continue through this process at least twice and players switch lines**

## **Partner Play at the NVZ – 15 Minutes - using 1 pickleball with 4 players on the court at the NVZ**

First two hits must be a dink. Players are to keep the ball in play by making good decisions on red/yellow/green balls. If a player makes an error, they are out, and a new player quickly moves in.

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. ALL PLAYERS constantly shift on court to follow the movement of the ball. Move with your partner.
4. Communicate at every shot – mine/yours or you/me

## **Let's put it all together and play - Coach Players after the point:**

1. Ball - Don't rush the ball, allow the ball to come to you, make contact out in front of the body.
2. Dink – Not all hard hits, reset with a soft stroke to start dinking. Practice “rubber band” method.
3. Paddle ready – For good shots and face/chest protection.
4. Weight – Keep weight forward, on balls of your feet.
5. Communicate – Before playing, 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.

## **Hand out videos to watch sheets for following weeks**

## **Cool Down Stretches (See separate sheet) – 5 Minutes**