

## DRILLS FOR 2 TO 8 PEOPLE

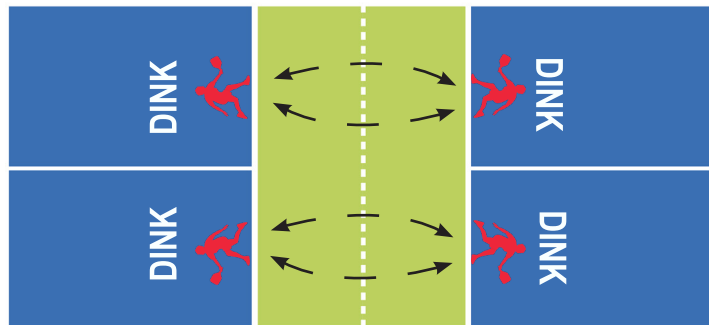
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

### DRILL THIRTEEN

Dinking and moving together

#### Exercise 1: Dinking practice.

Players will stand either side of the net just behind the 'non-volley zone,' or kitchen line. For the first two minutes they will dink in pairs. For the next two minutes they will dink as a doubles team. For both singles and doubles they should count their rallies.



#### Technical teaching points:

- Players should stand in a ready position and use the 'continental' grip making it easy to open the paddle face and gain net clearance.
- Encourage them not to flap their wrist as this will not help with control.
- Get them to have a slight knee bend and push up using the legs with a firm wrist for further control over the ball.

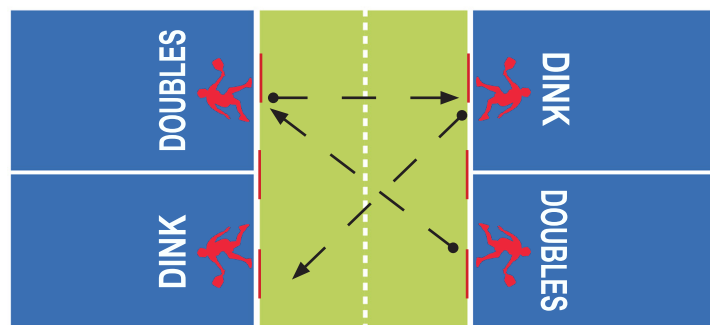
#### Tactical teaching points:

- Being patient while dinking will produce many opportunities to win the point. One example of this is when your opponent loses patience and tries to hit hard thus setting up a volley for a winner.

#### Game: 'Dink and move'

Play points in doubles teams where the ball can only land in the kitchen. No volleys are allowed. Place three lines down on each side just inside the kitchen line, (one left- one middle- one right).

Each player starts on the left or right line. When one player moves across to retrieve a dink, their partner moves to the centre line to cover the space and vice versa. This helps them learn to work as a team and know which parts of the court need covering and when.



**Note:** Don't let the matches go on for too long before you swap people around as it is a great way for people to meet the others in the group.