

## 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.

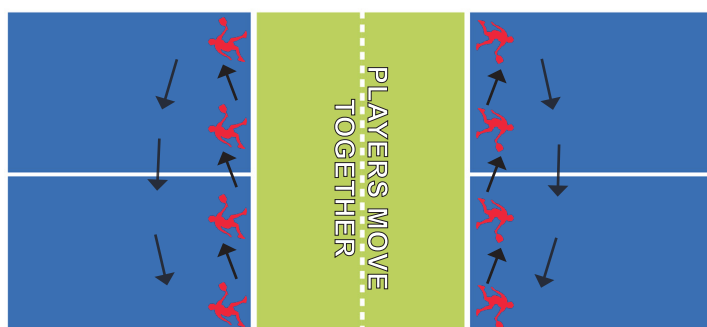
### DRILL FOURTEEN

Dink control

**Exercise 1:** Dinking control.

Players stand opposite each other just behind the kitchen line and on the sideline. They see if they can dink whilst both moving from one sideline to the other and back again.

#### DINK CONTROL



#### Technical teaching points:

- Players should be in an open stance with their knees bent.
- They should side step across the court making sure that contact is out in front.
- Make sure players don't use too much wrist resulting in loss of control.

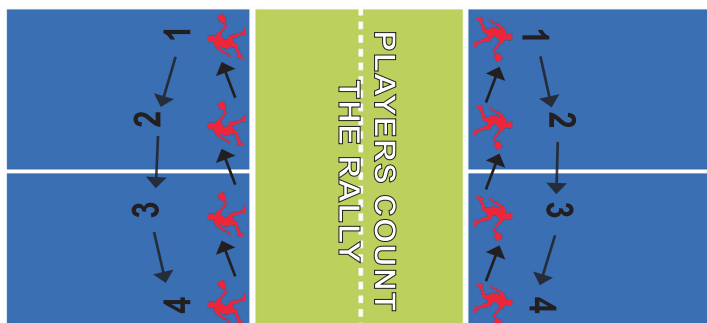
#### Tactical teaching points:

- Players Learn to dink on the move and keep their balance which is vital when competing.
- They also learn great control of the paddle or 'soft hands'.

#### Game: 'Counting dinks'

Players will now see how many times they can get across the court and back without missing a dink. If a volley has to be played then players will start over.

#### DINK CONTROL



**Note:** Dinking is tougher than it looks. Depending on skill levels be lenient on the players and let them continue the rally if the dink is a bit too hard and clears the kitchen line or a player has to volley.