

## DRILLS FOR 2 TO 8 PEOPLE

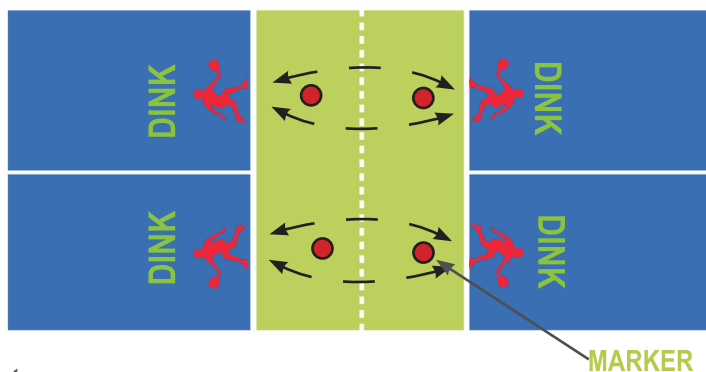
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

### DRILL EIGHT

#### The Dink

#### Exercise 1: Dinking targets.

Players will stand opposite each other just behind the NVZ or 'kitchen line'. They must try to rally the pickleball hitting softly so it lands inside the NVZ. Markers can be put down just inside the NVZ for accuracy.



#### Technical teaching points:

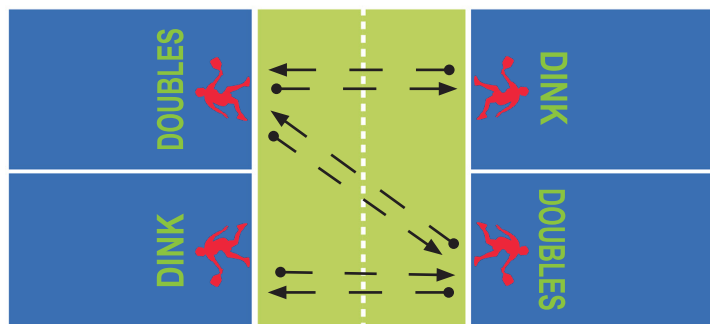
- Players should use the continental grip making it easy to open the paddle face to gain net clearance.
- Encourage them not to flap their wrist as this will not help with control.
- Get them to use their knee bend to get under the ball and push up with the legs and a firm wrist.

#### Tactical teaching points:

- The dink is a vital shot to keep opponents from attacking seeing as they are not allowed to hit a volley inside the NVZ
- It can also set up an attack for the player hitting the dink (see DRILL 11 'third shot drop').

#### Game: Dink doubles.

Each player stands on their side just behind the kitchen line. Play the point using only dinks that have to bounce before the line. First to 10 points.



**Note:** At this stage you may encourage the players to put some slice on their dinks. This could keep the ball lower making it harder for opponents to return.