

DRILLS FOR 2 TO 8 PEOPLE

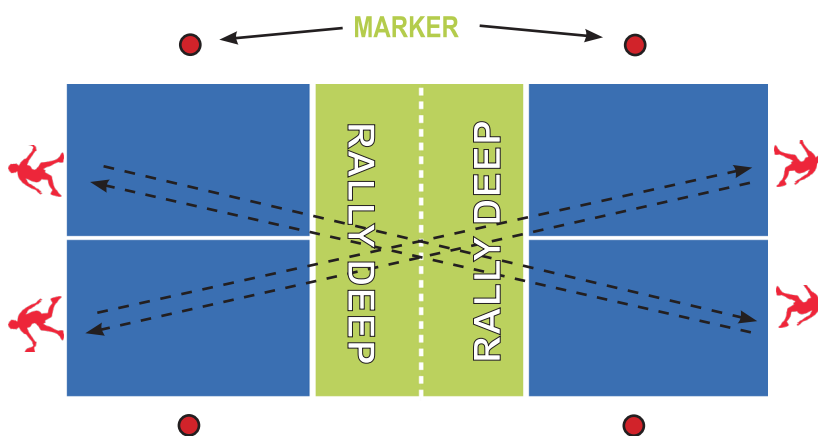
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

DRILL TWO

Forehand and backhand groundstrokes.

Exercise 1: Cross court. Rally deep.

Place markers alongside the court 3/4 of the way back towards the baseline. Players use their groundstrokes to see if they can hit crosscourt, deeper than the markers whilst holding a consistent rally. Switch sides after 5 minutes.



Technical teaching points:

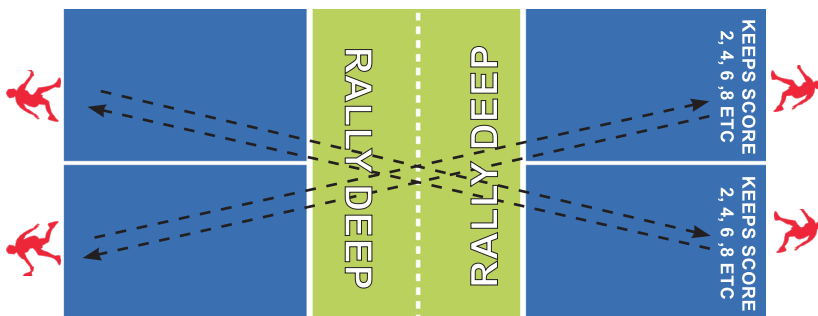
- Players should be encouraged to hold a 'continental' grip thus achieving a solid flat hit whilst having a fluid low to high swingpath on both groundstrokes.
- Encourage players to step into the ball keeping their knees bent with weight going forward.

Tactical teaching points:

- By hitting the pickleball deep, players learn to keep their opponent back and away from the net.

Game:

Players continue hitting. This time Player A counts 2 points every time Player B hits deeper than the markers. Switch after 2 minutes.



Note: Scores will continue to add up even after a rally breaks down. This will encourage your players to be pro-active.