

DRILLS FOR 2 TO 8 PEOPLE

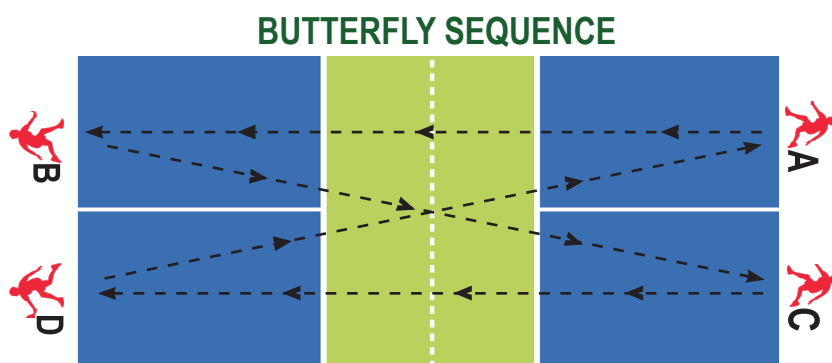
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

DRILL THREE

Forehand and backhand groundstrokes.

Exercise 1: The butterfly drill. Doubles.

Four players will each stand on their half of the court at the baseline. Player A feeds a ball down the line to Player B. Player B rallies cross court to Player C. Player C rallies down the line to Player D. Player D rallies cross court back to player A. The rally continues as long as possible. Swap roles after 2 minutes.



Technical teaching points:

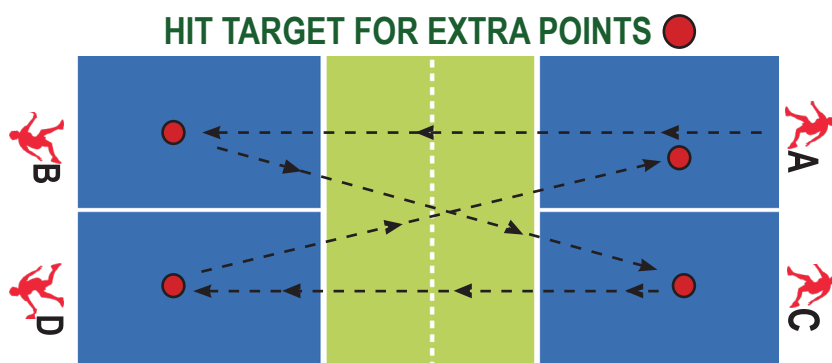
– Players should be encouraged to position their feet and body for weight transfer towards the target. For example, step into the down the line shot and an open or semi open stance for a cross court shot. As always a nice smooth low to high swingpath is promoted.

Tactical teaching points:

– Players learn to consistently change the direction of the pickleball giving them many options in open play.

Game:

Place markers on the court, 3/4s of the way back toward the baseline. As a doubles team, players continue to rally in the 'butterfly' sequence. When one player misses the other side gain a point. If the target is hit at any time during a point, the rally is stopped and the team which hit the marker will gain 2 points. First to 8 points then switch roles.



Note: if you feel this is difficult for the players you have, let them do it from 3/4 court at first and build up to the baseline. Scores will continue to add up even after a rally breaks down. This will encourage your players to be pro-active.