

## DRILLS FOR 2 TO 8 PEOPLE

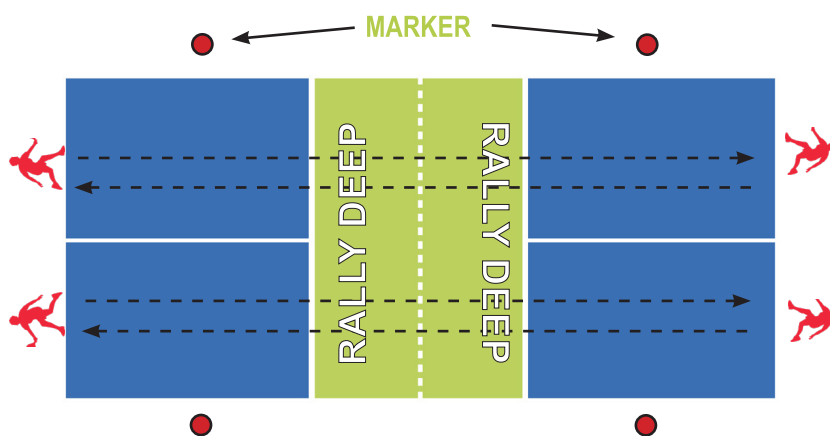
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

### DRILL ONE

Forehand and backhand groundstrokes.

**Exercise 1:** Down the line. Rally deep.

Place markers alongside the court, 3/4s of the way back toward the baseline. Players must use their groundstrokes to see if they can hit deeper than the markers whilst holding a consistent rally.



#### Technical teaching points:

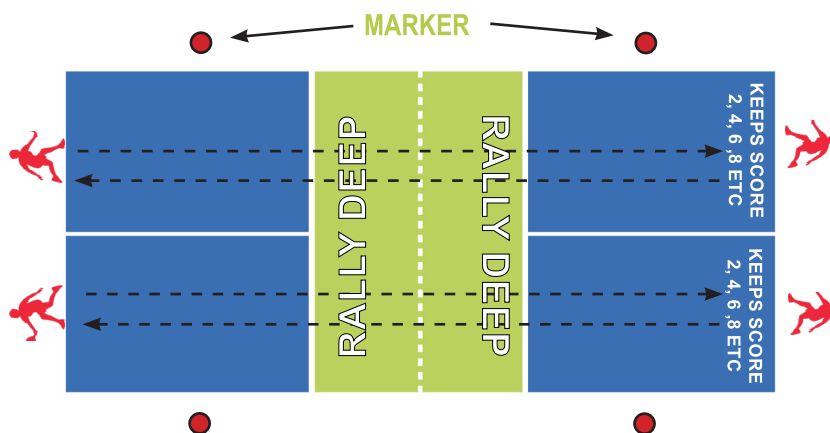
- Players should be encouraged to hold a 'continental' grip to achieve a solid flat hit.
- They should have a smooth low to high swing path
- Encourage players to step into the ball with weight going forward

#### 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 two minutes.



#### Note:

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