

DRILLS FOR 2 TO 8 PEOPLE

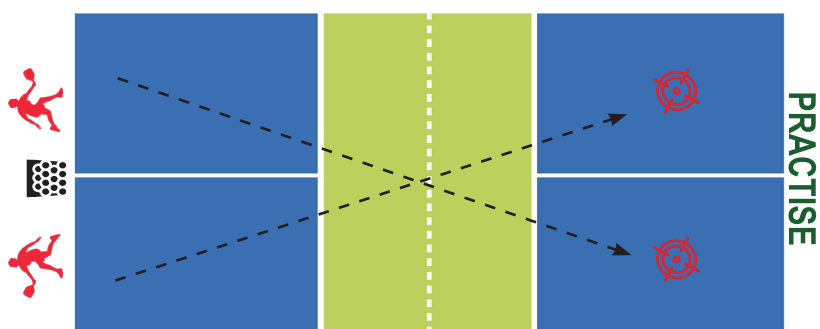
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

DRILL SIX

The Serve

Exercise 1: Serve to targets.

Players stand behind their baseline and practice hitting the serve deep and crosscourt from a basket of Pickleballs.



Technical teaching points:

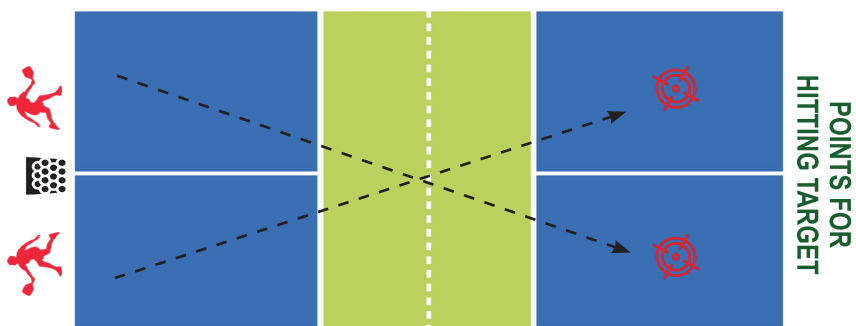
- Encourage players to stand side on and have a fluid low to high forehand swing for the serve.
- Ensure the paddle drops below wrist height to strike the ball. They can let the ball bounce once from a drop, or hit it before it bounces. They must stand with both feet behind the baseline and try to hit it diagonally into the service box.

Tactical teaching points:

- It is advantageous to get the serve deep as it can stop the returner from attacking the net straight away, keeping opponents on the defensive from the start.

Game:

Put targets down deep in the service box. Players serve from a basket of pickleballs and see how many times they can hit the targets in 2 minutes.



Note: A player is allowed to serve using a backhand motion. Give them the option but also remember at this stage it is good to keep it simple.