

## 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 ELEVEN

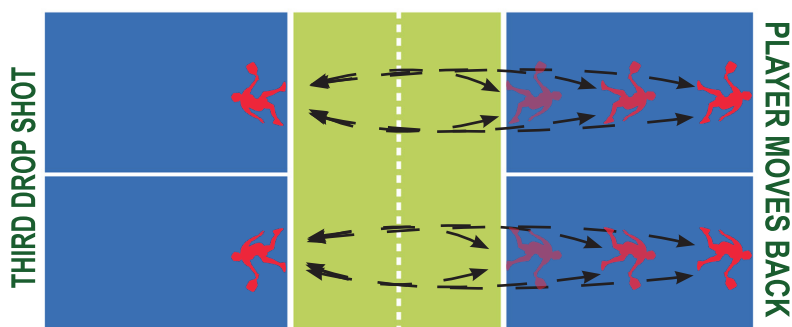
Third shot drop

**Exercise 1:** Control of the third shot.

Both players stand opposite each other just behind the NVZ. A rally of 8 'dinks' must be held with each shot bouncing before the zone.

Once this is achieved one player takes 2 steps back and the other stays where they are. The player standing by the NVZ increases the length of their shot whilst the player further back keeps hitting dinks until they have 4 in.

Players take a further step back. This keeps going until the player who is dinking can achieve 4 in from the baseline. Switch roles after 5 minutes.



#### Technical teaching points:

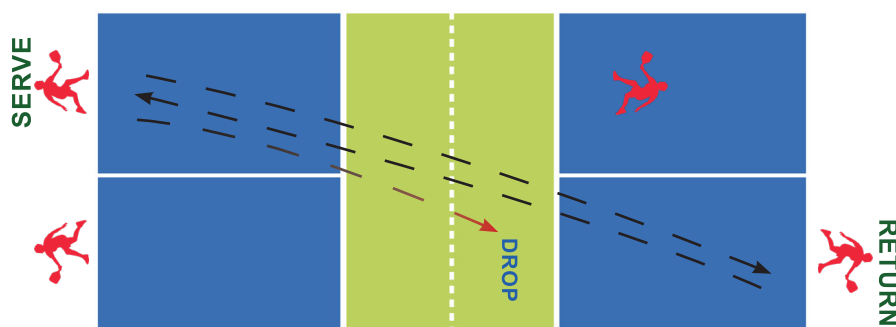
- As the player dinking gets further back, they must start to lengthen their swing slightly whilst making sure not to overhit.
- Players can also start to experiment with the height of the dink using an open paddle face and some slice.

#### Tactical teaching points:

- It is always advantageous to have a great dink as when the returning team are rushing toward net, a good 'third shot drop' can stop their attack in its tracks.
- A good dink can also give the person who hits it a chance to come up to net and establish position without fear of the opponent's attack.

#### Game: 'third shots a drop'

Let the students play doubles with the rule that the third shot in every rally must be an attempted 'third shot drop'. Even if not successful they can still play out the point.



**Note:** The third shot drop is not an easy shot and you may find players unwilling to do it and just hitting hard. Keep reminding players why this is such an important shot.