

DRILLS FOR 2 TO 8 PEOPLE

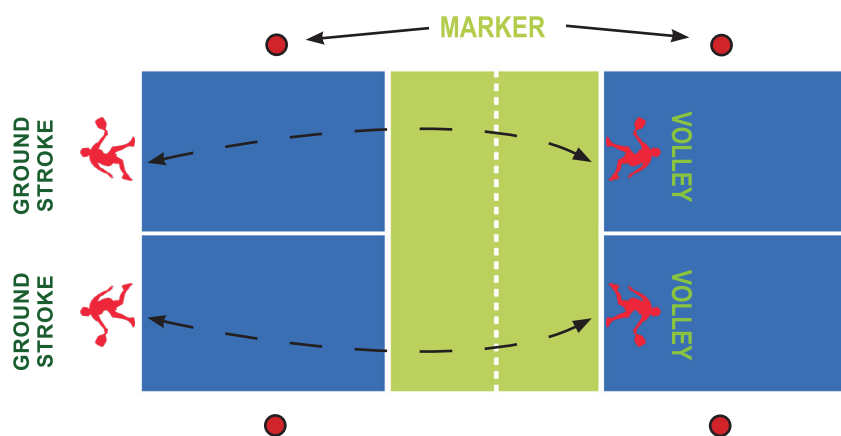
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

DRILL NINE

Volleys and Groundstrokes

Exercise 1: Volley depth, groundstroke control.

Player 'A' stands at the NVZ to practice volleys. Player 'B' stands at the baseline to practice groundstrokes. Let them rally. Markers can be put down 3/4 of the way back toward the baseline for volley depth.



Technical teaching points:

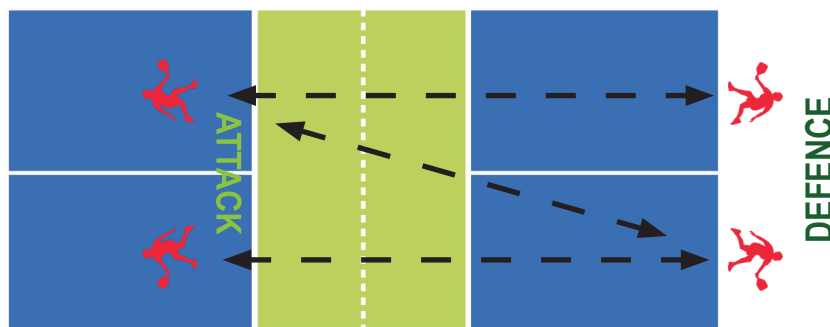
- Make sure forehands and backhands are hit using the continental grip with a fluid low to high swingpath. Encourage your players to step in whilst bending their knees to get down to the ball.
- Make sure the volleyer holds a continental grip and stands in an open stance with knees slightly bent. The paddle should be slightly open on contact making it easier to clear the net and send the pickleball back deep.
- Try to encourage a short punching motion with little or no backswing and contact out in front of the body.

Tactical teaching points:

- Once solid fundamentals are achieved on the groundstrokes and volleys it will open up so many possibilities for players to learn the more difficult strategies of the game. Without these fundamentals they will limit their game.

Game: Defence v attack.

Two players start at the baseline (defence). Two players start at the net (attack). Anyone can start the rally. After the first two shots are made the point is played out. Switch roles every 5 points. Play first to 10 points.



Note: Let the players experiment with their shots. Let them find their own way and only intervene when you feel a necessary point can and should be made.