

DRILLS FOR 2 TO 8 PEOPLE

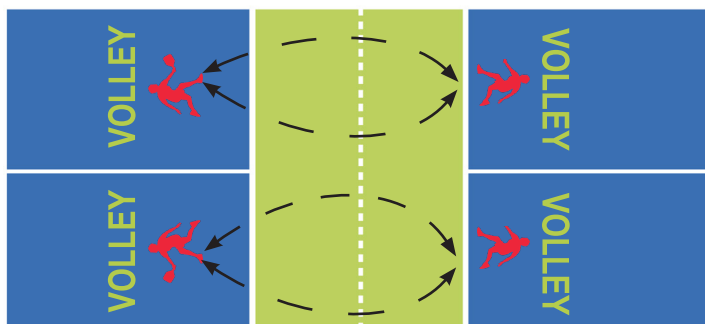
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

DRILL FOUR

The Volley

Exercise 1: Volley-to-volley.

Players will stand opposite each other just behind the Non-Volley Zone (NVZ). They must try to hold a volley-to-volley rally.



Technical teaching points:

- Players should be encouraged to start from the ready position, use the continental grip and contact the ball out in front of their body with little or no swing.
- Try to make sure they do not use too much wrist as this can result in loss of control.

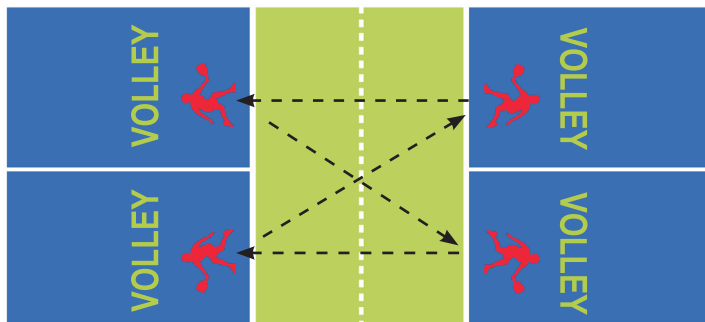
Tactical teaching points:

- Explain how most points in pickleball are won up at the net. Volleying will steal time away from your opponents and give you control of a point.

Game: 'X' shape.

Players will try to volley to one another in an 'x' shape. They must see how many volleys they can make between them.

COUNT THE RALLY



Note: There are many great reasons to get to the net. It is best not to overwhelm your students at first. Drip feed some of the main techniques/tactics and build from there.