

## DRILLS FOR 2 TO 8 PEOPLE

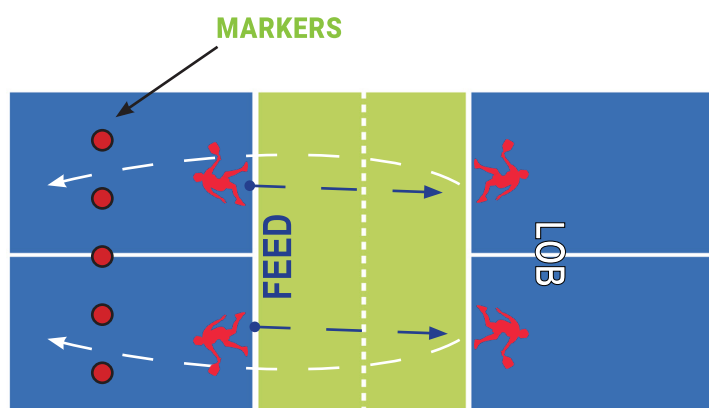
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

### DRILL SIXTEEN

#### The Lob

##### Exercise 1: Deep lob volley.

Place markers 3/4s of the way back toward the baseline. Using half court, both players stand opposite each other just behind the non-volley zone. Player 'A' will feed player 'B' a volley. Player 'B' will try to lob with enough height and depth to clear player 'A' and get the pickleball beyond the targets. Switch roles every 10 lobs.



##### Technical teaching points:

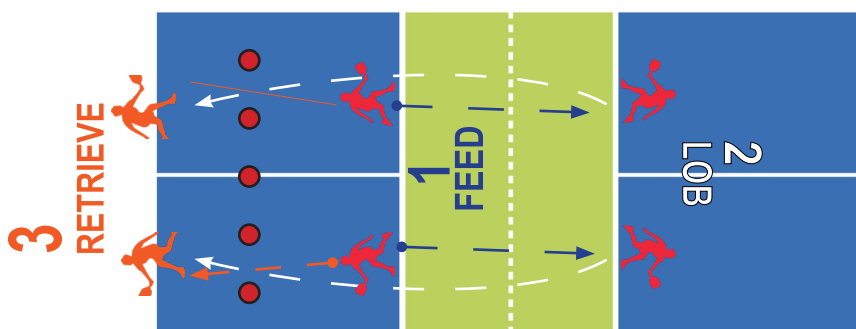
- Make sure the player lobbing has a 'continental' grip making it easier to open the paddle face.
- Players should have an open stance with knees bent to get under the pickleball.

##### Tactical teaching points:

- The lob is a great way to surprise opponents during a dink rally.
- It can turn defence into offence making one or both opponents retreat from the kitchen line giving you space and time.

##### Game: 'Lobbers and runners':

Player 'A' feeds player 'B' the volley but must then touch the net with their paddle before trying to retrieve the lob and playing the point out. Touching the net after the feed stops player 'A' from immediately running for the lob as in open play the person lobbing would look to surprise their opponents. Play first to 8 points then switch.



**Note:** During the practice exercise, after the feed, the player can stretch their paddle arm up so the player lobbing has a certain height to clear.