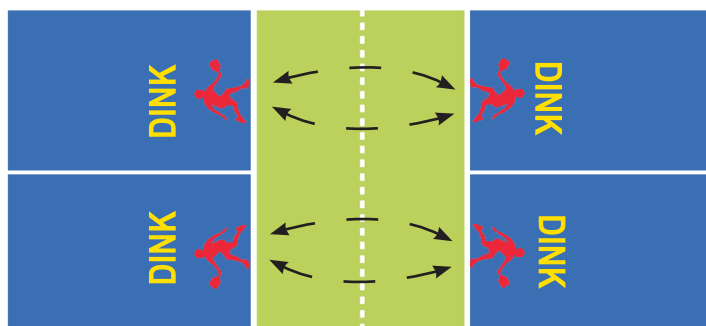


WEEK FIVE: THE THIRD DROP SHOT

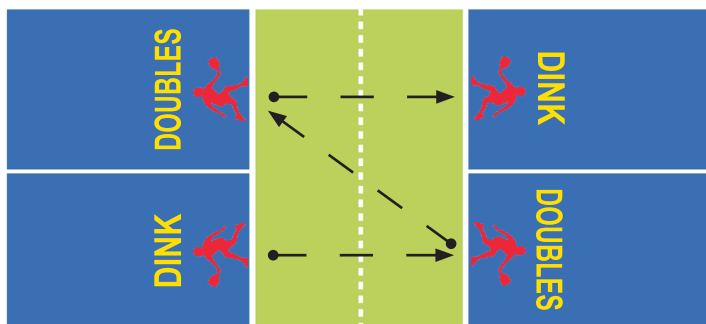
STAGE 1: DINKING WARM UP

(5mins)

Exercise 1: In pairs students stand either side of the net just behind the kitchen line and tap (dink) the ball to each other. Emphasis is on making sure the ball bounces once before the kitchen line.



Exercise 2: Dink doubles. All four students play out the point inside the kitchen.



STAGE 2: GROUNDSTROKE WARM UP

(5mins)

Exercise 1: In pairs on half court, students will try to hold a groundstroke rally from the baseline.

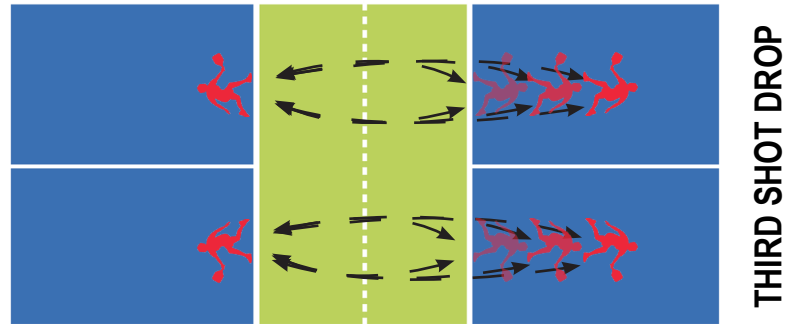
Exercise 2: Students count the rally.

STAGE 3: PREPARING FOR THE THIRD SHOT DROP

(10mins)

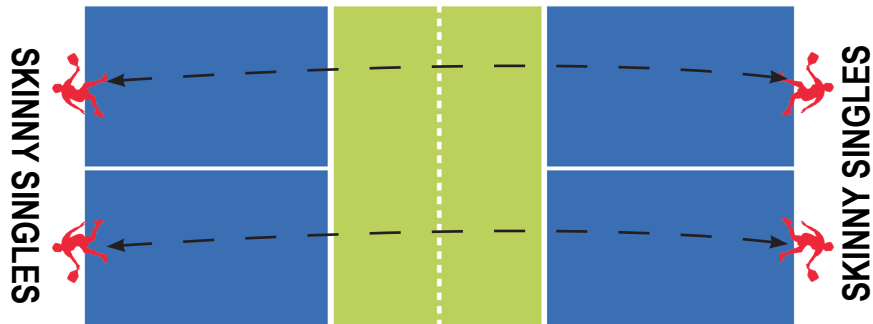
Getting students ready for the 'third shot drop'. This shot is used to stop a player from volleying as they can only volley after the ball has bounced twice in the rally (after serve and return of serve). It is a 'long dink' from the baseline that lands softly in the non volley zone or 'kitchen' and prevents the on coming player from attacking as they are not permitted to step on or over the kitchen line whilst volleying.

Exercise 1: Both students stand just behind the kitchen line. A dink rally of 6 is made. After this, one student will take two large steps back whilst the other stays by the kitchen line. Another rally of 6 is made. Now the student who is further back is learning to dink the ball from a greater distance. Repeating this process the student will try to get back to the baseline. Emphasis should be on as much control as possible.



Note: This exercise takes a lot of control and will teach the children great hand skills or 'feel' so they are ready to practise the 'third shot drop' in open play.

STAGE 4: SKINNY SINGLES (15mins)

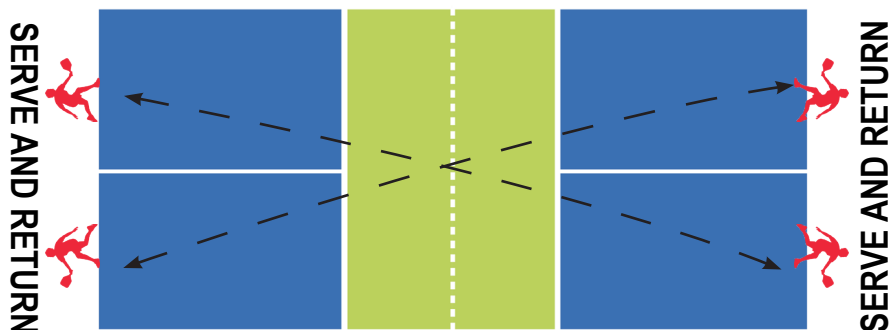


Note: Encourage children to come forward to the net after the second bounce of the rally as this steals time from their opponent. Similarly, encourage the 'third shot drop' or 'long dink' to stop the oncoming volleyer in their tracks.

STAGE 5: SERVE AND RETURN WARM UP (2mins)

Exercise 1: One student will serve the pickleball from the baseline diagonally. The ball must clear the kitchen line and bounce inside or on the sidelines and centre line to be deemed in. The other student must try to return the ball back cross court and deep.

Note: Encourage the server to hit with a low to high forehand motion and get the serve as deep as possible. Encourage the returners to use a forehand or backhand low to high motion and get the return as deep as possible. Markers can be put down for accuracy.





STAGE 6: DOUBLES WITH 'THIRD SHOT DROP'.

(15mins)

Exercise 1: Students will play doubles and the rule of the 'third shot drop' can be enforced after the serve has bounced in and the return has bounced in. After a few minutes relax this rule and let the students play how they want and keep encouraging good tactics.

END LESSON.