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ALL MACHINE DRILLS

	LEVEL	FOCUS
B 1. 4 Ball Groundstrokes	1.0+	Forehand/Backhand Groundstrokes

DRILL: KING of #1 the COURT

Type: Doubles

Category: All Skills

Level: All

Timing & Players: 20min +/-; 6+ players

Organization: SCW Pickleball +

Who & Rev. Date: B.Wray 6/11/15

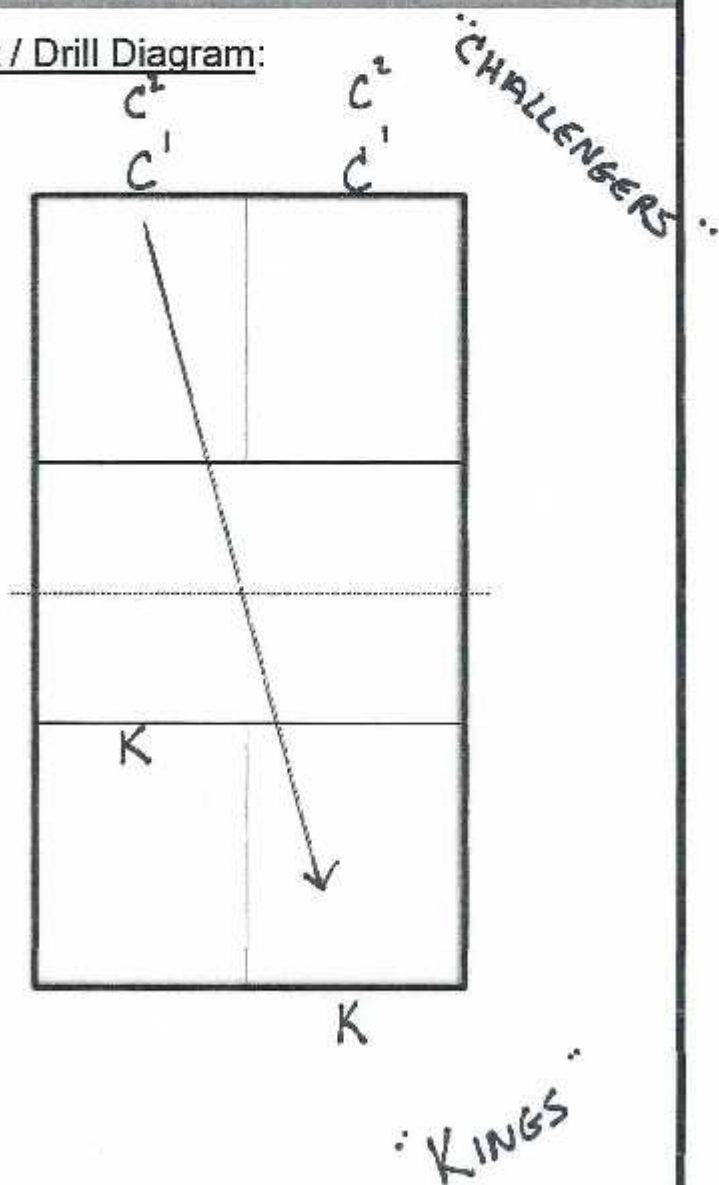
Drill Description / Goals: Competitive drill designed to teach players how to play a point of doubles in a competitive setting.

Drill Organization: One team of 2 players designated 'Kings' on southside of courts, other teams ('Challengers') on opposite side (north). Challengers are serving. 1st Challenge team plays 1 point against Kings. If Kings win, 1st Challenge team rotates out, new Challenge team plays next point; if Challenger wins, they replace Kings and a new Challenge team plays next point (Kings go to back of Challenge line). Variation: Play best of 3 points.

Drill Key Points / Learning:

Emphasizes player movement, communication and team play. Provides an opportunity to reinforce the rules of pickleball play. Players change right/left sides as they rotate in and out.

Court / Drill Diagram:



DRILL: 1/2 Court Dinks ^{#2}

Type: Singles/Doubles

Category: Forehand and Backhand Dinks

Level: ALL

Timing & Players: 5-8 min; 2-4 players

Organization: SCW PS+

Who/Date: K. Holtz/B.Wray 5/5/15

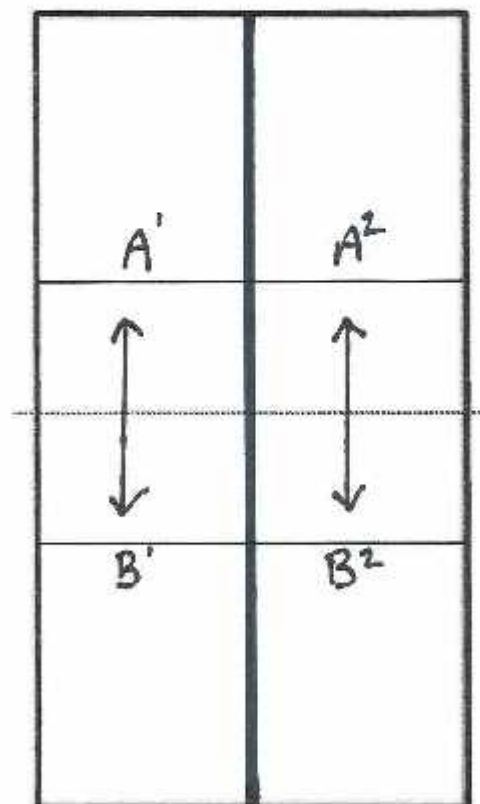
Drill Description / Goals: This is a cooperative drill emphasizing good forehand and backhand dinks. (May also be used as a warmup.)

Drill Organization: This is a 1/2 court drill. Player A1, at NVZ, feeds ball to player B1, across net also at NVZ line. B1 practices dink shot back to A1 who continues rally. Players A2 and B2 also practice dinks concurrently on the other 1/2 court NVZ area. Option 1: Rally for set amount of time, count contacts. Option 2: Play 7 point game, rally scoring (competitive).

Drill Key Points/Learning: Drill all four quadrants (rotate 1 position clockwise per game/time). Emphasize:

- ✓ Grip
- ✓ Early Preparation
- ✓ Footwork/Happy Feet
- ✓ Swing Path/Ball Flight
- ✓ Recovery
- ✓ Patience
- ✓ Simultaneous play when two 1/2 courts are used (4 players).

Court / Drill Diagram:



DRILL: 1/2 Court #3 Groundies

Type: Singles/Doubles

Category: Groundstrokes

Level: ALL

Timing & Players: 5-8 min; 2-4 players

Organization: SCW PS+

Who/Date: B. Wray 9/9/15

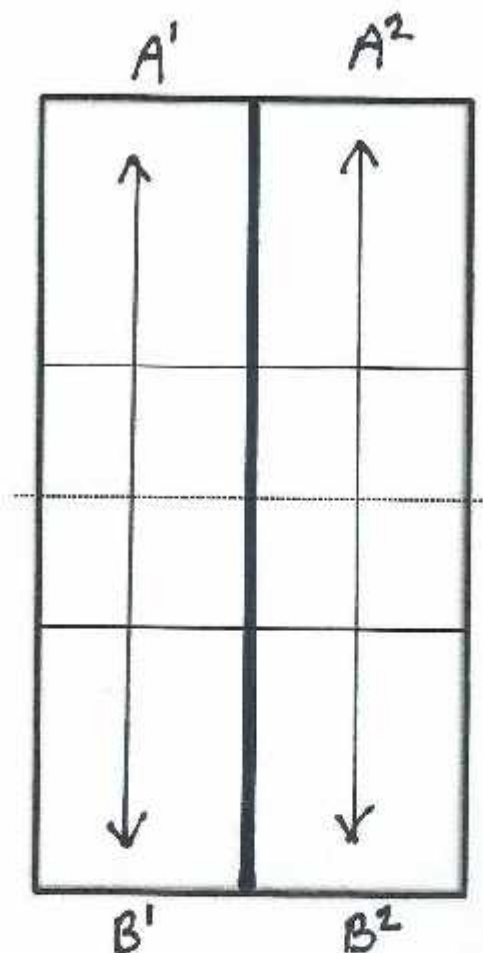
Drill Description / Goals: This drill emphasizes good forehand and backhand groundstroke fundamentals. This is a 'live ball' drill. Use as a warmup, rally count, and/or 7 point game.

Drill Organization: This is a 1/2 court drill. Players rally hitting forehand or backhand groundstrokes. Option 1: Warmup Option 2: Rally for certain amount of time, count successful strokes Option 3: Play 7 point game, rally scoring (Cross Court Singles)

Drill Key Points/Learning: Drill all four quadrants (rotate 1 position clockwise per game/time). Emphasize:

- ✓ Grip
- ✓ Early preparation
- ✓ Footwork
- ✓ Swing path
- ✓ Recovery
- ✓ Simultaneous play when two 1/2 courts are used (4 players).

Court / Drill Diagram:



DRILL: How to Volley #4

Type: Singles/Doubles

Category: Forehand/Backhand Volleys

Level: 1.0+

Timing & Players: 20 min; full class

Organization: SCW PS+

Who/Date: B. Wray 6/15/15

Drill Description / Goals: This cooperative feed drill focuses on the fundamentals of the forehand and backhand volley.

Drill Organization: Divide class in half, partner up. One player (with a paddle) with back to fence, partner opposite in court, 15 feet away with a ball (no paddle). Class spaced evenly against fence, around court (be safety conscious).

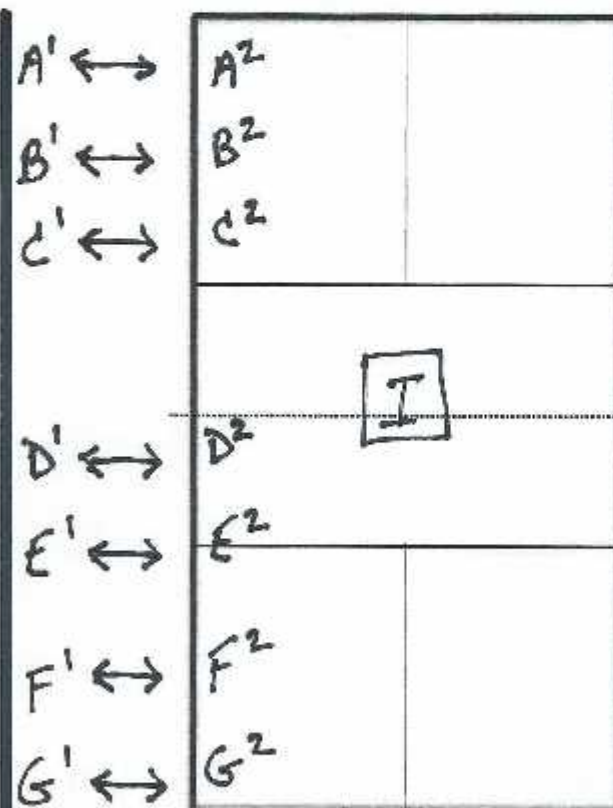
1. Toss, Forehand volley and catch; 6x's
2. Switch and repeat
3. Toss, Backhand volley and catch; 6x's
4. Switch and repeat
5. Alternate toss, Forehand/Backhand volley; 6x's
6. Switch and repeat
7. Surprise the volleyer, mix up losses to either forehand or backhand, 1st team to successfully volley/catch ball without missing up to 11 times wins.
8. Switch and repeat.

Drill Key Points / Learning:

- ✓ Instructor demos toss and FH/BH volley to class
- ✓ Grip
- ✓ Ready Position/Volley/Recovery
- ✓ Punch/Jab/Block Volley—No Swing!

Court / Drill Diagram:

← 15' →



DRILL: Paddle Handling #5

Type: Singles/Doubles

Category: Paddle Handling Skills

Level: 1.0+

Timing & Players: 10min +/-; Full Class

Organization: SCW PS+

Who Date: B.Wray 6/15/15

Drill Description / Goals: Focus on paddle handling skills including grip.

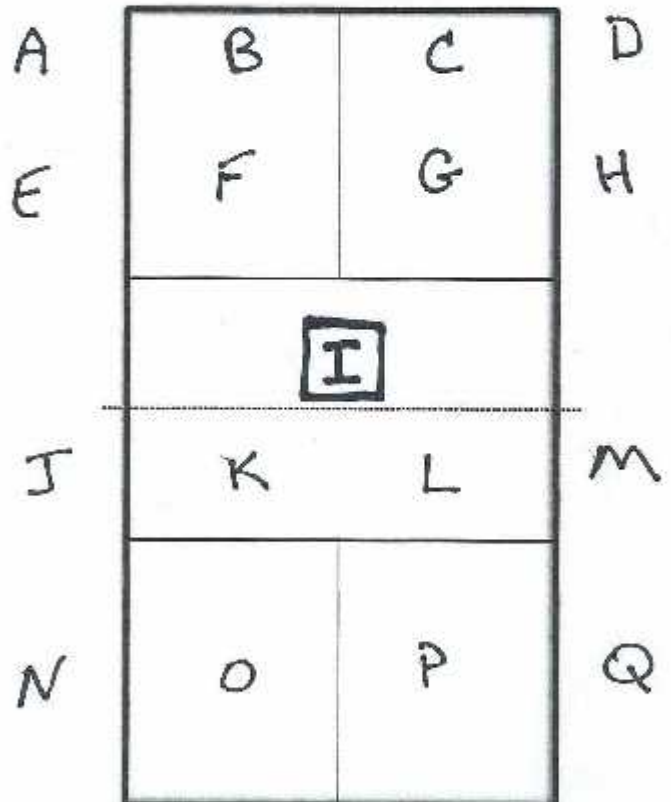
Court / Drill Diagram:

Drill Organization: Open class formation around entire court. Stress good spacing to prevent collisions. Instructor leads class:

1. Shake Hands Grip (Continental)
2. Ups
3. Alternate Ups
4. Edge
5. Hit High and Catch

Drill Key Points / Learning:

- ✓ Correct Grip/Continental
- ✓ Grip Tension
- ✓ Control the face of paddle
- ✓ Good Contact
- ✓ Develops Eye-Hand Coordination
- ✓ Touch
- ✓ Strengthens hand/wrist/forearm



DRILL: Four Square #6

Type: Doubles

Category: All Skills

Level: 1.0-2.5

Timing & Players: 10-20min; 5+ players

Organization: SCW PS+

Who & Rev. Date: B. Wray 6-12-15

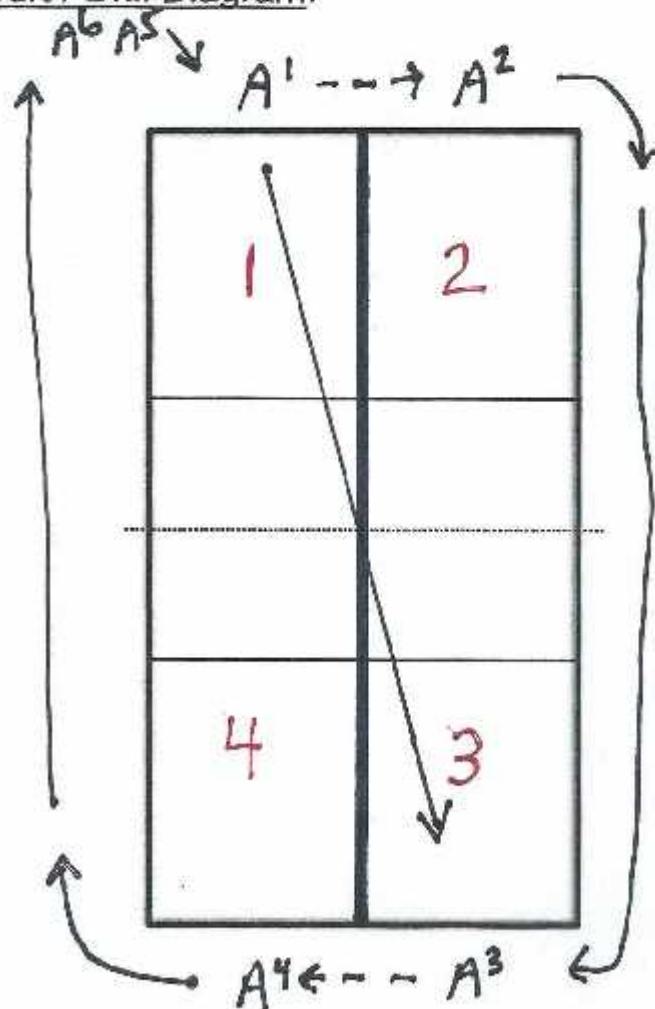
Drill Description / Goals: Simple 1 point competitive game that allows players to practice all fundamental skills of doubles.

Drill Organization: Divide court into 4 equal squares; #1 serves, #2 servers partner, #3 crosscourt from #1, #4 opposite #1. All players behind baseline. #1 serves and plays out point. Whoever makes error, loses point, is out. New player rotates in at #1 square; all players rotate to fill in missing square.

Drill Key Points / Learning: Serve may go to either #3 or #4. A winning shot placed down the middle, in which neither player makes a play, eliminates both players and 2 new players rotate in. Emphasize good communication skills.

Note: All four players may begin at baseline or in the regular pickleball starting formation.

Court / Drill Diagram:



DRILL: Serve 'n Catch #7

Type: Singles/Doubles

Category: Serving

Level: 1.0-3.0

Timing & Players: 5 min; 2-4 players

Organization: SCW PS+

Who/Date: B. Wray 8/15/15

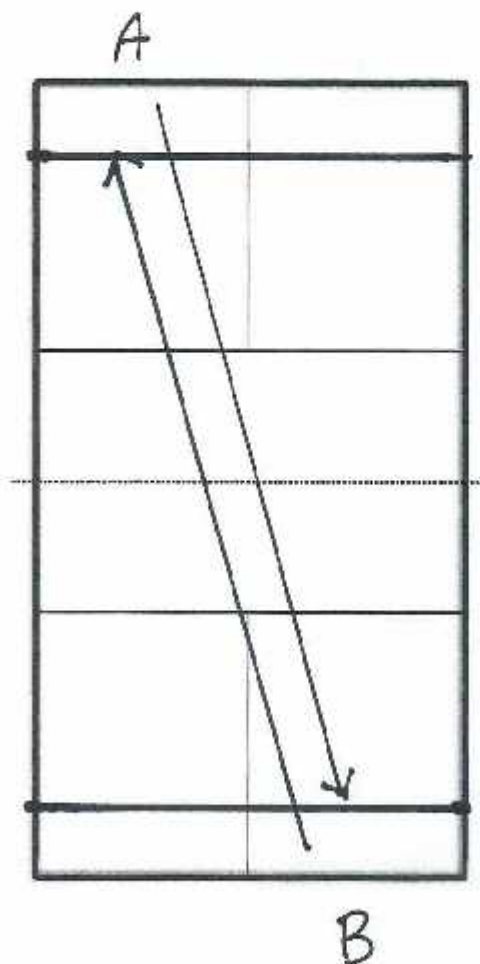
Drill Description / Goals: This drill focuses on serving with strong emphasis on depth.

Drill Organization: There is a deep line drawn 3' inside each baseline. Partners face off crosscourt from each other on the baseline (serving position). They alternate serving crosscourt to each other, catching their partners serve, and then serving back. After brief warm-up play 11 point game (each serve landing in the correct court scores 1 point; each serve landing on/inside deep line and baseline scores 2 points).

Drill Key Points/Learning:

- ✓ Good Serving Technique
- ✓ Depth
- ✓ Height Over Net
- ✓ Placement over Speed

Court / Drill Diagram:



DRILL: Four Ball #8 Groundies

Type: Singles/Doubles

Category: Forehand/Backhand Groundstrokes

Level: 1.0-3.5

Timing & Players: 5-10 min; 4 players

Organization: SCW PS+

Who/Date: B. Wray 9/9/15

Drill Description / Goals: This cooperative feed drill focuses on the fundamentals of the forehand and backhand groundstroke.

Drill Organization: This is a 4 ball 'feed' drill. Instructor feeds 4 balls, player hits all 4, then picks up 4, repeat...
Instructor may also feed from 'T' on opposite side of court and/or from baseline.

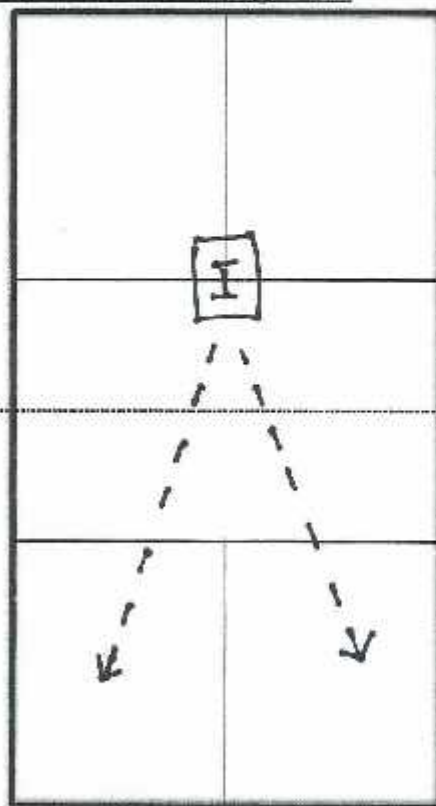
Note: May also be modified to teach volleys, smashes, drops, dinks and lobs.

Drill Key Points / Learning:

Emphasize:

- ✓ Grip
- ✓ Ready Position
- ✓ Swing Path/Ball Flight
- ✓ Recovery
- ✓ Use cones as target areas

Court / Drill Diagram:



← A' →
↑ A²
A³
A⁴

DRILL NAME: Golden Rule #9

Type: Singles/Doubles

Category: Serve/Return

Level: 2.0+

Timing & Players: 10min +/-; 2 players

Organization: SCW PS+

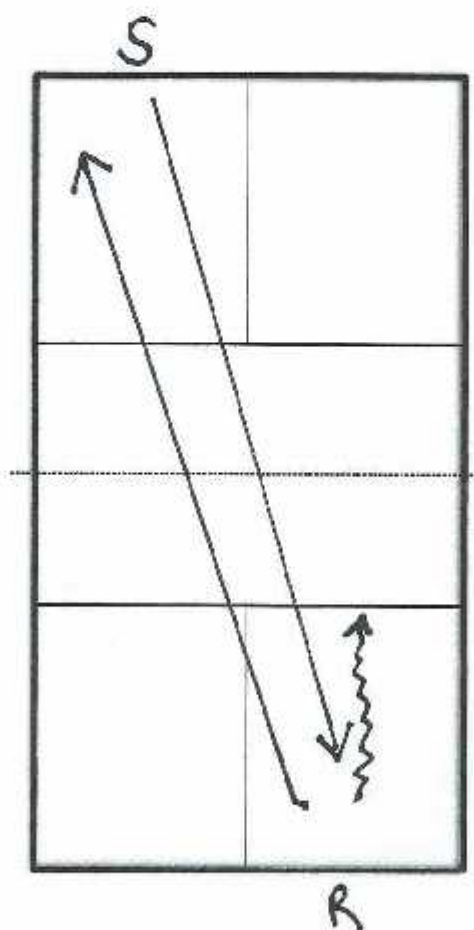
Who & Rev. Date: B.Wray 6/15/15

Drill Description / Goals: Competitive Game; focus on getting 1st shot in; Rewards server for getting serve in.

Court / Drill Diagram:

Drill Organization: Server serves crosscourt and plays out point (crosscourt only). If serve is in, 1 point to server, if server wins play, a 2nd point is awarded to server. Receiver wins only 1 point if wins play. Server serves entire game then switch with receiver. Play 7 point game, win by 2.

Drill Key Points / Learning: If server gets every serve in but loses every point, it will be a tie score. Focus on depth of serve/return; return and follow to NVZ.



DRILL: BIG CIRCLE #10

Little Circle

Type: Doubles

Category: All Doubles Skills

Level: 2.0+

Timing & Players: 20min+; 8+ players

Organization: SCW PS+

Who & Rev. Date: B. Wray 6-12-15

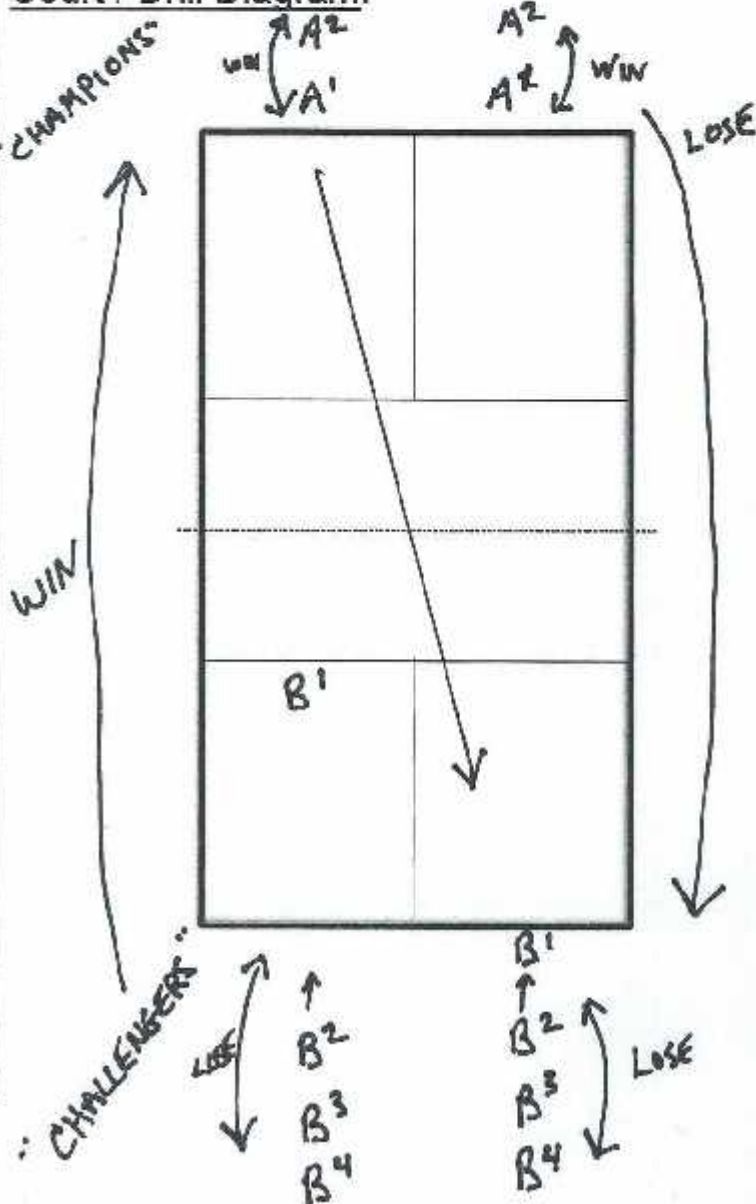
Drill Description / Goals: A live ball, competitive doubles game. Allows for 8 or more players on a court in a simple rotation based on their success/unsuccessful play.

Drill Organization: Two teams (4 players) designated as 'Champions' alternate serving from the northside of a doubles court. Other teams (2 or more), designated as 'Challengers', receive from the opposite side. First two opponents play a one point game, Champions serving. If Champions win play they rotate with the second Champion team for the next point; If they lose they rotate to the end of the Challenger line and the winning Challenger team rotates to the Champion side, rotating in on the next point.

Drill Key Points / Learning:

- ✓ Move/Communicate as a Team
- ✓ Refine Pickleball Fundamentals

Court / Drill Diagram:



DRILL NAME: Juggling #11

Type: Singles/Doubles

Category: Dinks

Level: 2.0+

Timing & Players: 5 min +/-; 2 players

Organization: SCW PS+

Who & Rev. Date: Big 10/B.Wray 9/12/15

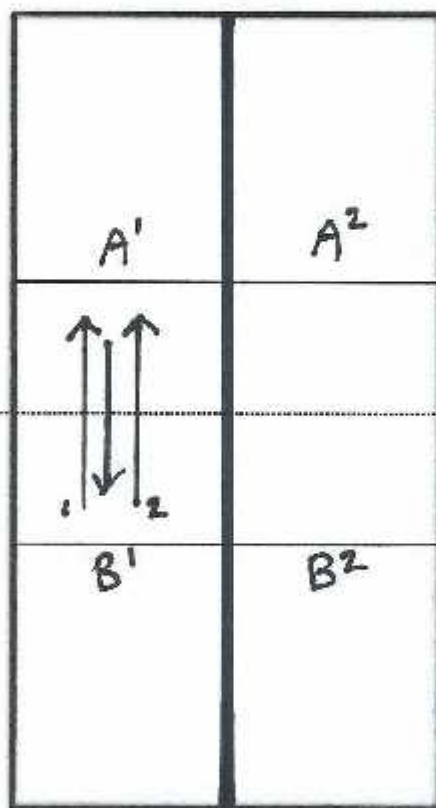
Drill Description / Goals: A cooperative drill focusing on dinking fundamentals.

Court / Drill Diagram:

Drill Organization: ½ court drill with players A1 and B1 opposite each other at the NVZ. A1 has two balls in their hand. A1 hits first ball over, hesitates, then hits the second ball. Both A1 and B1 keep 'juggling' into NVZ until a miss occurs. Repeat.

Drill Key Points / Learning:

- ✓ Grip
- ✓ Early Preparation
- ✓ Footwork/Happy Feet
- ✓ Swing/Ball Flight
- ✓ Recovery
- ✓ Simultaneous play when two ½ courts are used (4 players)



DRILL: Walk Away Dink #12

Type: Singles/Doubles

Category: Dinks

Level: 2.0+

Timing & Players: 5-8 min; 2-4 players

Organization: SCW PS+

Who/Date: Big 10 Workout 5/5/15

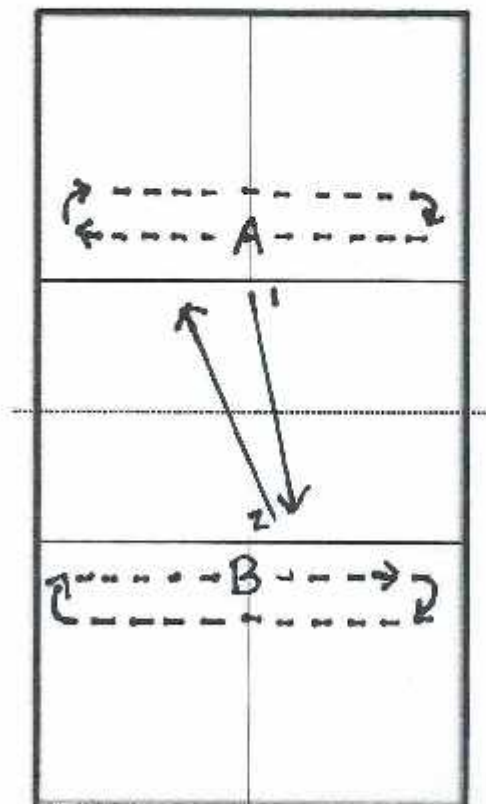
Drill Description / Goals: This cooperative drill emphasizes good forehand and backhand 'dink' fundamentals while moving laterally.

Drill Organization: Two players face each other on the NVZ line at the 'T'. They move laterally to their right, creating distance between them, all the way to the post. As this is done, they hit longer and longer dinks. Once at the posts, they return moving laterally to the left, to the other post. Finish by returning/moving, dinking back to the 'T'. Repeat 2 more times.

Drill Key Points/Learning:

- ✓ Grip
- ✓ Early preparation
- ✓ Footwork/Happy Feet
- ✓ Contact/Swing path
- ✓ Recovery
- ✓ Patience
- ✓ With 4 players, switch after each round trip. Continue for 3 turns.

Court / Drill Diagram:



DRILL: 1/2 Court Volleys #13

Type: Singles/Doubles

Category: Forehand and Backhand Volleys

Level: 2.0+

Timing & Players: 5-8 min; 2-4 players

Organization: SCW PS+

Who/Date: Big 10/B.Wray 9/12/15

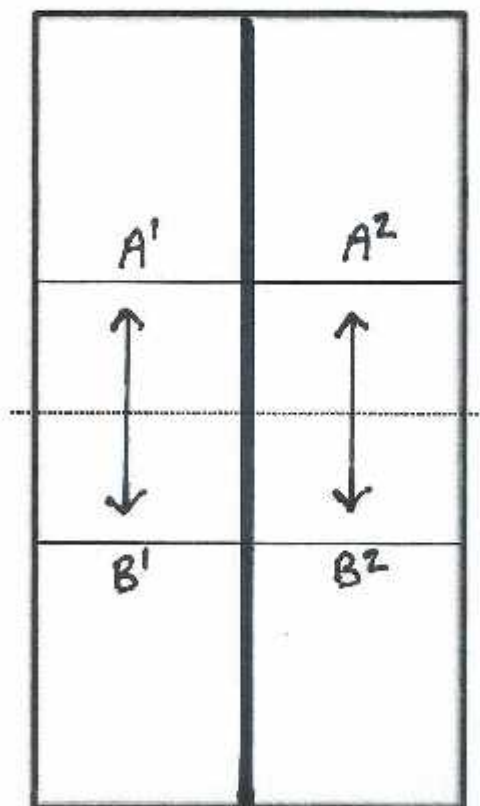
Drill Description / Goals: This is a cooperative drill emphasizing good forehand and backhand volleys. (May also hit 1/2 volleys.)

Drill Organization: This is a 1/2 court drill. Player A1, at NVZ, feeds ball to player B1, across net also at NVZ line. B1 hits volley back to A1 who continues rally. Players A2 and B2 also practice volleys concurrently on the other 1/2 court NVZ area. Option 1: Rally for set amount of time, count contacts. Option 2: A1 hits offensive volleys, B1 blocks, takes pace off.

Drill Key Points/Learning: Drill all four quadrants (rotate 1 position clockwise per game/time). Emphasize:

- ✓ Grip
- ✓ Ready Position
- ✓ Early Preparation/Footwork
- ✓ Punch/Jab/Block
- ✓ Recovery
- ✓ Simultaneous play when two 1/2 courts are used (4 players).

Court / Drill Diagram:



DRILL: Shadow Overheads

#14

Type: Singles/Doubles

Category: Overhead Smashes

Level: 2.0+

Timing & Players: 10 min; 4-8 players

Organization: SCW PS+

Who/Date: B. Wray 6/15/15

Drill Description / Goals: This feed drill focuses on the fundamentals of safely hitting overhead smashes.

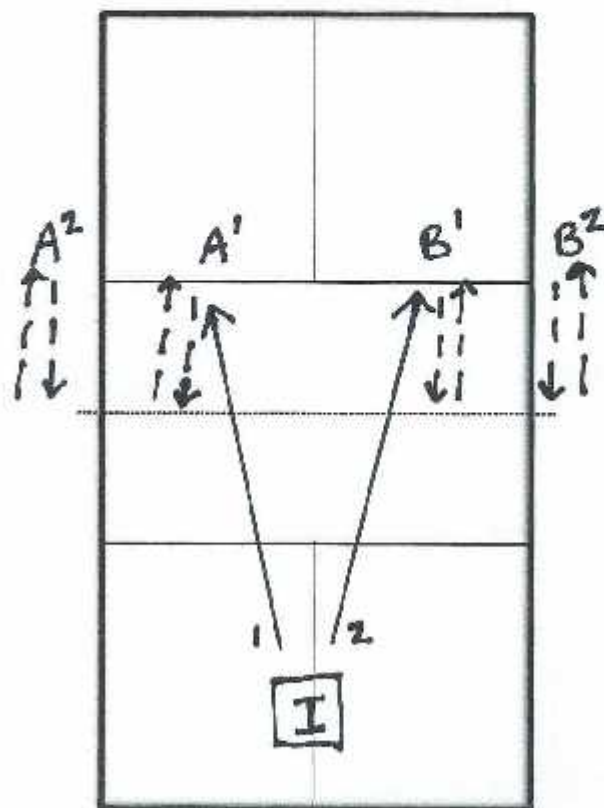
Court / Drill Diagram:

Drill Organization: Four players arranged with two at the NVZ (A1 and B1), two by the net post/NVZ (A2 and B2, off the court).

1. Instructor feeds a lob to A1, A1 smashes ball then moves forward and touches net, recovers back for next lob, meanwhile...
2. Instructor feeds a second lob to B1, who smashes ball then also moves forward and touches net, recovers for next lob.
3. Keep repeating till each player hits/touches net 6x's
4. Meanwhile, players A2 and B2, by the net post/NVZ 'SHADOW' players A1 and B2
5. After 6x's, Players A1 and A2, B1 and B2, Switch and Repeat

Drill Key Points / Learning:

- ✓ Instructor demos Overhead to class
- ✓ Grip
- ✓ Ready Position
- ✓ Shoulder turn/drop-step (Safety Concern)
- ✓ Point at ball/Keep ball between self and net
- ✓ Hit up over ball/Target...Middle or Cross Court
- ✓ Recovery



DRILL: Team Doubles #15

Type: Doubles

Category: All Skills; Net Play

Level: 2.0+

Timing & Players: 30min +/-; 6+ players

Organization: SCW PS+

Who & Rev. Date: B. Wray 6-12-15

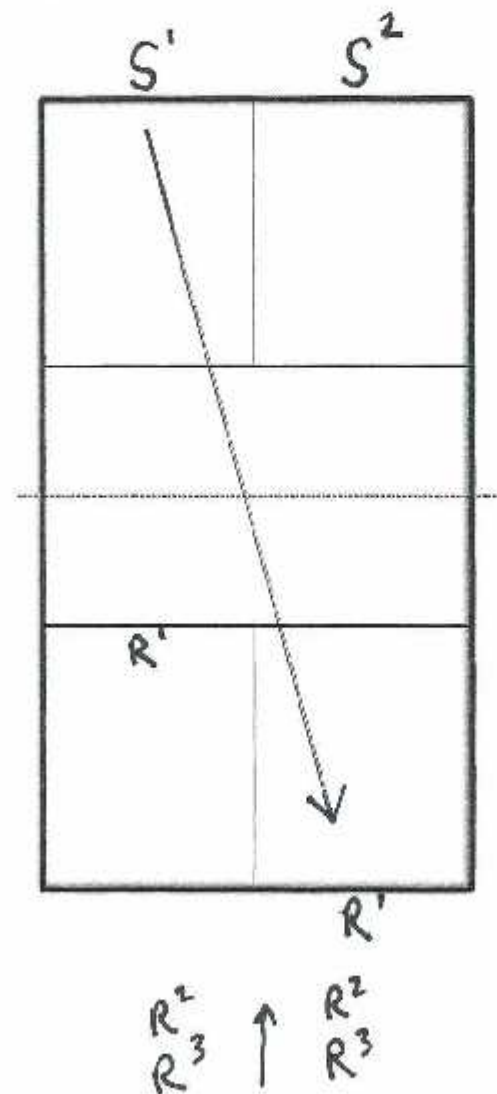
Drill Description / Goals: Doubles game emphasizing all fundamentals, strategies and tactics of successful play.

Drill Organization: Serving team plays a 7 point game against opponents. If receiving team wins 1st point, they play a 2nd point; if they lose 1st point they are replaced by next team. Receivers must rotate if they win 2 consecutive points. Whenever receivers rotate out, servers change sides; receivers change sides when they rotate back in. New servers after 7 points.

Drill Key Points / Learning: Emphasize deep serve and deep return of serve. All teams try to take the 7' line ASAP (emphasize return and approach, 3rd shot drop and offensive lob tactics).

Note: May reverse drill, teams serve to single team.

Court / Drill Diagram:



DRILL: "Z" Drill

#16

Type: Doubles

Category: Groundstrokes (may modify for 3rd shot drop, dinks, volleys and overhead smashes)

Level: ALL

Timing & Players: 8 min; 4 players

Organization: SCW PS+

Who/Date: B. Wray/J. Frey 9/9/15

Drill Description / Goals: This is a cooperative drill emphasizing good forehand and backhand groundstrokes. Good for learning how to change direction/flight of the ball.

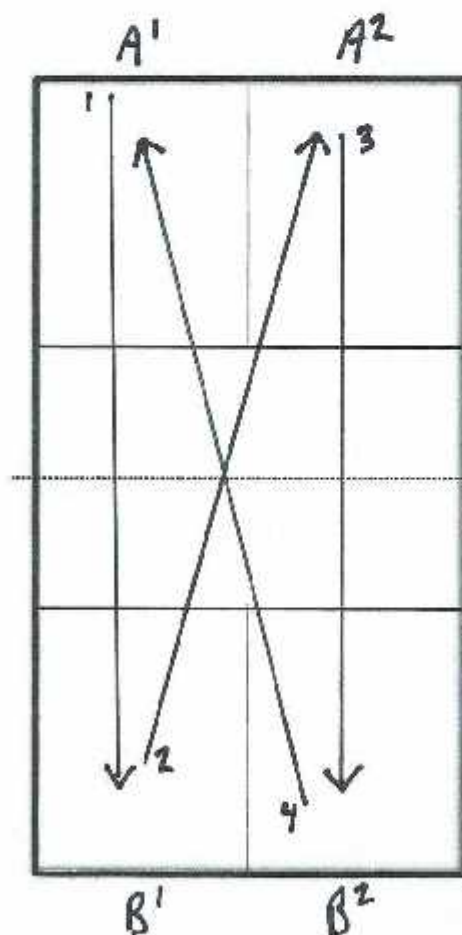
Drill Organization: This is a full court drill. Player A1, at baseline, feeds ball to player B1, at baseline directly opposite A1 (down the line). B1 hits crosscourt to A2, also on baseline. A2 hits down the line to B2, also on baseline. B2 hits crosscourt to A1. Players try to sustain rally, rotate 1 position clockwise after 2 min.

Drill Key Points/Learning:

Emphasize:

- ✓ Grip
- ✓ Early Preparation
- ✓ Footwork
- ✓ Swing Path/Ball Flight/Direction
- ✓ Recovery
- ✓ Cooperative Hitting

Court / Drill Diagram:



DRILL: 1/2 Court Drops #17

Type: Singles/Doubles

Category: 3rd Shot Drop

Level: 3.0+

Timing & Players: 5-8 min; 2-4 players

Organization: SCW PS+

Who/Date: Jim Frey 9/5/15

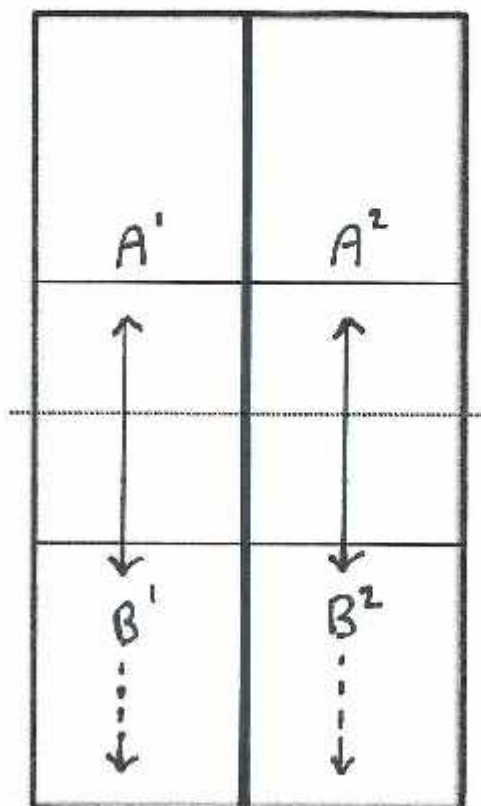
Drill Description / Goals: This is a cooperative drill emphasizing good forehand and backhand drop shots. Use as a warmup.

Drill Organization: This is a 1/2 court drill. Player A, at NVZ, feeds ball to player B, in no mans land. B practices drop shot to A who continues rally. As B gains confidence he moves back towards baseline. Players then switch positions and repeat.

Drill Key Points/Learning: Drill all four quadrants (rotate 1 position clockwise per game/time). Emphasize:

- ✓ Grip
- ✓ Early preparation
- ✓ Footwork
- ✓ Swing path/Ball flight
- ✓ Recovery
- ✓ Simultaneous play when two 1/2 courts are used (4 players).

Court / Drill Diagram:



DRILL: BONUS 11 #18

Type: Doubles

Category: Transition Play

Level: 3.0+

Timing & Players: 20 min; 4 players

Organization: SCW PS+

Who/Date: B. Wray 9/12/15

Drill Description / Goals: This live full court competitive drill focuses on the transition game and controlling the NVZ.

Drill Organization: This competitive game is played as a regular pickleball game to 11 points. However, the scoring is as follows:

1. If a team wins the rally, but are either separated or not by the NVZ, they score one point.
2. If both members of a team are in good position at the NVZ, and win the rally, they score two points.
3. Use Rally Scoring.

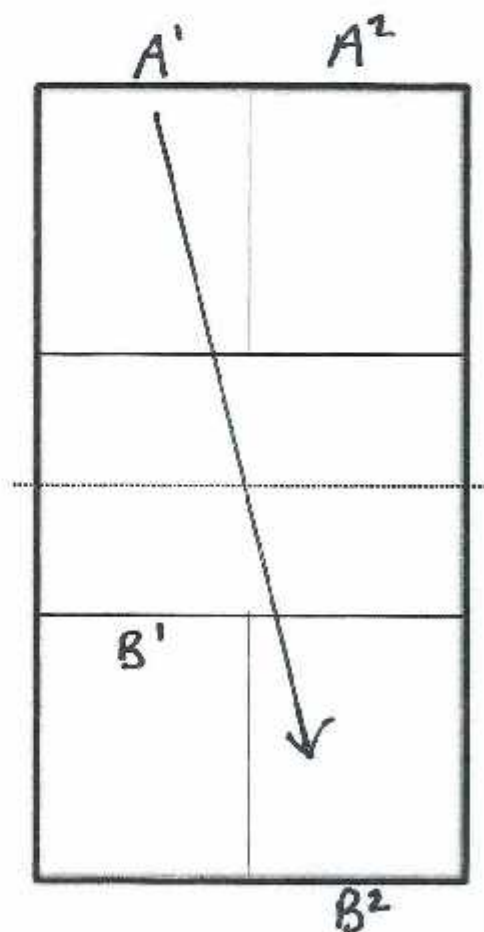
Drill Key Points/Learning:

Emphasize transition tactics

- ✓ Follow Return of Serve to NVZ
- ✓ 3rd Shot Drop
- ✓ Offensive Lob (from baseline or NVZ)

Note: May be modified as a 'Team Doubles' game.

Court / Drill Diagram:



DRILL: Chip 'n Charge 1 #197

Type: Singles/Doubles

Category: Return of Serve, Transition to Net

Level: 3.0+

Timing & Players: 5-10 min; 4 players

Organization: SCW PS+

Who/Date: B. Wray 9/12/15

Drill Description / Goals: This feed drill focuses on the return of serve and following it to the NVZ.

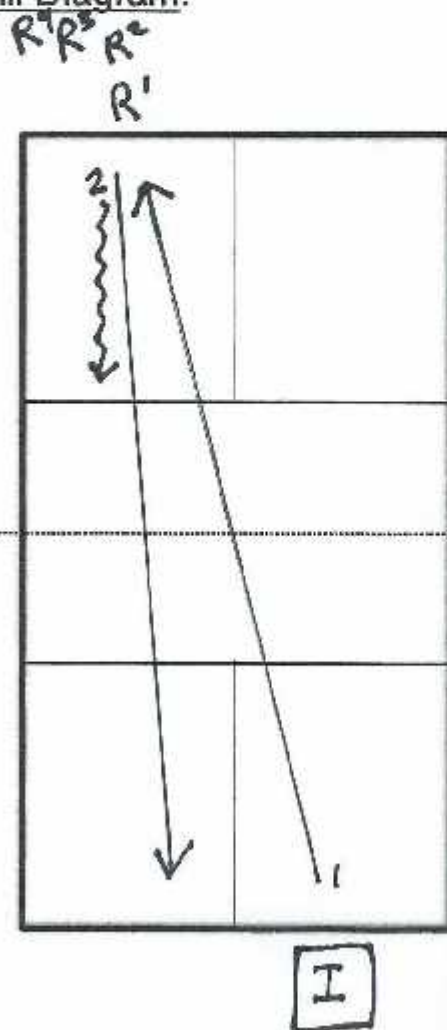
Court / Drill Diagram:

Drill Organization: This full court drill begins with the Instructor feeding a ball to R1, crosscourt from the server position. R1 returns the serve deep and quickly follows it to the NVZ. Repeat to R2, then R3 and R4.

Drill Key Points/Learning:

- ✓ Good Return of Serve/Depth/Ball Flight
- ✓ Placement over Speed
- ✓ Quickly Follow Ball to NVZ
- ✓ Split Step
- ✓ Square up to volley

Option: Instructor holds two balls, feeds first ball as serve, hits second ball as receiver gets into a good volley position. Follow this drill with 'Chip 'n Charge 2.



DRILL: Chip 'n Charge 2

#19B

Type: Singles/Doubles

Category: Return of Serve, Transition to Net

Level: 3.0+

Timing & Players: 10 min; 8 players

Organization: SCW PS+

Who/Date: B. Wray 9/12/15

Drill Description / Goals: This live competitive drill focuses on the return of serve and following it to the NVZ where the point is played out.

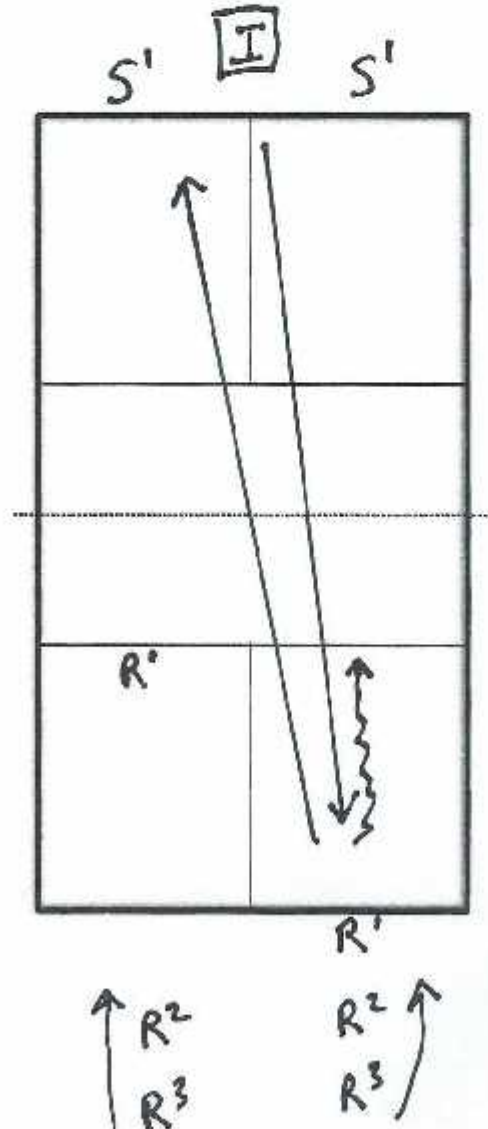
Drill Organization: This full court drill begins with the server (S1) serving crosscourt to R1. R1 returns the serve deep and quickly follows it to the NVZ (joins partner) and continues to play out point against serving team. Repeat to R2's and then R3's. Play 7 point game, rally scoring, then rotate new servers.

Drill Key Points/Learning:

- ✓ Good Serving Technique/Depth
- ✓ Good Return of Serve/Depth/Ball Flight
- ✓ Placement over Speed
- ✓ Quickly Follow Ball to NVZ
- ✓ Split Step
- ✓ Square up to volley

Option: May play King of Court version.

Court / Drill Diagram:



DRILL NAME: Cross Court Singles #20

Type: Singles/Doubles

Category: All Skills in Game Setting

Level: 3.0+

Timing & Players: 20 min/2 players

Organization: SCW PS+

Who/Date: B. Wray 9/18/15

Drill Description / Goals: This live ball, competitive game, with normal pickleball scoring, uses the diagonally opposite halves of the doubles court.

Drill Organization: Two players play an 11 point game, crosscourt only. Play starts from the right-hand side, and alternates as points are won.

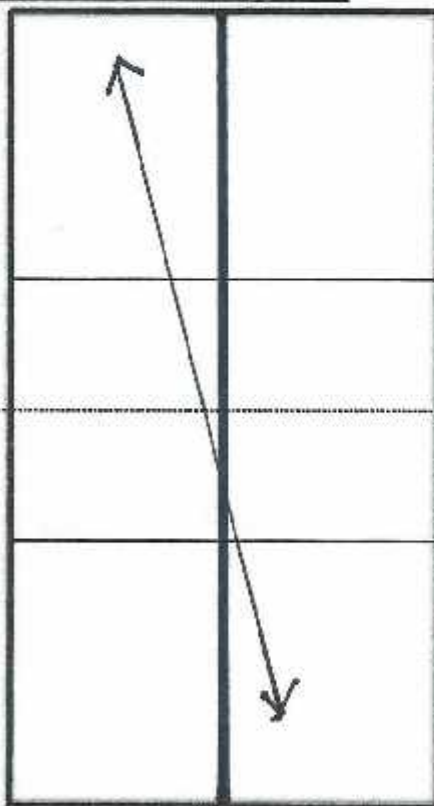
Drill Key Points / Learning:

Emphasize:

- ✓ Deep Serve
- ✓ Service Variety (Spin/Speed/Placement)
- ✓ Deep Return
- ✓ Variety of Returns (Spin/Speed/Placement)
- ✓ Quickly Follow Return to NVZ/Split Step
- ✓ 3rd Shot Drop
- ✓ Baseline Drives/Off Speed Shots
- ✓ Offensive/Defensive Lobs
- ✓ Option: Play 'Down the Line'

Quality of shots determine potential transition to NVZ !

Court ^A Drill Diagram:



DRILL NAME: #21 2 vs 1 Drill

Type: **Doubles**

Category: **All Doubles Skills**

Level: **3.0+**

Timing & Players: **30min/3 players**

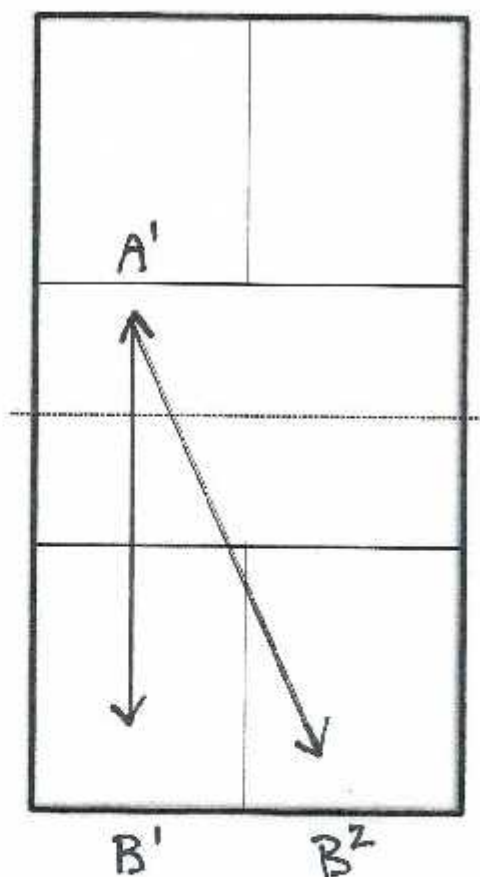
Organization: **SCW PS+**

Who & Rev. Date: **B. Wray 3/3/17**

Drill Description / Goals: 2 vs 1 is a cooperative doubles drill played by three players.

Court / Drill Diagram:

Drill Organization: Two players rally with one player in this drill. Player A1 stands by the NVZ line on the right hand side; players B1/B2 stand behind the baseline. Player A1 keeps B1/B2 back with deep volleys, $\frac{1}{2}$ volleys, drives and smashes; Players B1/B2 hit drives, drops and lobs to A1. Players rotate after 5 min.



Drill Key Points / Learning:

- ✓ Cooperative Play
- ✓ Deep Volleys, $\frac{1}{2}$ Volleys, Drives, Overheads
- ✓ Mix Up Soft Shots/Drives/Lobs
- ✓ Good Ready Position/Recovery
- ✓ Happy Feet
- ✓ Focus on Placement not Power
- ✓ Patience

Note: After all three players have played from the right hand side switch to the left hand side and repeat. May Reverse Drill; 2 at NVZ, 1 at net.

DRILL NAME: #22
2 vs 1 Game

Type: **Doubles**

Category: **All Doubles Skills**

Level: **3.0+**

Timing & Players: **20min/3 players**

Organization: **SCW PS+**

Who & Rev. Date: **B. Wray 3/3/17**

Drill Description / Goals: 2 vs 1 is a competitive doubles game played by three players.

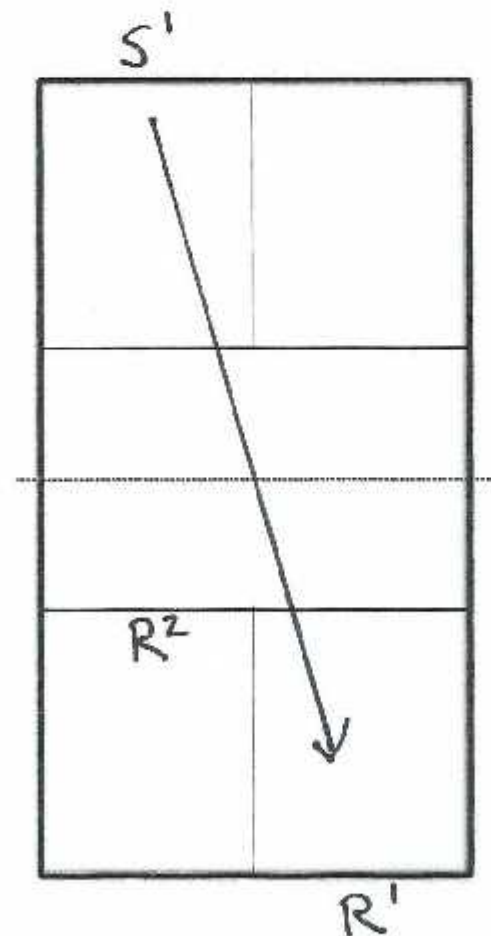
Drill Organization: Two players (receiving team) play against one player (server) in a game to 11 points. S1 serves and may hit the ball anywhere; R1 receives the serve, moves quickly to the NVZ and may only hit cross court; R2 starts at NVZ and may hit anywhere. Rally scoring. Players rotate and play a new game.

Drill Key Points / Learning:

- ✓ Deep Serve
- ✓ Deep Return of Serve/Quickly Move to NVZ
- ✓ Server Tries to Take NVZ; Soft Shot/Drives/Lobs
- ✓ Create Gaps/Hit into Gaps
- ✓ Poaching
- ✓ Patience

Note: After all three players have served from the right hand side switch to the left hand side and repeat.

Court / Drill Diagram:



DRILL: Three D's #23

Type: Doubles

Category: Advanced Doubles Play

Level: 3.0+

Timing & Players: 4 players

Organization: SCW PS+

Who/Date: B. Wray/Jim Frey 9/9/15

Drill Description / Goals: Advanced competitive doubles game emphasizing: Deep Serve, Deep ROS, Third Shot Drop.

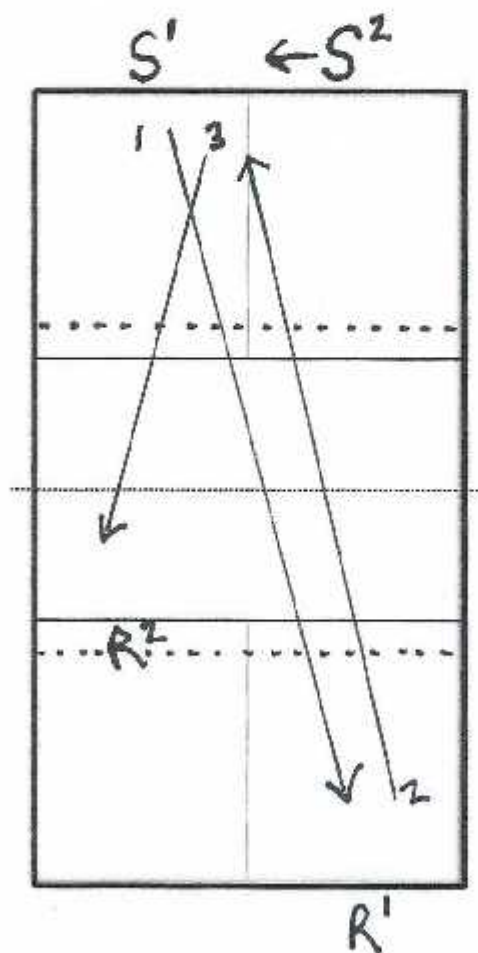
Court/Drill Diagram:

Drill Organization: Teams play a regular doubles game, emphasizing *deep* serves and *deep* return of serves, however, the third shot MUST be soft (3rd Shot Drop), within one foot of the 7' line. If third shot is long, missed or hit hard, point is lost. If third shot drop is successful, continue playing out the point. This is an 11 point game.

Drill Key Points/Learning:

Keys to success:

- ✓ Depth
- ✓ Touch/Take Pace Off
- ✓ Create Gaps...Hit Through Gaps
- ✓ Patience/Communication
- ✓ When given the opportunity...put the ball away!



DRILL: 3 Dinks and Go #24

Type: Doubles

Category: Dinks and Put-a-ways from NVZ

Level: 3.5+

Timing & Players: 4 players

Organization: SCW PS+

Who/Date: Jim Frey 9/9/15

Drill Description / Goals: This drill emphasizes dinking and put-away-shots by the NVZ.

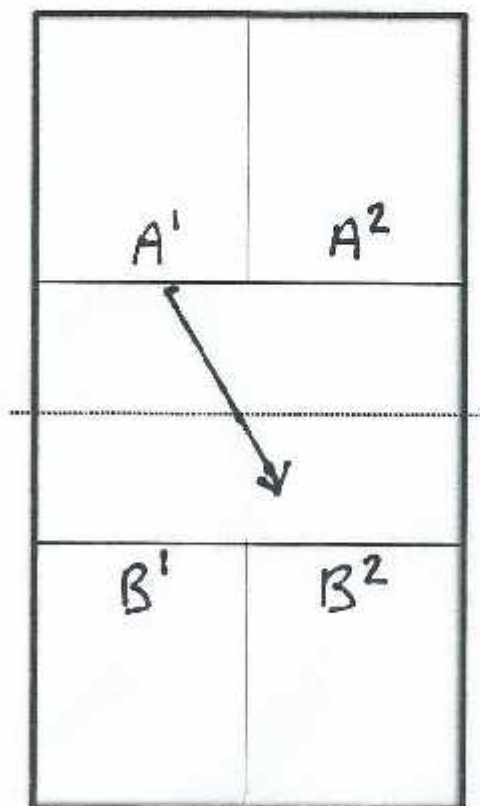
Court / Drill Diagram:

Drill Organization: Two teams face off by the 7' line. One player puts ball in play, after three successful dinks, anything goes...win the point! Rally scoring, 11 points. Whoever has a ball starts play. Switch sides with partner when either team reaches 6 points.

Drill Key Points/Learning:

Emphasize:

- ✓ Patience/Team Movement
- ✓ Strategic placement of dinks
- ✓ After three dinks, at first opportunity hit a winning shot, BUT, it better be good or it may come back at you!
- ✓ Drive down middle, at opponent, offensive lob



DRILL NAME: 1-2-3 Lob #25

Type: Singles/Doubles

Category: Dinks and Offensive Lob

Level: 3.5+

Timing & Players: 5 min +/-; 2 players

Organization: SCW PS+

Who & Rev. Date: Big 10/B.Wray 9/12/15

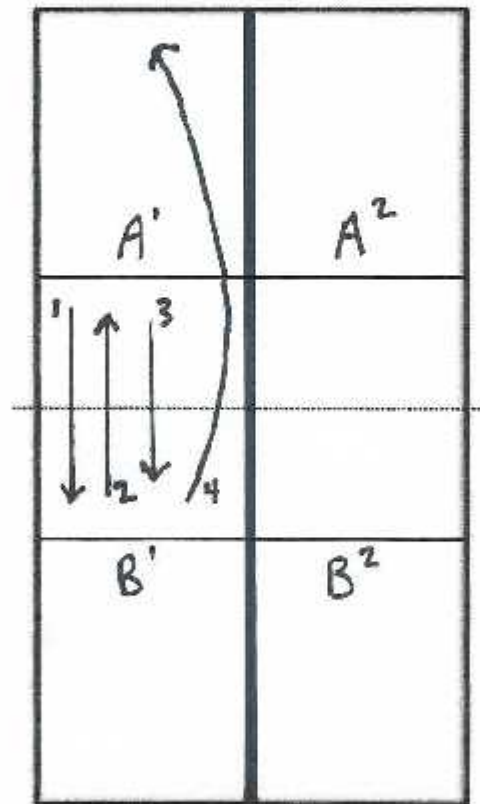
Drill Description / Goals: A cooperative drill focusing on dinking fundamentals and offensive lob.

Court / Drill Diagram:

Drill Organization: ½ court drill with players A1 and B1 opposite each other at the NVZ. A1 dinks to B1, B1 dinks back to A1. A1 dinks again to B1, then B1 hits an offensive lob over A1's head---deep to baseline. Repeat/Switch.

Drill Key Points / Learning:

- ✓ Grip
- ✓ Early Preparation/Deception
- ✓ Footwork
- ✓ Swing/Ball Flight
- ✓ Recovery
- ✓ Simultaneous play when two ½ courts are used (4 players)
- ✓ Drill all four quadrants



DRILL NAME: Side Out #26

Type: Singles/Doubles

Category: All Play (Can be Modified to Team Play/Full Court)

Level: 3.5+

Timing & Players: 2 Players (4 Players)

Organization: SCW PS+

Who/Date: B. Wray 6/15/15

Drill Description / Goals: Great advanced drill for refining net play (volleys, drops, dinks, smashes), and baseline play (groundstrokes, lobs, drops). Strong emphasis on transition play. This is a 7 point game.

Drill Organization: This is a ½ court live drill/game; play all quadrants.

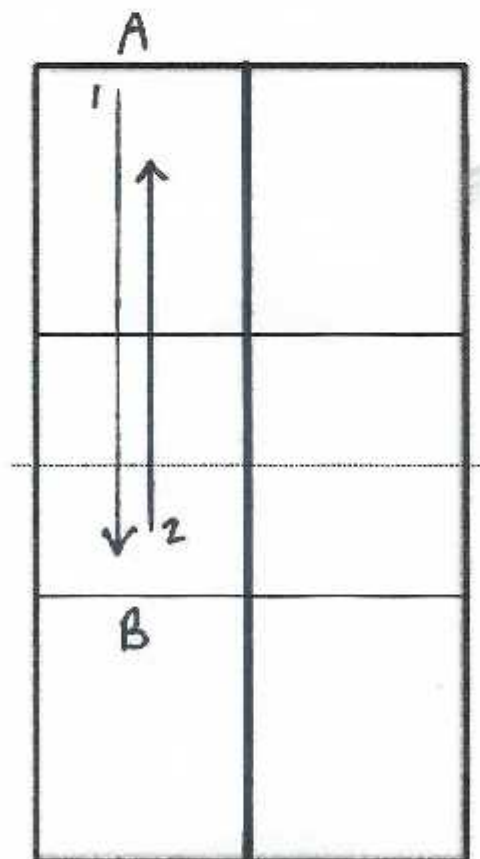
1. Player A (at baseline) feeds ball to player B (at NVZ)
2. B volleys back to A
3. IF A dislikes volley, play stops, no point, replay.
4. IF A likes volley, play continues, if player B wins rally, B earns 1 point. If A wins rally, SIDE OUT, B feeds next point from baseline with A at net (no point awarded).

Drill Key Points / Learning: First two shots (feed and volley) should be cooperative... then play begins!

Emphasize:

- ✓ Depth
- ✓ Transition tactics
 - Drops
 - Offensive lob
- ✓ Drives/Passing shots
- ✓ Patience
- ✓ Only player who starts at net may win point.

Court/Drill Diagram:



DRILL NAME: #B1
Four Ball Drill

Ball Machine Drill

Type: Singles/Doubles

Category: Forehand/Backhand Fundamentals

Level: 1.0-3.5

Timing & Players: 20-30 min; 4+ players

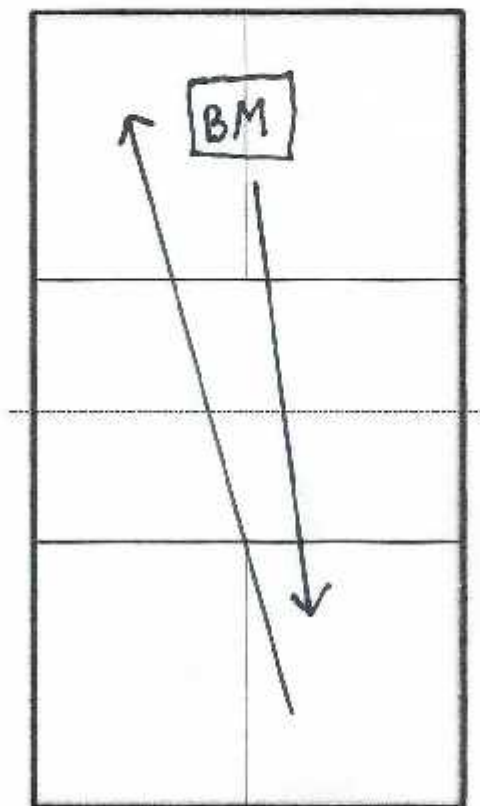
Organization: SCW PS+

Who/Date: B. Wray/J. Frey 9/9/15

Drill Description / Goals: This 4 ball drill reinforces the fundamentals used in hitting forehand and backhand groundstrokes. It may also be modified to practice drops, dinks, lobs and net play (volleys and smashes).

Court / Drill Diagram:

Drill Organization: This is a 4 ball 'feed' drill. Machine feeds 4 balls, player hits all 4, then picks up 4, repeat...
Ball Machine may feed from 'T' on opposite side of court and/or from baseline. Alternate position/target/speed of ball machine as needed.



Drill Key Points / Learning:

Emphasize:

- ✓ Grip
- ✓ Ready Position
- ✓ Swing Path/Ball Flight
- ✓ Recovery
- ✓ Use cones as target areas

