



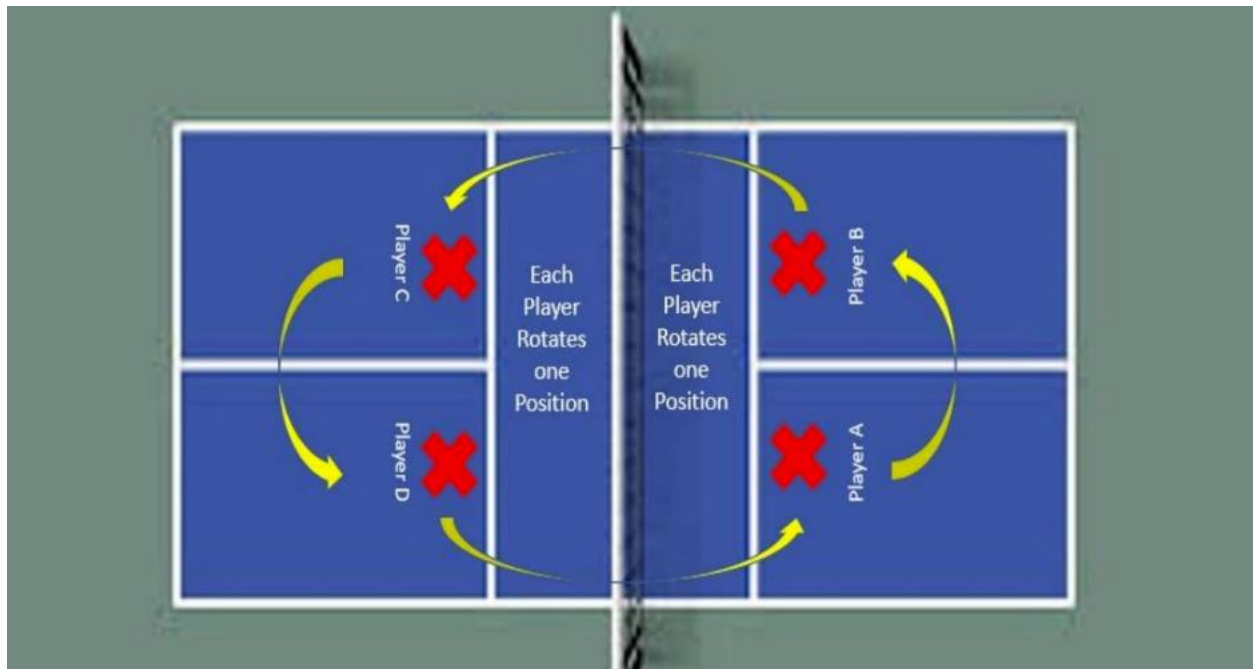
DRILLING GUIDE

Pickleball drills are a fantastic way to enhance your game, blending the spirit of cooperation with the thrill of competition. By working together, players can refine their skills, while the competitive edge keeps the drills engaging. It's all about finding that sweet spot where the challenge is just right, pushing each player to grow without becoming overwhelming. Remember, in every drill, each person has a role to play.

Warming up before a pickleball drill or game is a smart move. It's like revving up your engine before hitting the road. A good warm-up routine can increase your heart rate, loosen your joints, and prep your muscles for the action ahead. It's not just about preventing injuries; it's also about enhancing your performance.

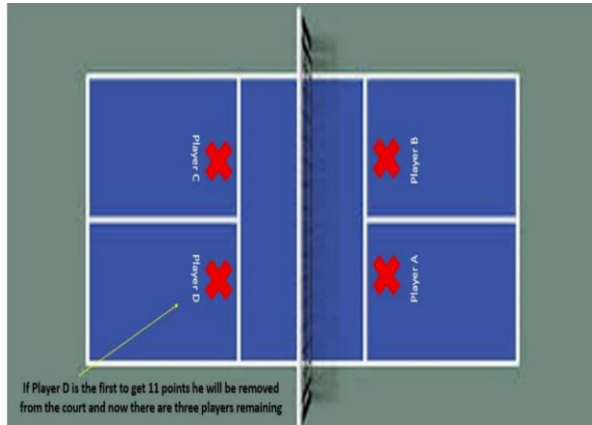
Drill #1 (5 minutes)

All four players start at the NVZ (kitchen). One player starts the soft game, and each player can hit the ball anywhere in the kitchen area. Once a mistake is made by hitting the ball into the net or out of the kitchen area, players will rotate positions. This allows players to practice their soft game from all positions on the court. It is a great soft game warm up drill allowing players to practice straight on dinks and cross court dinks.

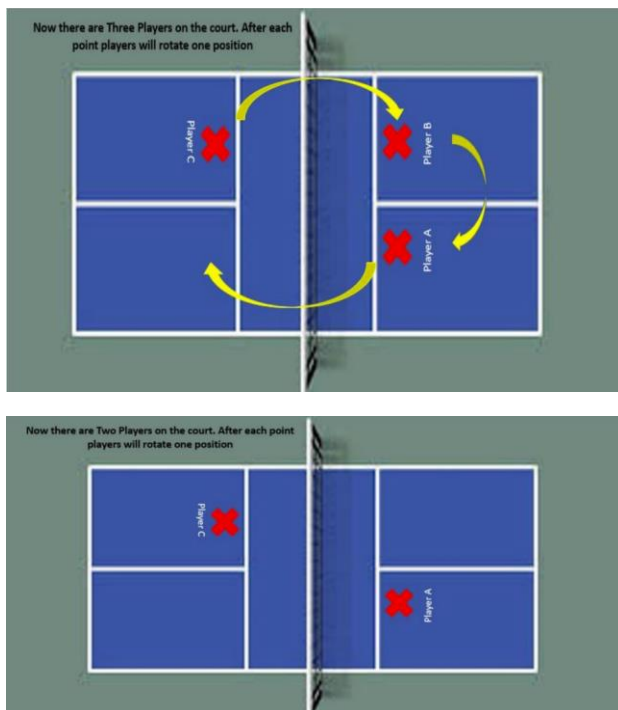


Drill #2

All four players start at the NVZ. One player starts the soft game, and each player can hit the ball anywhere in the kitchen area. Once a mistake is made by hitting the ball into the net or out of the kitchen area, players will rotate positions. The person that makes the mistake or error will get one point. The first player to get 5 points will be removed from the court.

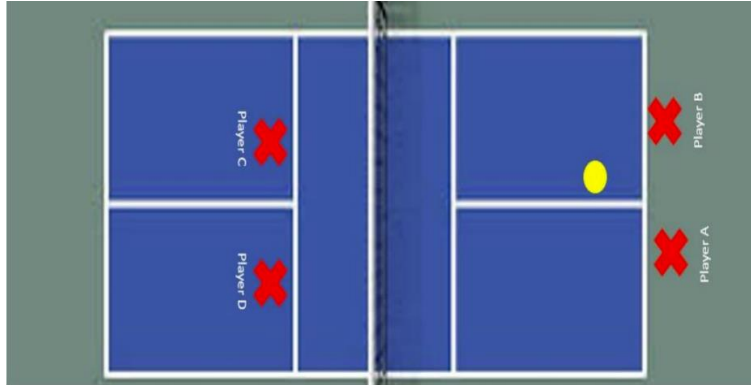


Players will keep playing and rotating positions after each point until the second player gets 5 points and is removed from the court. Now there are two players remaining. The two players will continue to dink across from each other and cross court depending on their position until one player gets 5 points and a winner is determined.



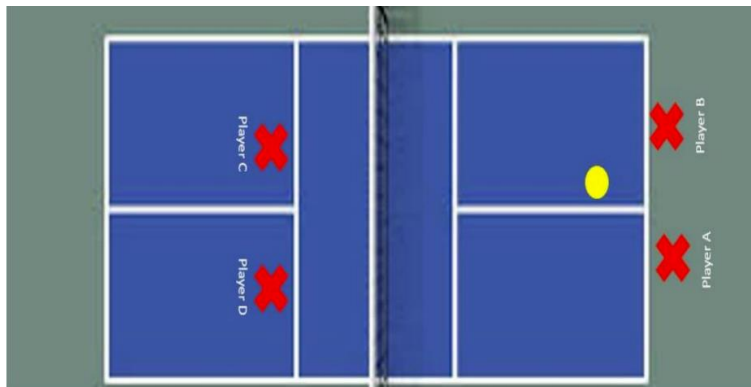
Drill #3 (10 min)

The players at the baseline will start by driving the ball down the center of the court. The players at the non-volley zone will return the ball and all players will play out the point. The winners of the point will begin at the NVZ.



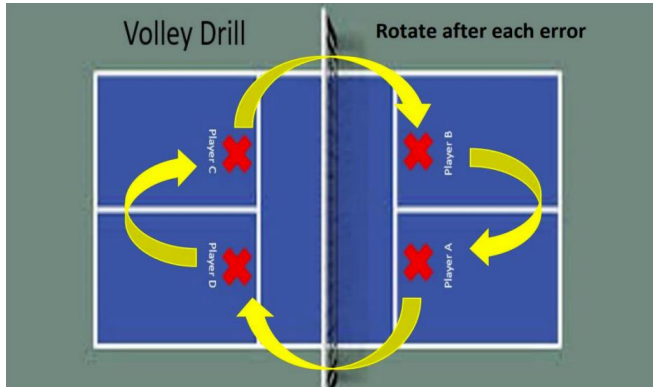
Drill #4

In this drill two players will start at the non-volley zone and two will start at the baseline. The players at the non-volley zone will hit an overhead smash either to a single player or between the players at the baseline. The players at the baseline will defend against the smash and return the ball and all players will play out the point. This drill creates great defensive skills when dealing with overhead smashes. The winners of the point will begin at the NVZ.



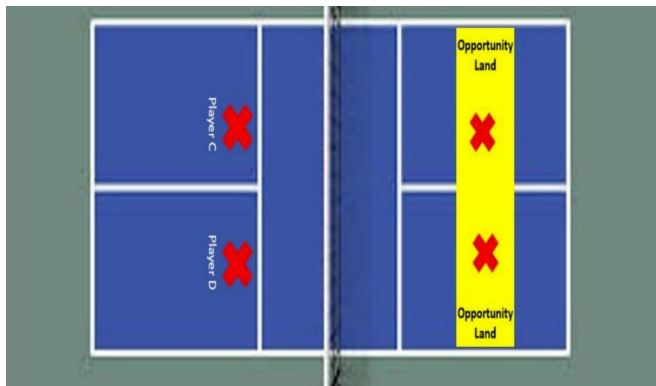
Drill #5 (5 minutes)

Volley Drill. All four players start at the NVZ. One player starts the volley, and each player can hit the ball anywhere in the kitchen area. It must be a volley. Once a mistake is made by hitting the ball into the net or a bad volley, rotate positions. This allows players to practice their volleys from all positions on the court.



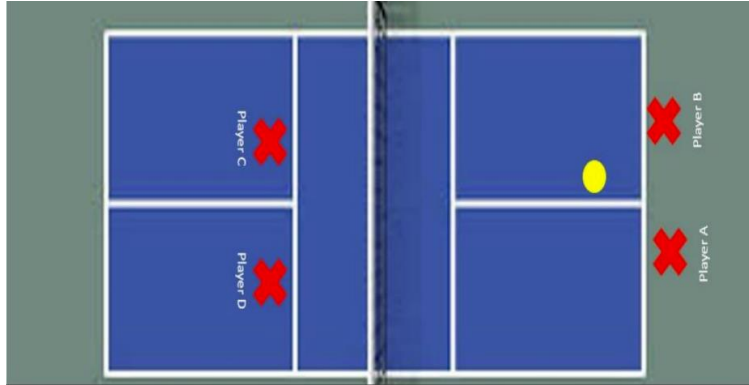
Drill #6 (5 minutes, then switch roles)

In this exercise two players will stand at the non-volley zone and two will stand in the middle of the court. The players at the non-volley zone will feed the ball to those standing in the middle of the court. Those players returning the ball will either drop it into the kitchen or drive it. The person at the non-volley zone is practicing keeping the opponent back and the player in the middle of the court is practicing soft drops and hard drives from the middle of the court. Both players will stay in their positions. Those players in the middle of the court will not move up. After 5 minutes, the players at the NVZ move back and the players at the transition zone will move up to the NVZ.



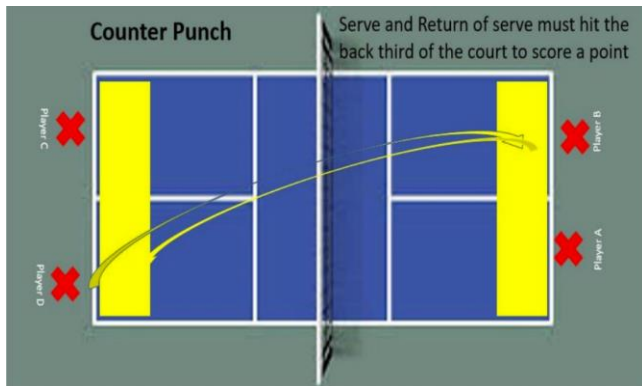
Drill #7 (10 minutes)

In this exercise two players will stand at the non-volley zone and two will stand at the baseline. The players at the non-volley zone will feed the ball to those standing at the baseline. Play the point out. Winners will begin at the NVZ.



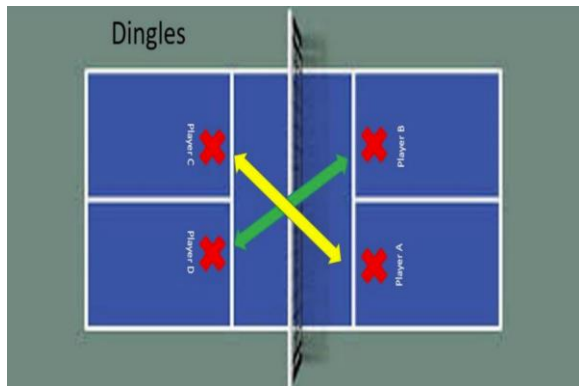
Drill #8

In this exercise one side will start serving and the other side will return serve. Each side will mark an area that will represent the back 1/3 of the court. The goal is to serve or return of serve within this marked area. If the server gets the serve in the area, they score a point. If the return of serve also lands in the designated area they counter the point, and no score is allowed. If the server gets the ball in the designated area and the return of serve does not hit the mark, the server gets the point (There was no counter Punch) If the server serves short of the area and the return of server lands their ball in the back third of the court, the return of server gets the point. First person to eleven wins. (2 person drill cross court)



Drill #9 (5-7 min)

Dingles: All players are hitting cross court dinks to each other. They do not have to be in the kitchen but need to be a dink. Each player continues to hit cross court until one player hits the ball into the net or out of bounce. Once this happens someone will yell “Dingles”. The ball that is hit into the net or out of bounds is dead. Let it go. Play the remaining ball that is live. Once “Dingles is called, you can hit the live ball anywhere on the court as in a real game.



Drill #10 (5-7 minutes)

Volley Drill. All four players start at the Non-Volley zone. One player starts the volley and the partner (player across from the beginning player) must catch the ball on the paddle, then hit it back to the beginning player. (2 person drill: Each player will play with the person across from them). To see this drill visit this link: (Two touch drill)

https://youtu.be/h5i-V9AF0bc?si=sgXL-3z3cy_QGPuq

If you have questions about the drills, reach out to admin@tallahasseepickleball.com.