

2.5 Skills and Drills 2023/2024

Eye/hand Coordination

- Each player has their own ball and bounces the ball up in the air. Start forehand, then backhand

You have more time than you think drill part one

- Dink the ball up in air to yourself. Contact with the ball needs to happen below their knee

You have more time than you think drill part two

- Partner off, facing each other 4 - 6 feet away, dink the ball to your partner. You have to contact the ball with your paddle below the knee. Suggest that they almost rest their paddle on the ground. Accuracy is not the point. The point is to learn to hit the ball from underneath and from a low point.

Warm up Dinking

- Dink down the line with a partner as a warm up. One partner feeds the other 3 balls to the forehand, 3 balls in the middle, and 3 balls to their partner's backhand. Switch feeders and repeat. Allow 5 - 10 minutes

Cross court Dinking

- Dink cross court for five minutes then have partners switch sides of the court. Allow 5 minutes on each side.

Figure 8 Dink Drill

- One side hits cross court the other side hits down the line. Allow 5 minutes then switch

Dink game

- Utilizing the previous drill play a dink game to 11

3rd Shot Drops

Slinky Drop Drill

- One partner feeds the other who will take one step back after each return dink into the kitchen. Take one step back until they have reached the baseline. Then start taking one step forward until they have reached the NVZ line. Repeat with other partner stepping back.

Modified Game

Same rules as a normal game except the serving team MUST attempt a 3rd shot drop. Once the ball lands in the kitchen you must continue dinking. No punch volleys allowed

Review what was taught and thank them for attending