

3.0 Skills and Drills

1. **Face-to-Face Dink** (ball control, move your feet, make you opponent “uncomfortable”, move your opponent around, move him/her off the line... create space) – try to get at least 20 consecutive dinks **5 minutes**
2. **Cross Court Dink** (ball control, move your fee, make you opponent “uncomfortable”, move your opponent around, move him/her off the line... create space) – try to get at least 20 consecutive dinks **5 minutes**
3. **Lateral Movement Face-to-Face Dink** (ball control, lateral foot speed/coordination, work as a team) – try to get from one side of the court to the other without losing the ball **5 minutes** - *If your trainees are doing very well with the Lateral Face-to-Face Dink have them try Lateral Movement Volley. Same as above, but now they move laterally across the court while volleying the ball.*
4. **Windshield Wiper** (ball control, foot speed/coordination, work as a team) – try to do one full revolution without a miss hit **10 minutes**
5. **Face-to-Face Volley From Kitchen Line** (hand eye coordination, hand speed, ball control, work as a team) – toes on the kitchen line and volley (keep the ball in the air) back and forth, try for 10 hits (5 each) **5 minutes** - *If your trainees are doing very well with Face-to-Face Volley have them try for 10 consecutive hits above the waste and 10 consecutive hits below the waste*
6. **Dink Game** (scoring, communication, court position/management, game strategy, make your opponent “uncomfortable”, move them off the line, create space) – must have 3 dinks in before you can score, all kitchen lines are in, all shots must be dinks, play to 7. If odd number of players, player that makes the mistake rotates out **15 minutes** - *If your trainees are doing very well with the Dink Game you can try 3 AND A KILL, same thing as above, but after 3 dinks play a regular game (NO lobbing). Remind players not to chase out balls.*

5 Minute Break

7. **Third Shot Drops also referred to as the Slinky** (ball control, ball control!, hand eye coordination, proper stance/address ball) – partner feeds ball by paddle not hand, starting at kitchen as their partner moves back to the baseline (step-by-step) and then moves from the baseline back to the kitchen, objective 50% of the 3rd shot drops should be in the kitchen **10 minutes** *If your trainees are doing very well with their 3rd shot drops have them practice a 3rd shot drop from the baseline, then move into the transition zone (opportunity zone) split step and try a 5th shot drop, then move to the kitchen line*
8. **Serve and Return also known as Skinny Singles** (ball control, proper stance, deep serves, deep returns) Keep ball in your lane, play on half court **10 minutes** – *If your trainees are doing very well take the next step and have them try long serve, long return, 3rd shot drop and then start a dink game using what they’ve just learned. Remind players not to chase out balls.*
9. **Play Two Games to 7 and switch partners** – long-long-short. All dinks, no drives except on serve and serve returns (court management/presence, “bungee cord” between partners, communication, make them uncomfortable, foot work). NO LOBBING! **20 minutes** *Trainers observe and comment, stop the game often to remind players to practice their new skills. Don’t chase out balls.*

TOTAL 90 MINUTES