**Guideline for the DROP SHOT OR 3RD SHOT DRILLS**

1. Give brief description of use of the pickleball machine and its benefits. Provide handout used for the clinic on the pickleball machine use and benefits.
2. Explain the purpose of the drop shot.

The drop shot is used to allow the serving team to get to the NVZ. Playing against a strong team it is difficult to drive the return of serve past them.

1. Describe the drop shot drills.

Drill #1 – Ball toss from the baseline

Drill #2 – Drop shot from the baseline

Drill #3 – Drop shot from baseline to 3 hula hoops in NVZ

Drill #4 – Drop shot from baseline using oscillating feature (use only if there is time)

Drill #5 - Drop shot from the baseline (without a pickleball machine)

Drill #6 - Drop shot from the baseline with opposing players at the NVZ (use only if there is time)

Drill #1 – Underhand ball toss from the baseline

Have two players at a time (one from each serving position) toss a pickleball underhand just over the net and landing in the opposite NVZ to get use to the correct arch of a drop shot. Every player takes 5 opportunities to toss the ball into the opposite NVZ. Players get one point for each ball that lands in the NVZ. When their turn is complete players will help to gather pickleballs. Players keep their own scores.

Drill #2 – Drop shot from the baseline

Set up the pickleball machine on the baseline and adjust the speed and loft so the ball will land near the opposite baseline simulating a return of serve. Every player takes 5 opportunities to hit the ball into the opposite NVZ. Players get one point for each ball that lands in the NVZ. When their turn is complete players will help to gather pickleballs for return to the pickleball machine. Players keep their own scores.

Drill #3 – Drop shot from baseline to 3 hula hoops in NVZ

Set up 3 hula hoops in the opposite NVZ, one at each end and one in the center. Every player takes 5 opportunities to hit the ball into the opposite NVZ. Players get one point for each ball that lands in the NVZ or two points for each ball that lands in a hula hoop. When their turn is complete players will help to gather pickleballs for return to the pickleball machine. Players keep their own scores.

The purpose of the location of the hula hoops is to simulate the best positions for the opponents to return the drop shot. Explain why these placements.

Drill #4 – Drop shot from baseline using oscillating feature (use only if there is time)

Set up 3 hula hoops in the opposite NVZ, one at each end and one in the center. Turn on the oscillating feature of the Tutor and possibly increase the frequency. Two players stand at the baseline to receive 5 opportunities to hit the ball into the opposite NVZ. Players get one point for each ball that lands in the NVZ and two points for each ball that lands in a hula hoop. When their turn is complete players will help to gather pickleballs for return to the pickleball machine. Players keep their own scores.

The purpose of using the oscillating feature is to simulate that the return of the serve could land anywhere.

Third Shot / Drop Shot without a machine

Drill #5 - Drop shot from the baseline

Two players on each side at the baselines. Draw chalk line about 5 feet from one baseline. The first player hits the ball to the diagonal court as if it was a return of serve (the actual serve is eliminated). If it lands between the chalk line and the opponent’s baseline the player gets one point. The purpose is to simulate a deep return of serve. Every receiving player gets 5 opportunities to hit the ball into the opposite NVZ. Players get one point for each ball that lands in the NVZ. When their turn is complete players will help to gather pickleballs for return to the pickleball machine. Players keep their own scores.

Drill #6 - Drop shot from the baseline with opposing players at the NVZ (use only if there is time)

Two players on each side at the baselines. Draw chalk line about 5 feet from one baseline. The first player hits the ball as if it was a return of serve (the actual serve is eliminated) and immediately goes to the NVZ. That player’s partner is already at their NVZ line. If the ball lands between the chalk line and the opponent’s baseline the player gets one point. The purpose is to simulate the game where one player is already at the NVZ. Every receiving player gets 5 opportunities to hit the ball into the opposite NVZ. Players get one point for each ball that lands in the NVZ. If the “3rd shot” is volleyed to either of the players already at the NVZ that player may play for a point but it must land within the chalk line and the opposing baseline for one point. The purpose is to keep the opposing players from getting to their NVZ. When their turn is complete players will rotate and help to gather pickleballs for return to the pickleball machine. Players keep their own scores.

YouTube videos on 3rd Shot/drop shots

<https://www.youtube.com/watch?v=4n0wVXVO8o4&t=10s>

Pickleball 411: Third Shot Drill Matt and Brian Staub of Poach Pickleball

<https://www.youtube.com/watch?v=Y3QNj6qjZCY&t=131s>

Pickleball 411: Improve Your Third Shot Drop with Wes Gabrielsen

<https://www.youtube.com/watch?v=EAUYwOu9iJ0&t=605s>

Basic Third Shot Drop -- Building A Solid Foundation by Sarah Ansboury

Discussion of drills:

1. When to use the drop shot (the serving team, returning a long lob, or getting back to the NVZ)
2. Purpose of the third shot/drop shot (to allow the serving team to get to the NVZ)
3. When not to use the third shot/drop shot (if the opposing players have not come to their NVZ)

Scoring of Points

Drill #1 – Underhand ball toss from the baseline 5 max

Drill #2 – Drop shot from the baseline 5 max

Drill #3 – Drop shot from baseline to 3 hula hoops in NVZ 10 max

Drill #4 – Drop shot from baseline using oscillating feature 10 max

Drill #5 - Drop shot from the baseline 5 max

Drill #6 - Drop shot from the baseline with

 opposing players at the NVZ 5 max

Scoring of Points

Drill #1 – Underhand ball toss from the baseline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drill #2 – Drop shot from the baseline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drill #3 – Drop shot from baseline to 3 hula hoops in NVZ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drill #4 – Drop shot from baseline using oscillating feature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drill #5 - Drop shot from the baseline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drill #6 - Drop shot from the baseline with opposing players at the NVZ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Points \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Evaluation of the 3rd Shot Drill January 13, 2017

1. Would you support the purchase of a pickleball machine by the Club? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Which was your favorite drill? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Which was your least favorite drill? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Would you be ok with using an online signup process for future drills/clinics \_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Did you have any problems using Whoozin? \_\_\_\_\_\_\_ If so please comment \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Did you watch any of the videos suggested about 3rd Shot/drop shots? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Were they helpful? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Was this Drill helpful? 1 2 3 4 5 6 7 8 9 10 (most helpful)
9. What could be done to improve this Drill? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. Other comments/suggestions ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Scoring of Points

Drill #1 – Underhand ball toss from the baseline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drill #2 – Drop shot from the baseline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drill #3 – Drop shot from baseline to 3 hula hoops in NVZ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drill #4 – Drop shot from baseline using oscillating feature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drill #5 - Drop shot from the baseline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drill #6 - Drop shot from the baseline with opposing players at the NVZ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Total Points \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Evaluation of the 3rd Shot Drill January 13, 2017

1. Would you support the purchase of a pickleball machine by the Club? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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