Pickleball Drills

Drop Shot or Third Shot

Drill #1 Drop Shot Players stand at the baseline without paddles toss the ball underhand over the net and into the NVZ area. Get in a low crouched position and let the ball roll off your hand

Drill #2 Drop Shot Players stand at the baseline with paddles and duplicate the actions of the previous drill but hitting the ball over the net and into the NVZ area. Drop the ball and then hit the ball. Focus on landing the ball to 3 positions – down the middle and to each of the two outside corners of the NVZ area.

Drill #3 Drop Shot Players stand at the baseline and partner stands on the same side but at the net. Partner tosses the ball toward the baseline player who makes a drop shot back to the player at the net. This will simulate a ball being hit from the opposing players.

Drill #4 Drop Shot

Players line up on each side (left/right) of one baseline. Two players stand at the opposite kitchen line with the bucket of balls and hit the ball softly so it bounces directly to the fore hand of each of the players at the baseline. Players at the baseline hit the ball after the bounce and gently over the net and into the opposite kitchen. Two players collect balls. After several drop shots players rotate positions.

* Keep the face of paddle slightly open to avoid hitting ball too far or into the net
* Hit the ball after the first bounce and after the ball reaches the apex and before the second bounce
* Bend your knees and use your whole body to lift your paddle and *scoop* the ball to better control the ball
* Don’t swing & hit – instead scoop the ball
* If ball goes to the right or the left make sure body is turned all the way to the sideline

Drill #5 Drop Shot One player lines up on one baseline with the bucket of balls. A second player stands at the opposite court to return the served ball deep so it bounces directly to the fore hand of the serving player at the baseline. Player from the serving side after the bounce hits a drop shot ball gently over the net and into the opposite kitchen. Two players collect balls. After several third drop shots players rotate positions.

Drill #6 Drop Shot transitioning thru no-mans land

Start with both players at the no-volley line, and begin dinking the ball back and forth over the net. Then, with one player staying at the no-volley-line, the other player slowly moves back toward the baseline after each shot. They hit a drop shot, then take a step back. Hit another shot, take another step back. With each shot they practice dropping the ball over the net into the kitchen from progressively further away, trying to have it drop close enough to the net so that the opposing player wouldn’t have a chance to smash it were this a real game.

When they get to the baseline, they start moving forward with each shot, continuing to practice their drop shot into the kitchen. Once they work their way back to the no-volley-line, the players switch roles and the other player starts backing up after each shot.

During this drill the role of the player at the net is just to hit the ball to their drill partner, varying the depth of their shots so that their partner can practice their drop shots from different spots on the court.

This split step transition may take several times before the player can reach the kitchen line. It is important to take the steps then STOP to get ready for the next play.

Drill #7 Third Shot with a Partner Two players line up on each side (left/right) of one baseline with the bucket of balls. Two players stand at the opposite side in regular play positions. The ball is served and returned deep so it bounces directly to the fore hand of the serving player or partner at the baseline. Players from the serving side after the bounce hit a drop shot ball gently over the net and into the opposite kitchen. The serving side rushes to the net together to assume a net position.

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