PICKLEBALL MACHINE DRILLS – DETAILED SKETCHES - DRAFT - 6/13/15

**RETURN OF SERVE DRILLS**

Drill #1 – Return of serve with forehand

Pickleball machine set to fast speed to launch pickleball to within 1-2 feet of the baseline and to the player’s forehand. Player returns the pickleball deep between the baseline and a chalk line (2 feet away from baseline). Cones or hula hoops can be placed near the baseline as targets for the return of serves.

Drill #2 – Return of serve with backhand

Pickleball machine set to fast speed to launch pickleball to within 1-2 feet of the baseline and to the player’s backhand. Player returns the pickleball deep between the baseline and a chalk line (2 feet away from baseline). Cones or hula hoops can be placed near the baseline as targets for the return of serves.

Drill #3 – Return serve down the middle using chalk line 2-3 feet each side of centerline

Pickleball machine set to fast speed to launch pickleball to within 1-2 feet of the baseline and to the player’s forehand. Player returns the pickleball deep down the middle and between two chalk lines 2-3 feet on each side of the centerline.

Drill #4 – Return of high loft serves

Pickleball machine set to loft the pickleball to within 1-2 feet of the baseline and to the player’s forehand. Player returns the pickleball deep to the baseline.

Drill #5 – Return of short corner serves

Pickleball machine set to serve the pickleball to either corner just past the NVZ line. Player stands in normal receiving position.

Drill #6 – Return oscillating serves

Pickleball machine set to fast speed to launch pickleball to within 1-2 feet of the baseline and set to oscillate between a forehand and backhand return. Similarlythe pickleball machine can be set to oscillate loft serves or short corner serves.

**DINK DRILLS**

Drill #1 – Set up machine to dink with forehand

Set up pickleball machine to simulate a dink to the player’s forehand. Player returns ball to either corner of the opposing NVZ.

Drill #2 –Set up machine to dink with backhand

Set up pickleball machine to simulate a dink to the player’s backhand. Player returns ball to either corner of the opposing NVZ.

Drill #3 – Lob dinks

Set up pickleball machine to oscillate a dink to the player’s forehand or backhand. Player lobs the ball over the heads of two players at the NVZ line.

Drill #4 – Kill shot a high dink

Set up machine to simulate a high dink and use a kill shot return (use chalk line 2 foot back from NVZ) at opponent’s feet.

Drill #5 - Set up machine to oscillate a dink shot

Set up pickleball machine to oscillate a dink to the player’s forehand or backhand. Player returns ball to either corner of the opposing NVZ.

Drill #6 –Dink from corner to corner

Set up machine to dink from corner to corner. The machine is at the NVZ on one end and the player returns the ball from the opposite corner so they use their backhand. Then repeat from opposite corners and have player use their forehand.

**DROP SHOT OR 3RD SHOT DRILLS**

Drill #1 – Drop shot from the baseline

Set up machine to simulate a deep service return. Using a drop shot (a long dink) player returns the ball into the opposing NVZ. The machine can be set up to oscillate to both forehand and backhand.

Drill #2 – Drop shot from mid-court

Set up machine to simulate a midcourt service return. Using a drop shot (a long dink) player returns the ball into the opposing NVZ. The machine can be set up to oscillate to both forehand and backhand.

**LOB DRILLS**

Drill #1 – Lob dinks from the NVZ

Set up pickleball machine to oscillate a dink to the player’s forehand or backhand at the NVZ line. Player lobs the ball over the heads of two players at the NVZ line.

Drill #2 – Lob from the midcourt

Set up pickleball machine to oscillate a ball to the player’s forehand or backhand standing at midcourt. Player lobs the ball over the heads of two players at the NVZ line.

Drill #3 – Lob from the baseline

Set up pickleball machine to oscillate a ball to the player’s forehand or backhand standing at baseline. Player lobs the ball over the heads of two players at the NVZ line.

**RETURN OF LOBS DRILLS**

Drill #1 – Return machine lobs at the NVZ

Set up pickleball machine to oscillate a lob to the player’s forehand or backhand at the NVZ line. Player smashes the ball.

Drill #2 – Return of lobs over players head standing at the NVZ (SAFETY FIRST)

Set up pickleball machine to oscillate a lob over the head of the player’s forehand or backhand at the NVZ line. Player turns and moves to the baseline and smashes the ball.

**BACKHAND DRILLS**

Drill #1 – Return of serves to backhand

Pickleball machine set to fast speed to launch pickleball to within 1-2 feet of the baseline and to the player’s backhand. Player returns the pickleball deep between the baseline and a chalk line (2 feet away from baseline). Cones or hula hoops can be placed near the baseline as targets for the return of serves.

Drill #2 – Backhand “pop” return of volleys from the NVZ

Pickleball machine set up to fast speed near midcourt. Player returns the ball with a backhand “pop” to get the ball to land in the NVZ.

Drill #3 – Backhand overhead smash at the NVZ

Set up pickleball machine to lob to the player’s backhand at the NVZ line. Player smashes the ball.

**VOLLEYS AT THE NVZ DRILLS**

Drill #1 – Hot hands drill with high speed balls at chest height

Pickleball machine set up near midcourt to fast speed and short delay. This drill is to work on player’s reaction time.

Drill #2 –Placement of volleys

Pickleball machine set up near midcourt to medium speed and short delay

Two hula hoops are set up on either side of center line of court. Player hits the balls thru the hula hoops. This drill is to work on player’s placement of return shots.

Drill #3 – Return hard volleys to soft drop into the NVZ

Pickleball machine set up near midcourt with medium/high speed. Player returns the balls using a loosened grip and a slight paddle retraction to place the ball into the NVZ.

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