

Pickleball Drills - Irina Tereshenko Clinic

Warm Up:

1. dink straight across with pace, placement, spin
2. dink cross court with pace, placement, and spin
3. Accordion drill (third shot drop from kitchen to baseline and back - spend as much time in an area as you need, i.e. don't rush through transition zone or baseline)
4. Volleys (start soft, gain pace as you get comfortable)
5. Serve/return drill: work on power, slice, and lob serves & return with power and placement

Dink attack game: using one ball get 4 dinks in before attacking... then

Level 1: only attack balls that are above waist and can be taken in the air

Level 2: only attack from the bounce (one-two punch - first shot is a speed up, not put away, to set you up for the kill)

Level 3: only attack using offensive lob from either a volley or bounce

Level 4: combine all three attacks

***work on disguising your shots so opponents can't distinguish your dink form from bounce attack or lob

Transition zone game:

One team up at kitchen (scoring team) serve ball to team at baseline, baseline team works their way up to kitchen, then play out the point. Can only score if you're the team at the kitchen. If baseline team works their way up and ends they point, they become the kitchen team. —> communicate with partner when to move up

Think about shake n bake set up - set up with good third shot with roll or slice spin and come forward looking to attack a high ball from kitchen team

Drive practice: baseline to baseline drives - don't avoid backhand, practice both —> key is moving your feet into position**

Drive/third shot drop: one partner at kitchen, one at baseline or transition zone - baseline partner practices drives aiming for partners waist at the kitchen, kitchen partner returns ball deep and drives continue

Then transition to third shot drop/drive combo... mix it up and hit various sits at person on kitchen line

Blocking practice:

Level 1) stand one foot apart across the net and practice soft small pop volleys to one another

Level 2) Stand at kitchen line and do "tap-tap" drill (volley, catch in air, volley back)

Level 3) one partner at kitchen, one at baseline, baseline drives ball at kitchen partner... kitchen partner varies return between sending deep and soft blocks into the kitchen

Key points: always drill with purpose, don't avoid hitting with backhand or whatever is your weak area, and SMILE and HAVE FUN!