

Coachable Pickleball

Drills to Improve Your Pickleball Game

Designed with 4 Players

By Brett Noel



COACHABLE PICKLEBALL'S STRATEGY FOR SUCCESS

THIS FREE E-BOOK IS DESIGNED TO GIVE YOU DRILLS THAT YOU AND THREE OTHERS CAN DO TOGETHER TO DRAMATICALLY IMPROVE YOUR PICKLEBALL GAME

As I travel across the United States training Pickleball players, I am often asked if I could provide some easy drills that can dramatically improve their skill sets to become better Pickleball players. This **FREE E-Book** provides you with easy to follow Pickleball drills that is guaranteed to improve your game and make you a better Pickleball player.

My Philosophy of Pickleball

First rule of Pickleball: Have fun. What a great sport we get to play. The fact that you are on the courts with great people is a gift. Enjoy the gift. It is a great workout, you get to play with, meet and socialize with some the nicest people on the planet. Pickleball players.

Implementation Curve: All the new skills, techniques, and strategies you learn will take time to implement effectively in your game. In fact, it might seem like you are getting worse before you get better. This is called the implementation curve. When you experience it, just know your improving and growing as a player. Enjoy the process that it will take for you to become a better player.

Drills are cooperative and Competitive: Each drill should benefit all the players. The key is to be cooperative, so your partner has a chance to implement the new skill and competitive to keep it challenging and fun. If the drill is easy for your partner, start making it more difficult until they feel the pressure of growth. In every drill each person has a role to play.

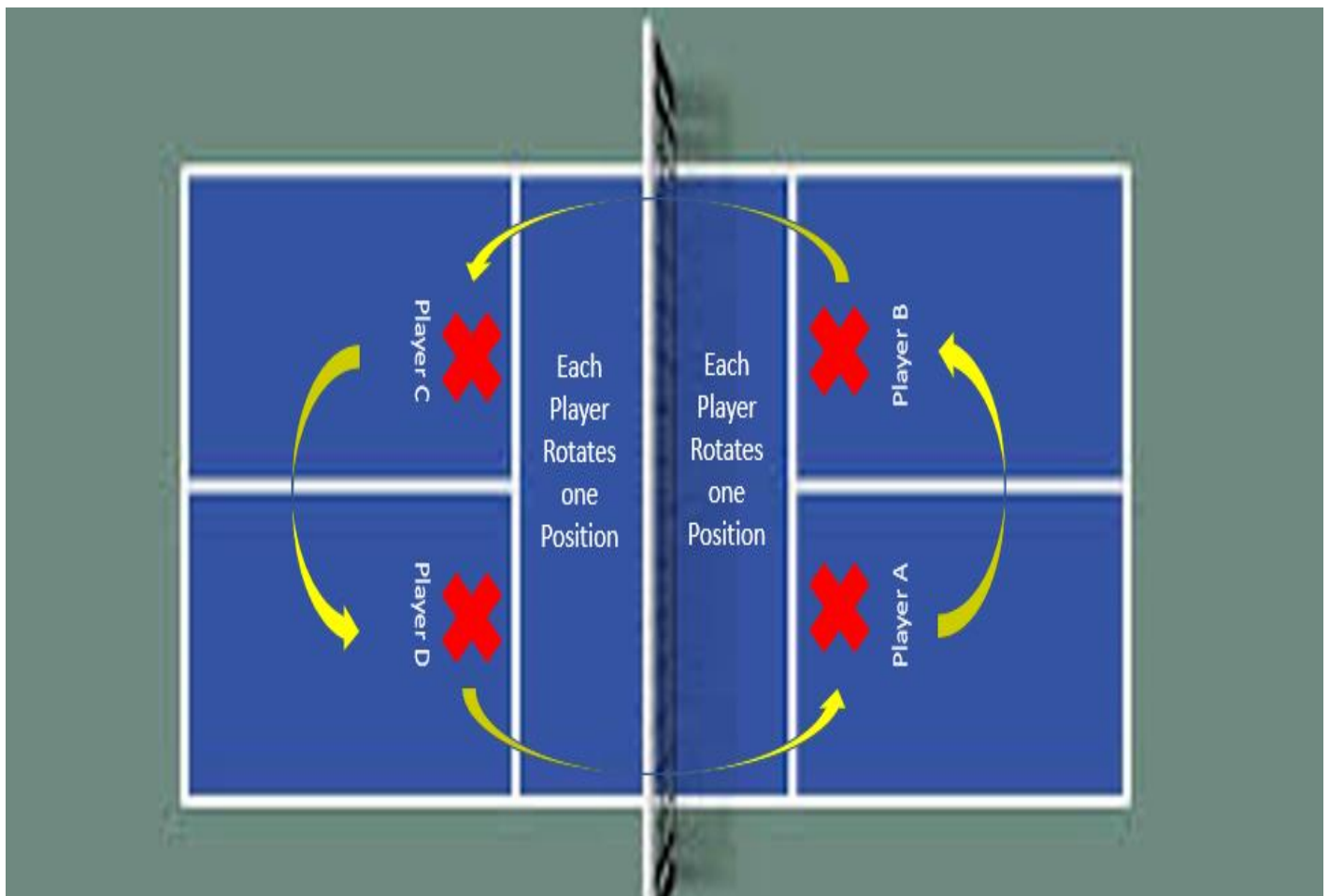
My way is not the only way: One of my favorite players, Tyson McGuffin taught me the term "Range of acceptability" There are a variety of ways to do something on the court and my way is not the only way. It is one way. If it works for you and resonates, apply it to your game. If it is not for you, toss it out. Be open for growth. Also understand that change can cause discomfort. That discomfort can be growth.

Warm Up before you play: One of the easiest ways to injure yourself is to start playing Pickleball without warming up. I often see players jump on the courts, hit a few dinks back and forth until someone say's "Are you ready to start"? Are you one of those players? To stay safe and get the most out of your pickleball game, you must always warm-up before you begin. Warmups are critical to a better performance and fewer injuries.

Drills where 4 players can practice to dramatically improve their Pickleball game

Drill #1

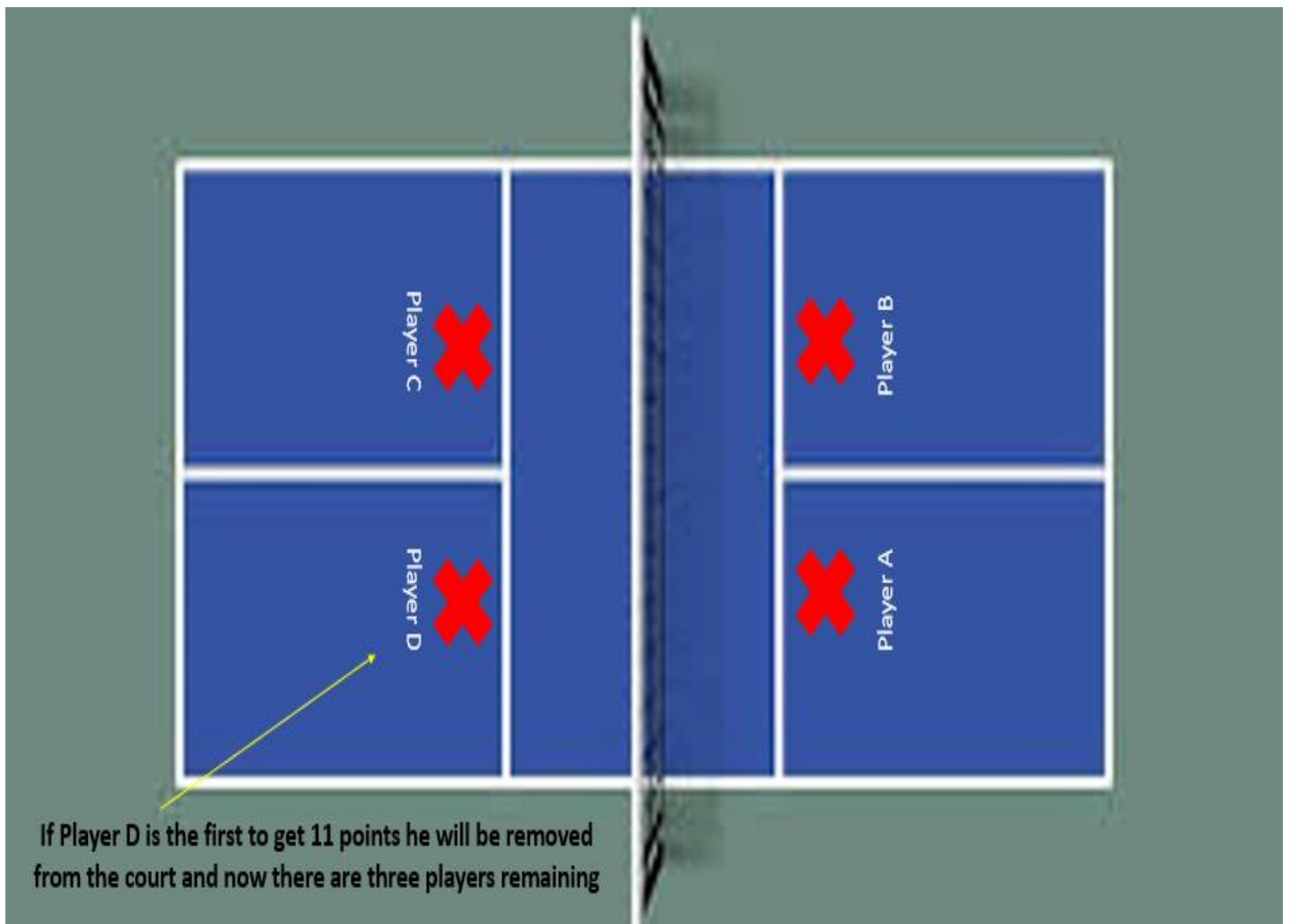
All four players start at the Non-Volley zone. One player starts the soft game and each player can hit the ball anywhere in the kitchen area. Once a mistake is made by hitting the ball into the net or out of the kitchen area players will rotate positions. This allows players to practice their soft game from all positions on the court. It is a great soft game warm up drill allowing players to practice straight on dinks and cross court dinks.



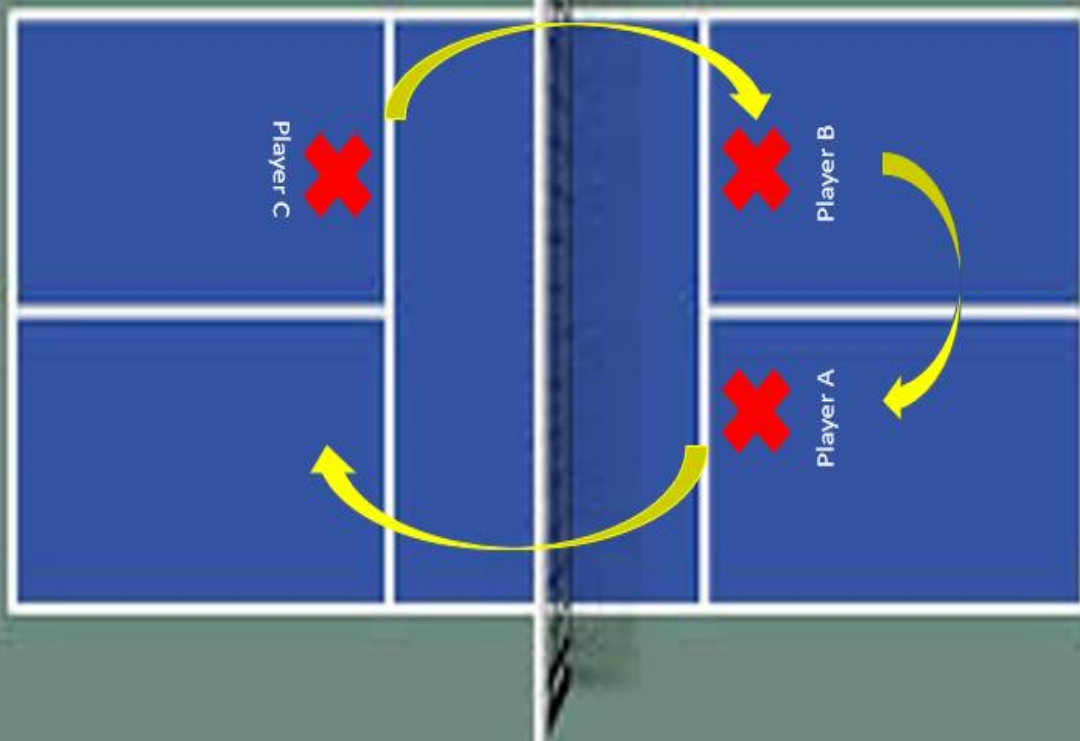
Drill #2

After warming up with drill number one we start to add pressure by keeping score and eliminating poor performance. You will find how easily mistakes are made when we start to count, and we add winning and losing to the equation just like what happens in tournaments and competitive play.

All four players start at the Non-Volley zone. One player starts the soft game and each player can hit the ball anywhere in the kitchen area. Once a mistake is made by hitting the ball into the net or out of the kitchen area, players will rotate positions. The person that makes the mistake or error will get one point. The first player to get eleven points will be removed from the court.

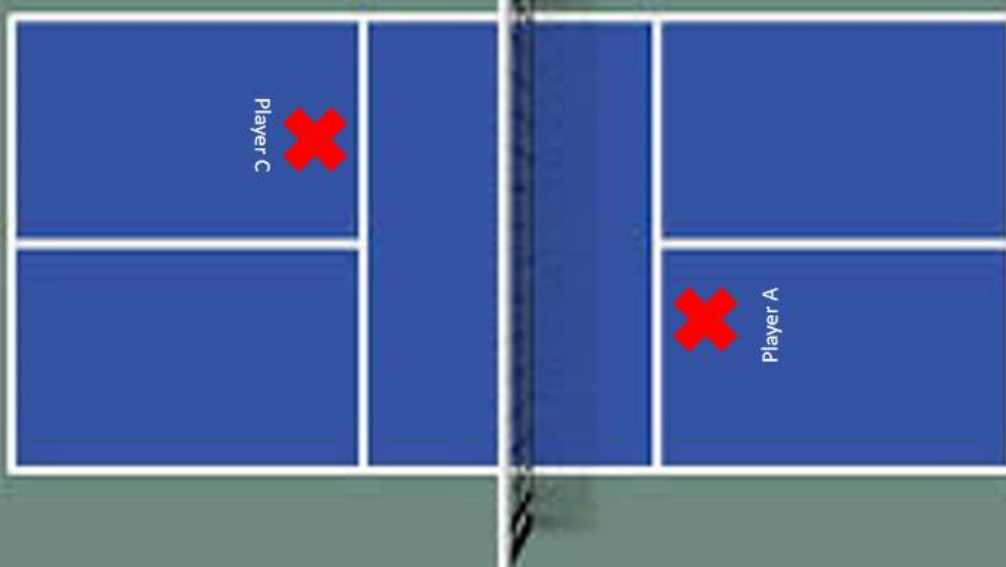


Now there are Three Players on the court. After each point players will rotate one position



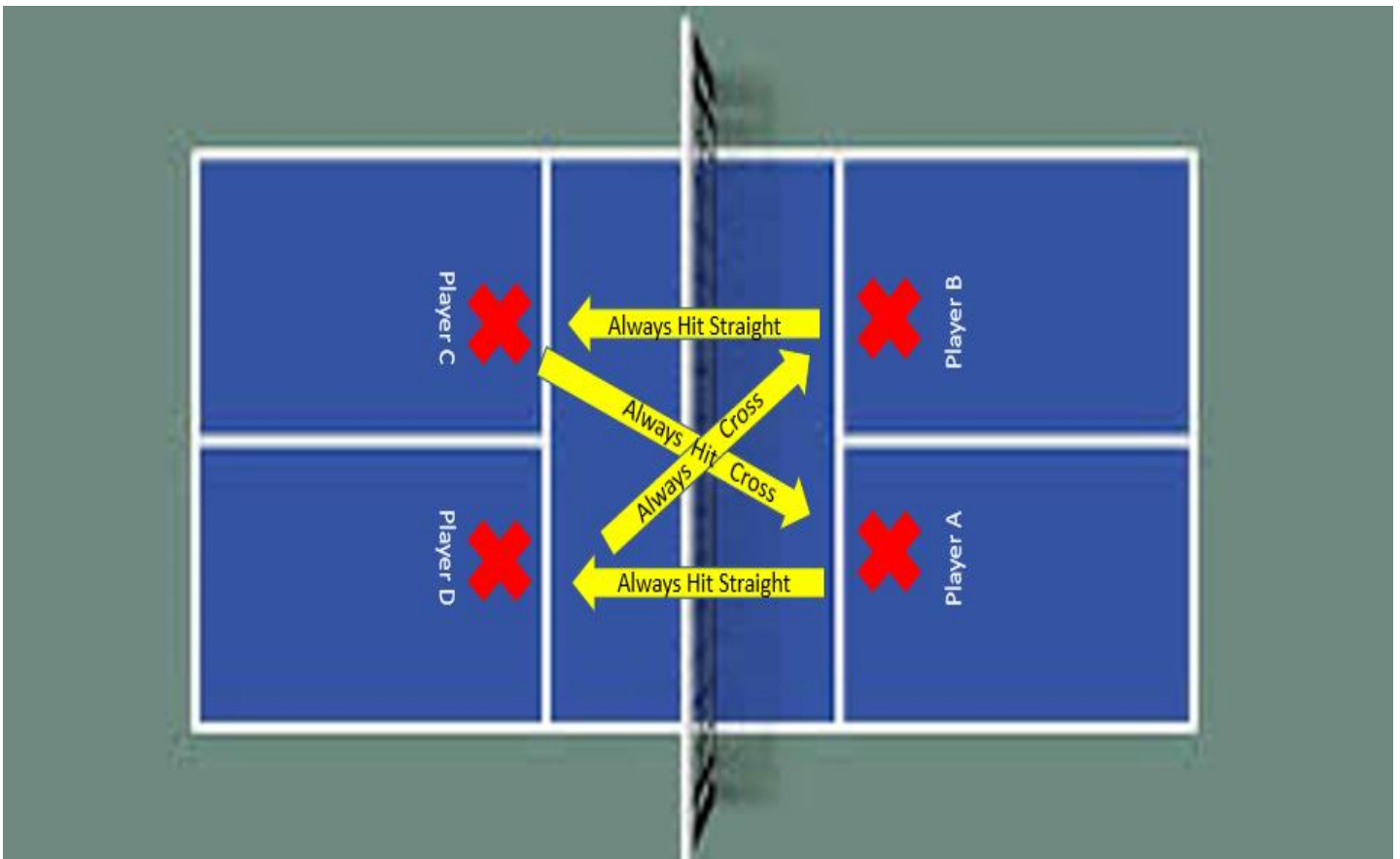
Players will keep playing and rotating positions after each point until the second player gets 11 points and is removed from the court. Now there are two players remaining. The two players will continue to dink across from each other and cross court depending on their position until one player gets eleven points and a winner is determined.

Now there are Two Players on the court. After each point players will rotate one position



Drill #3

Crazy 8 Drill. I call this drill the crazy 8 because the ball is traveling in a crazy 8 rotation. Two players will always be hitting the ball straight ahead and two players will always be hitting the ball cross court. Practice this drill for a while then switch directions. Those players that were hitting straight ahead will now hit cross court. Those that were hitting cross court will now hit straight ahead.



Crazy 8 Drill with rotation. Two players will always be hitting the ball straight ahead and two players will always be hitting the ball cross court until one player yells switch.

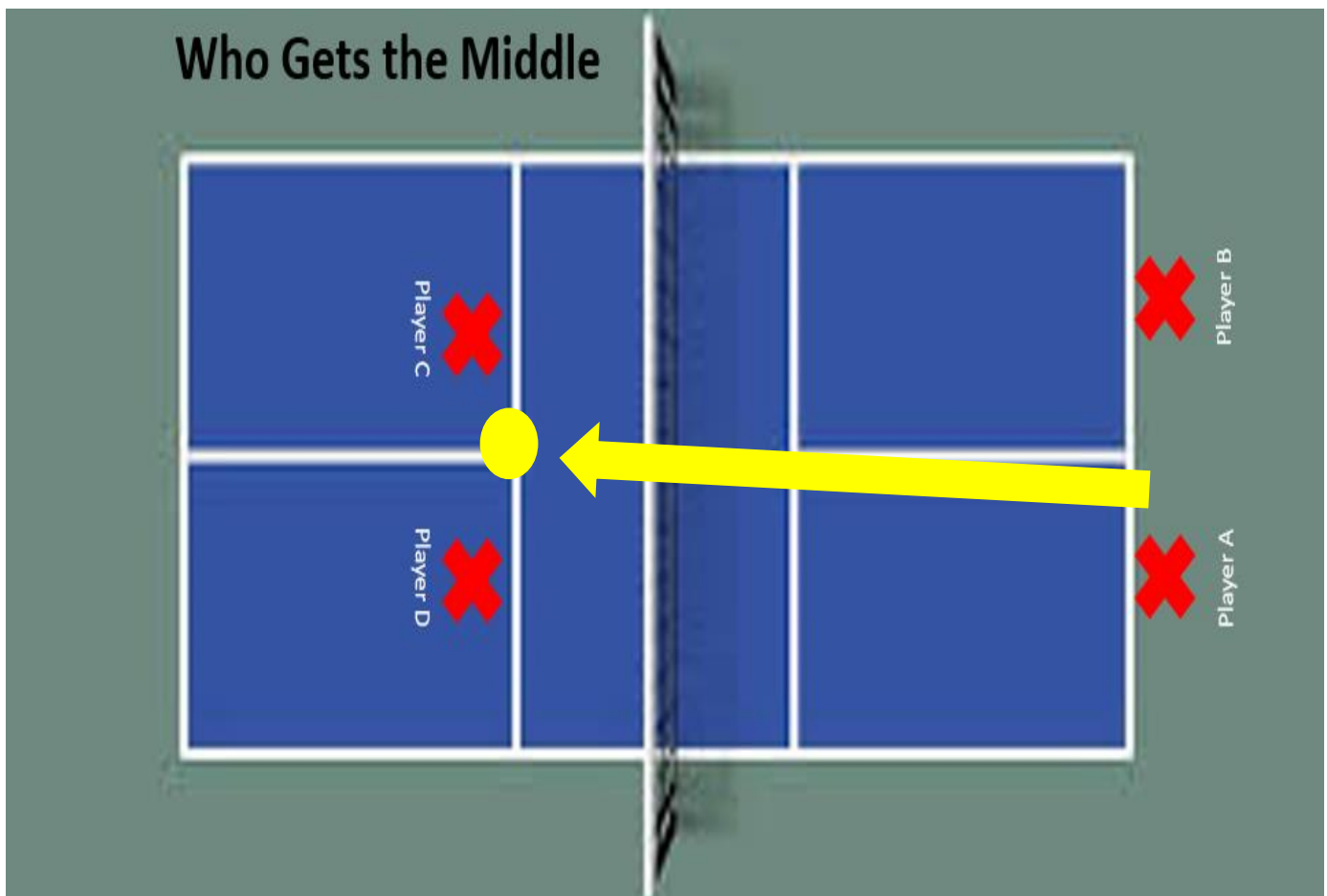
When switch is called, those players that were hitting straight ahead will now hit cross court. Those that were hitting cross court will not hit straight ahead. Players can call switch at any time. This develops the skill set to hit a ball to a certain location when an opportunity arises. For example, you might be dinking in a game and plan to hit straight ahead when you see your opponent come close to the center of the court. You realize switching to a cross court dink would be a better hit. Train yourself to attack targets quickly with little advance notice.

Drill #4

One common mistake a lot of players make is assuming the forehand always gets the middle. This is not true. In this drill two players will start at the non-volley zone and two will start at the baseline.

The players at the baseline will start by driving the ball down the center of the court. The players at the non-volley zone will return the ball and all players will play out the point.

After a while, the players at the baseline will move to the non-volley zone and those at the non-volley zone will move back to the baseline. You will find quickly that the forehand is not always getting the ball. I believe that it is better to have both paddles going after a ball than to have no players going after it just watching it pass them by.

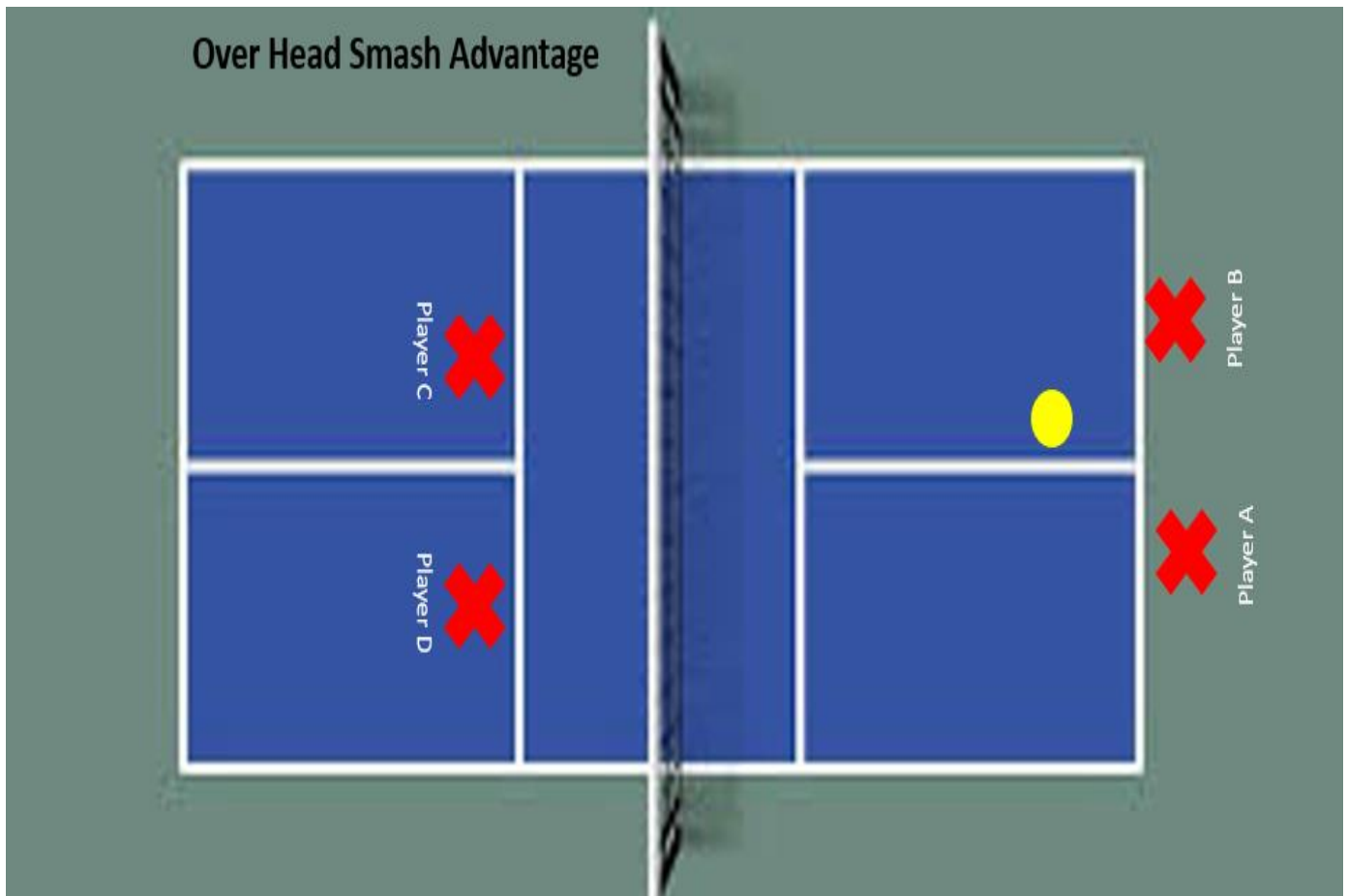


Drill #5

Overhead Smash Defense Technique. In this drill two players will start at the non-volley zone and two will start at the baseline. The players at the non-volley zone will hit an overhead smash either to a single player or between the players at the baseline.

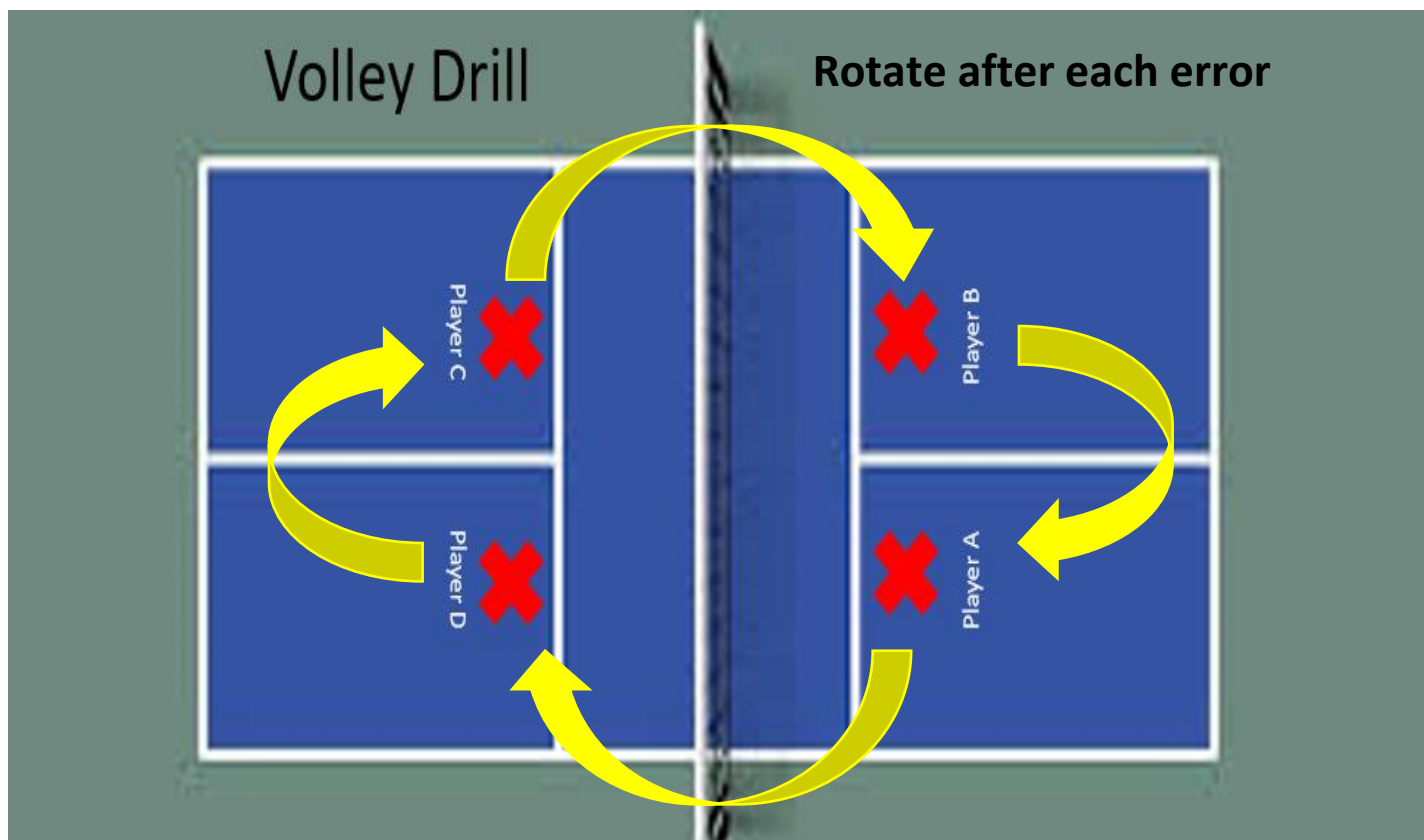
The players at the baseline will defend the smash and return the ball and all players will play out the point. This drill creates great defensive skills when dealing with overhead smashes.

After a while, the players at the baseline will move to the non-volley zone and those at the non-volley zone will move back to the baseline.



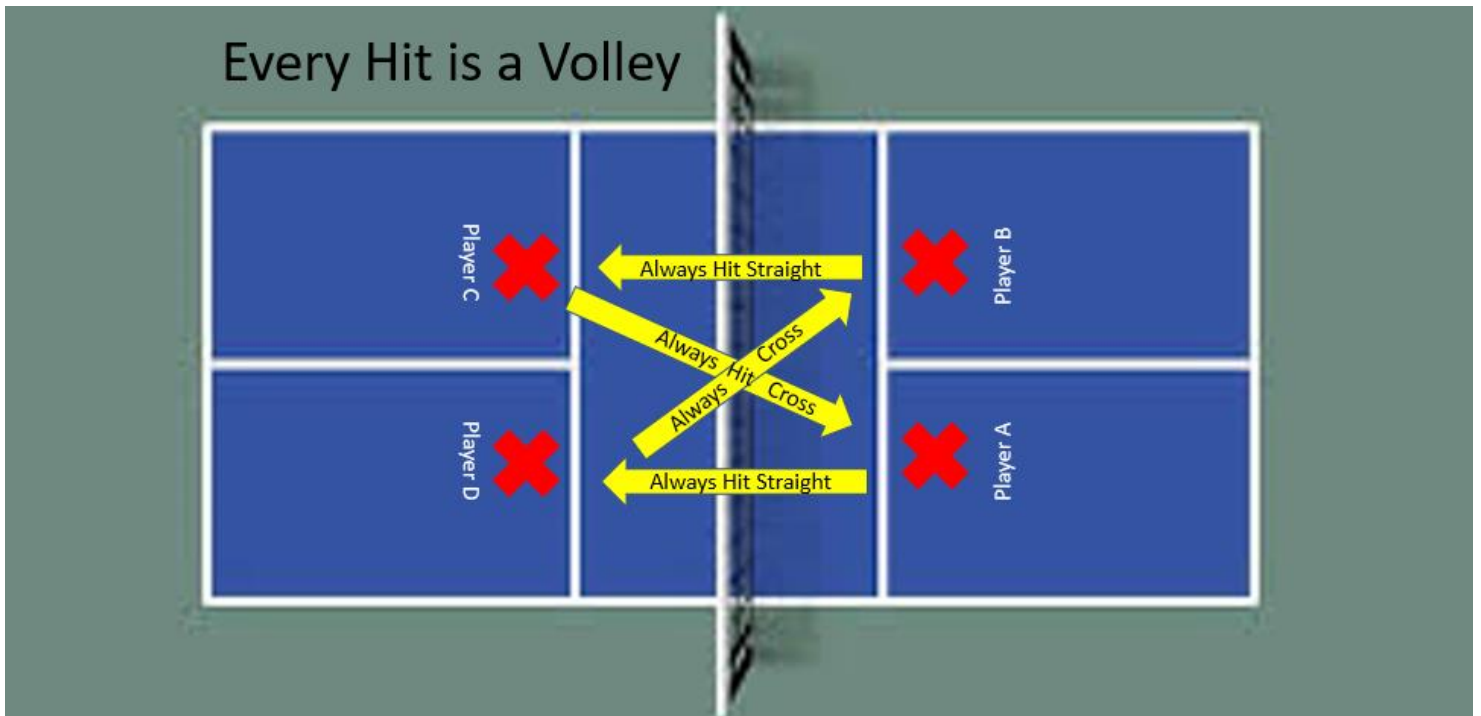
Drill #6

Volley Drill. All four players start at the Non-Volley zone. One player starts the volley and each player can hit the ball anywhere in the kitchen area. It must be a volley. Once a mistake is made by hitting the ball into the net or a bad volley, rotate positions. This allows players to practice their volleys from all positions on the court.



Crazy 8 Volley Drill. I call this drill the crazy 8 Volley drill because the ball is traveling in a crazy 8 rotation. Two players will always be hitting the ball straight ahead and two players will always be hitting the ball cross court.

Practice this drill for a while then switch directions. Those players that were hitting straight ahead will now hit cross court. Those that were hitting cross court will now hit straight ahead.



Crazy 8 Volley Drill with rotation. Two players will always be volleying straight ahead, and two players will always be volleying cross court until one player yells switch.

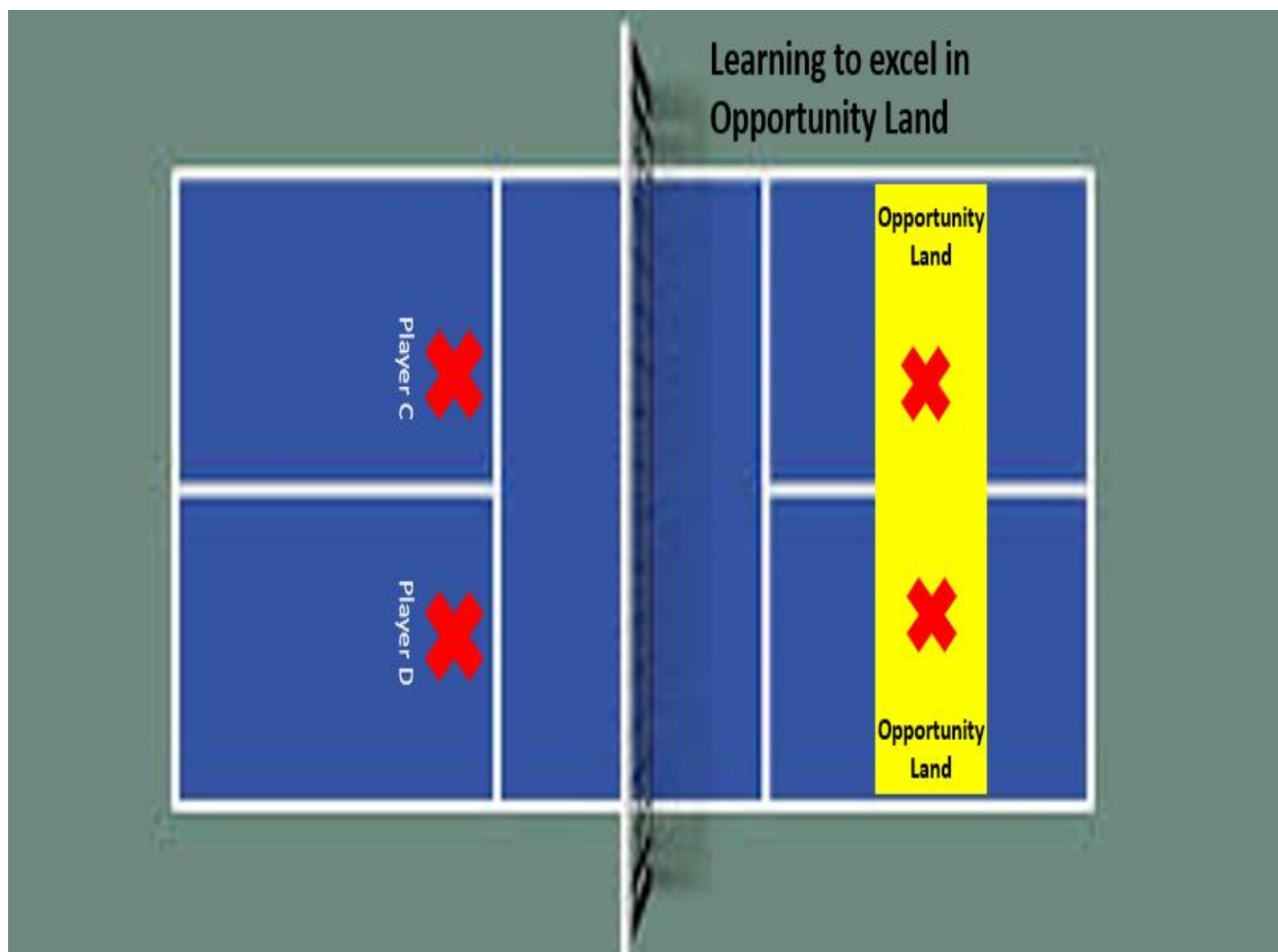
When switching, those players that were volleying straight ahead will now hit cross court. Those that were volleying cross court will now hit straight ahead. Players can call switch at any time. This develops the skill set to hit a volley to a certain location when an opportunity arises.

Drill #7

Opportunity land Drills. We no longer call the middle of the court “No Man’s land”. We call it opportunity land because there is so much opportunity here both defensively and offensively.

In this exercise two players will stand at the non-volley zone and two will stand in the middle of the court. The players at the non-volley zone will feed the ball to those standing in the middle of the court.

Those players returning the ball will either drop it into the kitchen or drive it. This drill like all drills, benefits both players. The person at the non-volley zone is practicing keeping the opponent back and the player in the middle of the court is practicing soft drops and hard drives from the middle of the court. Both players will stay in their positions. Those players in the middle of the court will not move up.

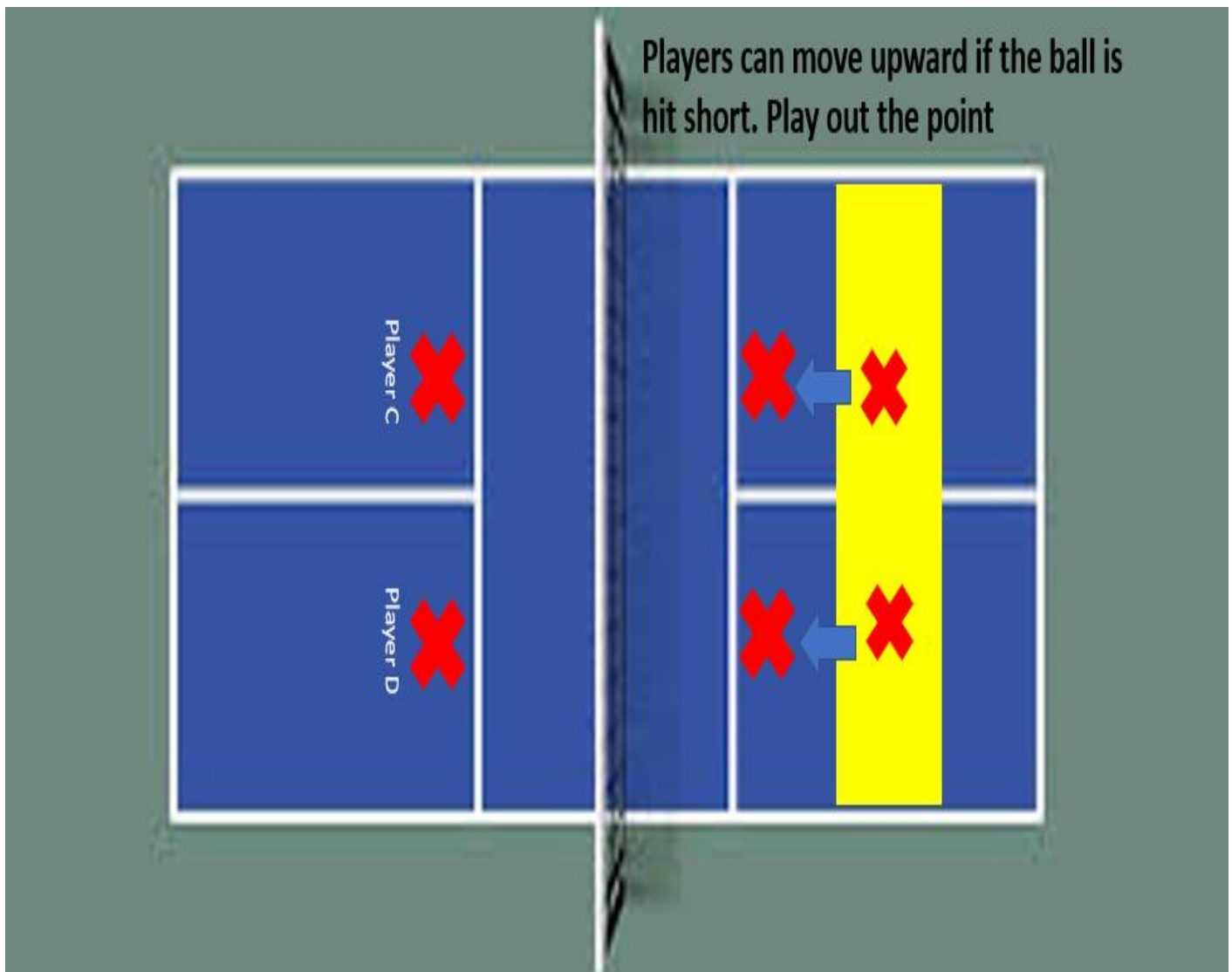


Drill #8

Opportunity land Drills/ Let us move if they give it to us.

In this exercise two players will stand at the non-volley zone and two will stand in the middle of the court. The players at the non-volley zone will feed the ball to those standing in the middle of the court.

The players starting in the middle of the court will stay in their position only until the person at the non-volley zone hits a short ball and allows their opponent to move forward. This is a great drill for the players at the non-volley zone to keep players back and not allow them to move forward.

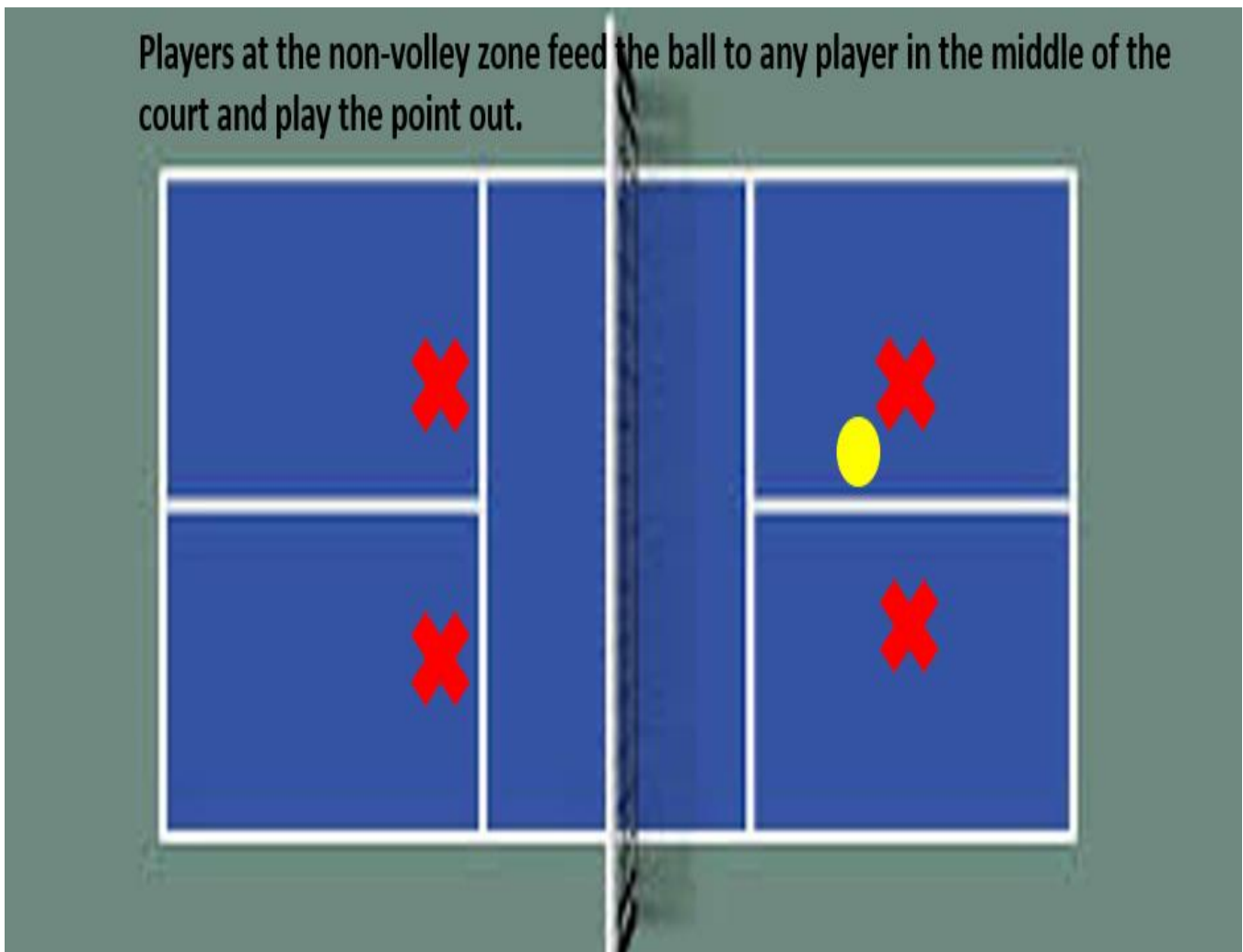


Drill #9

Opportunity land / Game On

In this exercise two players will stand at the non-volley zone and two will stand in the middle of the court. The players at the non-volley zone will feed the ball to those standing in the middle of the court.

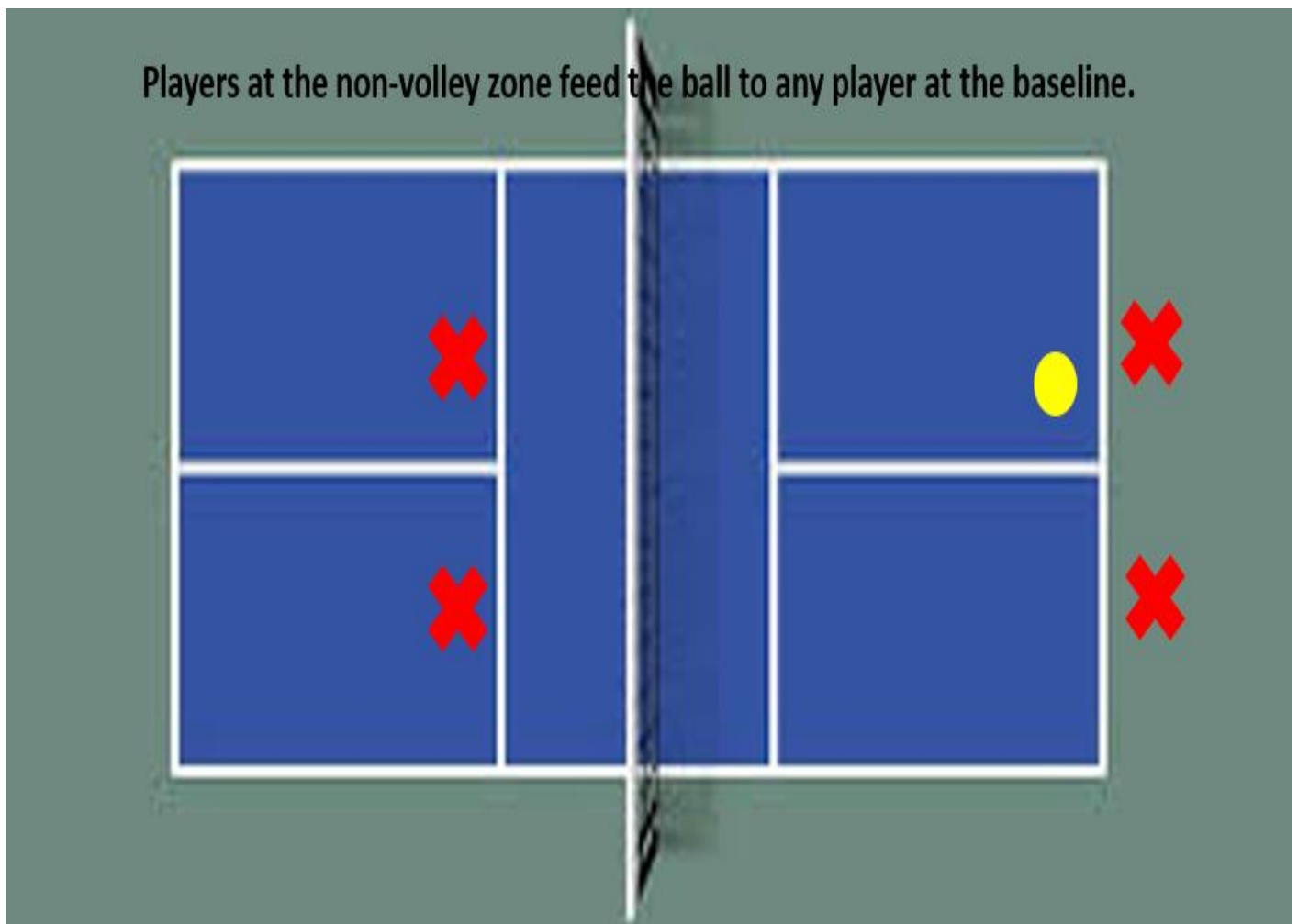
The players starting in the middle of the court play the ball as in a real game. They can drop it, drive it, lob it. It is “Game on” Play the point out.



Drill #10

In this exercise two players will stand at the non-volley zone and two will stand at the baseline. The players at the non-volley zone will feed the ball to those standing at the baseline.

The players at the baseline will play the ball as in a real game. They can drop it, drive it, lob it. It is "Game on" Play the point out.



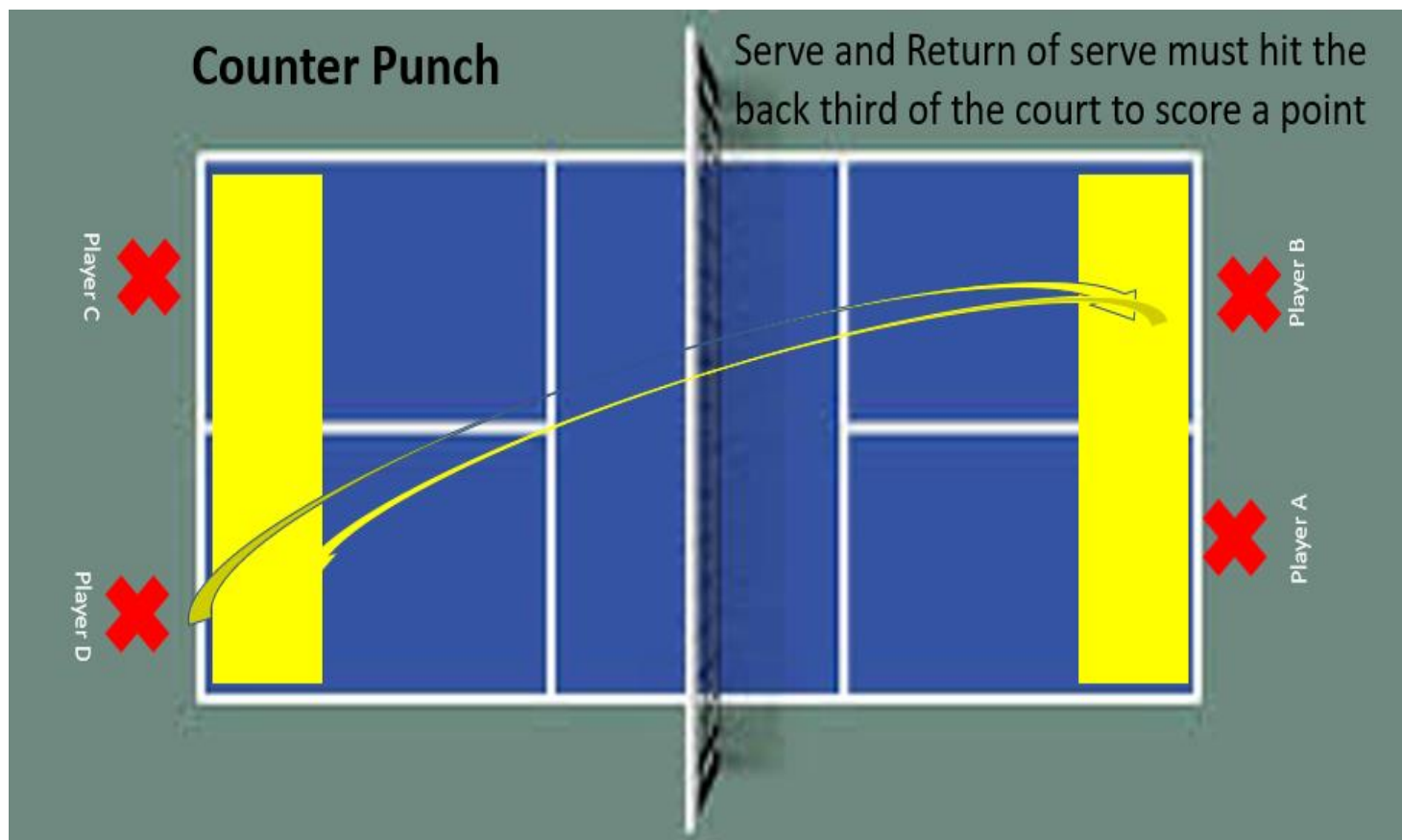
Drill #11

In this exercise one side will start serving and the other side will return serve. Each side will mark an area that will represent the back 1/3 of the court.

The goal is to serve or return of serve within this marked area. If the server gets the serve in the area, they score a point. If the return of serve also lands in the designated area they counter the point and no score is allowed.

If the server gets the ball in the designated area and the return of serve does not hit the mark, the server gets the point (There was no counter Punch)

If the server serves short of the area and the return of server lands their ball in the back third of the court, the return of server gets the point. This is a great drill to practice deep serves and deep returns. First person to eleven wins. Winners will play each other, and losers will play each other.



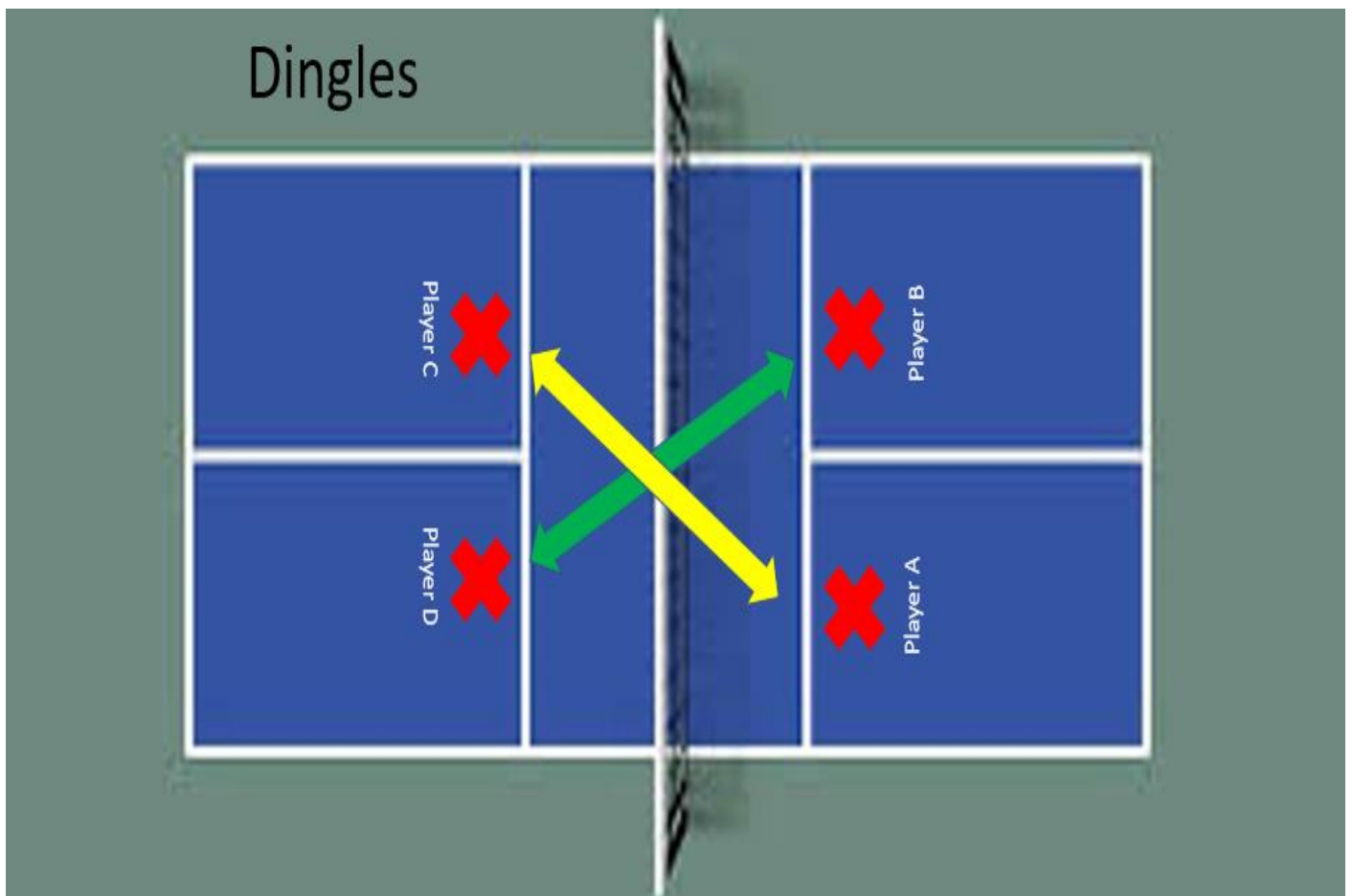
Drill #12

In many parts of the country this drill is known as “Dingles” I am not sure of the origin of the name or who created it, but it is one of my favorite drills. All players are hitting cross court dinks to each other. They do not have to be in the kitchen but need to be a dink.

Each player continues to hit cross court until one player hits the ball into the net or out of bounce. Once this happens someone will yell “Dingles”.

The ball that is hit into the net or out of bounds is dead. Let it go. Play the remaining ball that is live. Once “Dingles is called, you can hit the live ball anywhere on the court as in a real game.

Have fun with this drill, you will love it.



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THANK YOU FOR YOUR SUPPORT



Final words: I want to thank you for the opportunity to share these simple drills with you that helped me become a three-time national gold medal winner. I urge you to drill twice as much as you play. Make it a habit to find a drilling partner and drill consistently.

When you play a game, I want you to practice one specific skill set each game. Tell your partner what you will be practicing and ask them what they would like to practice during the game as well. It is not just about winning. It is about improving your skill sets. Winning will be a by-product of improved skills.

I would love to provide a Coachable Pickleball training camp in your area. If you would like a training camp please reach out to be. BrettNoel2@gmail.com

Or 805-975-5781. Please share this E-Book with your friends and follow me on Facebook.

