

## Lesson Theme: Mixed Bag Drills

**Objectives:** Offering a variety of fun activities

**Skill Level:** 3.0 / 3.5

**Duration:** 90 minutes

**Equipment Needed:** Balls and Cones/Markers



Mins	Activity	Details	Teaching Points	Comments
5	Meet & Greet	Welcome, names, housekeeping		
7	Technical Warm Up	Select activities from the WARM-UP MENU.		Warm-up should include volleys, groundstrokes, serve and return.
10	Play & Observe	Real Game with no special rules.		Circulate and encourage, but no teaching yet.
3	Collect Balls & H2O			Make it quick!
2	Debrief / Observations	Praise effort and focus.  Explain that in today's session you'll do a variety of activities that will touch on many aspects of pickleball.		
5	Exploding Pyramids	Player A and Player B work together from the baseline, across the net, on half a court. Each sets up a cone at $\frac{3}{4}$ in their service box.  They have a baseline rally and must let the ball bounce before hitting it. The goal is to hit the other player's "pyramid" before they hit yours.	Depth is controlled by ball height and speed.  Direction is controlled by horizontal paddle angle at contact.	This activity identifies who has control of their groundstrokes and who doesn't. Challenge can be adjusted depending on the quality of the ball being sent (e.g. lower and faster will make it more challenging).

9	Activity: Serve, Return, Plus 1	<p>How we begin the point influences how the rest of it will unfold. This activity will help us develop our control of the first three shots.</p> <p>[crosscourt] Step 1: Player A serves, Player B returns, Player A hits some kind of third shot. Player B catches the ball and repeats the pattern.</p> <p>Step 2: Place a cone in each service box at <math>\frac{3}{4}</math> court. Repeat the sequence but try to make the return land between the cone and baseline.</p> <p>Step 3: Repeat the sequence, but try to make both the serve and return land beyond <math>\frac{3}{4}</math> court.</p>	The height and speed of a shot influence the ball's distance.	<p>It is recommended that the whole series take no more than 12 minutes. Use your judgment to determine how long to spend on each step.</p> <p>Have players do the steps from both the left and right side of the court.</p> <p>Difficulty can be adjusted by changing target size.</p> <p>Can add scoring: each time a player lands a ball in the target, they earn themselves a point.</p>
12	Activity: Up and Down the River	Player A serves down the line to Player B. They then play competitive points on half the court. Keep track of score and play for 3 mins..	Winners of each game move up half a court from their former position. Losers move down half a court.	This is a fun activity and can also be used to sort out skill levels in a group.
2	Debrief & H2O			

5	Group Activity: Under Pressure	Player A and and Player B stand at $\frac{3}{4}$ court across the net from each other. Player A feeds the ball from below the net and the players play out the point.	Using rally scoring and alternating feeds, players can move anywhere to try to win points.	This can be done as a 1v1 or 2v2 game.
6	Group Activity: Groundstroke and Volley Control	Player A is at baseline and Player B is at NVL. Player A hits the ball at Player B. Player B tries to return the drive with a deep volley. And Player A and B maintain the rally.	Reinforce controlling paddle angle and swing path in order to keep the ball low over the net.	<p>Can be done crosscourt and down-the-line.</p> <p>Consistency is the primary focus and then depth (for the volleyer) and height (for the baseliner).</p> <p>Can adjust to allow only drops or only drives rather than both.</p>
2	Debrief & H2O			

10	Activity: The Unfair Game	<p>Team A starts a step or two back from the NVL. Team B starts behind the baseline. Team A simulates receiving a high ball and hits a hard shot toward team B. The teams play out the point.</p> <p>The team with the unfair advantage (the net team) needs to win 7 points to win the game. The baseline team needs to win just 4.</p>	<p>Encourage teams to try different defensive tactics:</p> <ul style="list-style-type: none"> <li>- Lob</li> <li>- Drive</li> <li>- Drop</li> </ul>	Encourage the defensive team to try to “steal” points. This is a good time to encourage a defensive mindset and willingness to “find a way” to get the ball back in play.
2	Debrief			
5	Play Real Points	End the lesson playing real points with no restrictions. Players try to use what they learned in real game play.	No new teaching points.	Praise and encourage effort and ability to respond to fast balls.
5	Wrap Up	Summarize key points	The main thing to do against hard hitters is to try to keep the ball low. By controlling the paddle angle and path, we can prevent giving them what they want – another high ball to pounce on.	Use this wrap up to identify improvement, encourage practice, and promote future lessons or events.

## Instructor Notes: