

Our Motto: "The more you practice, the luckier you get"

Background on this drill: In Pickleball, the team that gets to the Non-Volley Zone line first is typically in a much better position to win the point. One way to help achieve this goal is to serve deep, remembering that the receiving team has to let the ball bounce before they can hit it.

So, serving deep can help you get to the Non-Volley Zone line first. This is especially true serving a higher (lob like) ball deep in the back of the court.

In this drill, there will be two taped lines across the back of the court. One will be three feet from the back line and one will be five feet from the back line. If you are a 3.0 player or lower, you have serve the ball within the five foot zone as many times as you can in a minute. If you are a 3.5 or higher level, you have to serve the ball within the three foot line as many times as you can in a minute. Hitting the tape will count as being within the required return zone.

This is the one drill of the Top Shot program that does not use the ball machine. However the serve is an extremely important element of the game and for that reason, we have included it in this program.

Remember; Practice, practice, practice. You will get luckier!!!

