

**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. So, when returning the opposing side serves, it behooves you to get your returns as deep as you possibly can. Remember, the opposing team has to let the ball bounce before they can hit it. Returning the serve deep allows you more time to get to the Non-Volley Zone line in position to control the game.

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 to return the service 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 return 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.

The Club Ball Machine will serve balls deep into the court from one location so you focus on your return and learn what works and what does not. Hitting returns with repetition will create "muscle memory" and "self confidence" for your game improvement and enjoyment. Practice, practice, practice.

