

“A little dink will do ya”

Background on this drill: As you develop your skills, you are looking for opportunities that will increase your odds for winning the point or achieving a sideout. One way to do this is to hit cross court dink shots. Why?; The net is lower in the middle and it avoids the “down the line” attack. Also, the target area is bigger than the target area hitting down the line.

It is, however, not without risk. An extreme angle shot opens the possibility of advanced players to hit around the post and into your court. These are almost impossible to defend.

Although more difficult to execute, using your backhand with a cross court dink will not draw you off the court as much as a traditional forehand would do. The opposing team will be trying to create a gap between you and your partner in which to drop the ball. Learn the backhand across the court dink to minimize the distance gap..

In this drill, the ball machine will repetitively send balls to you and your goal will be to hit them into the designate target zone. These zones may be a hula hoop placed on within the non-volley zone. Advanced players will have a smaller hoop to hit within. You will have one minute to hit as many into the designated target zone as you can get.

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

Stay Focused!! Bend those knees!

