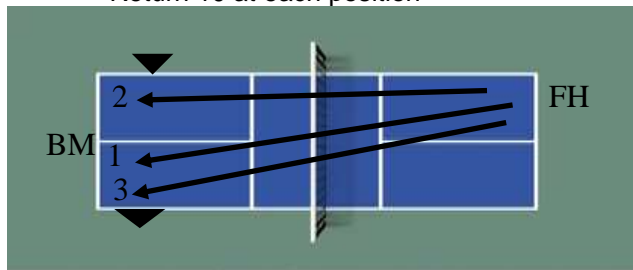


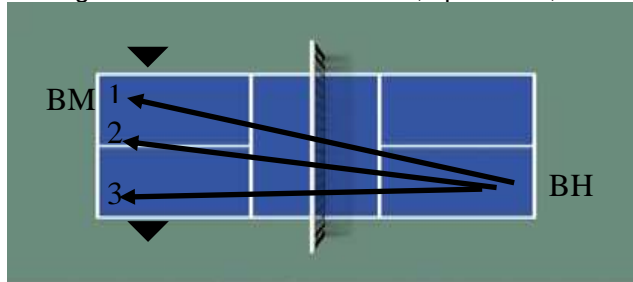
Lobster Ball Machine Pickleball Drills

1. Forehand ground strokes
 - Set ball machine at middle baseline 2-3 second intervals
 - Always have a target
 - Alternate even/odd side
 - Use cones or blue tape for targets
2. Backhand ground strokes (keep ball machine the same)
 - same as forehand
 - Can add top spin and back spin (slice to both strokes)
3. Specific placement of return (do on both even and odd)
 - Work on return #1, #2, and #3.
 - Use cones
 - Return 10 at each position



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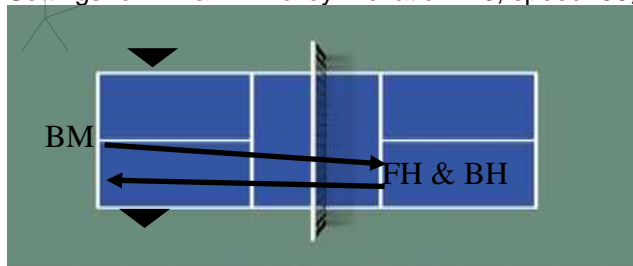
Settings for FH & BH: Elevation=10, speed=30, feed=10



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4. Forehand and Backhand Volley
 - Player at NVZ-Ball machine still middle baseline
 - Vary target alternating courts
 - Use cones as targets to keep them back
 - Variation -drop volley
 - Vary target with drop volley

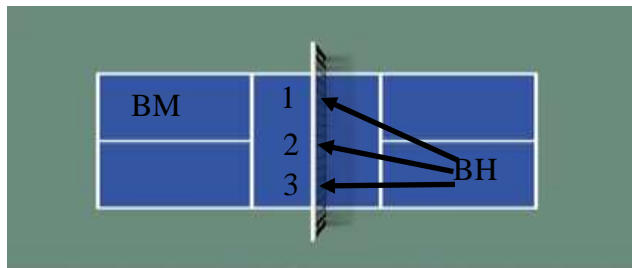
Settings for FH & BH Volley: Elevation=10, speed=30, feed=8



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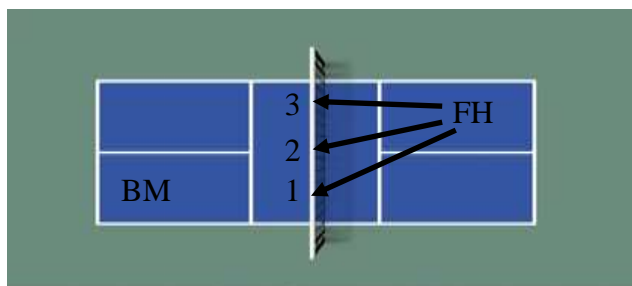
5. Drop shots from transition and baseline

- Ball machine feed at diagonal
- Start transition -execute 10 at each position 1,2,3
- Move position to opposite side or move back to baseline.
- Right side is forehand drop and left side backhand drop
- Repeat above but from baseline



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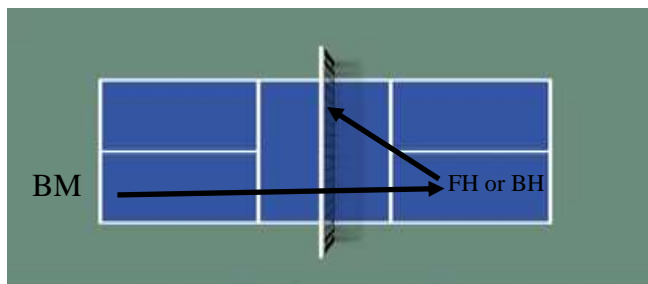
Settings for FH & BH drop shots from transition:Elevation=11, speed=28, feed=9



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6. Return from transition-set up ball machine same side. Return is in the air, you are trying to reset in NVZ.

Settings:Elevation=15, speed=28, feed=10

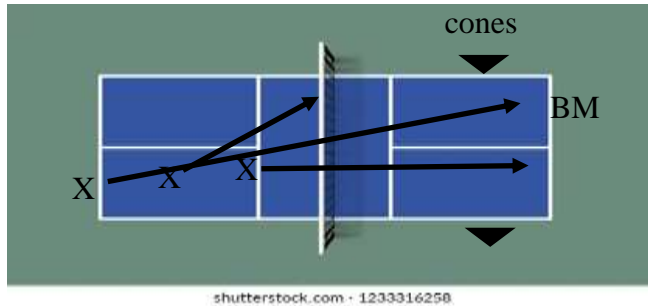


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7. Combo drill 2-3 seconds in between

- Return
- Reset-drop
- Punch volley
- Execute split step
- Vary targets to both courts.

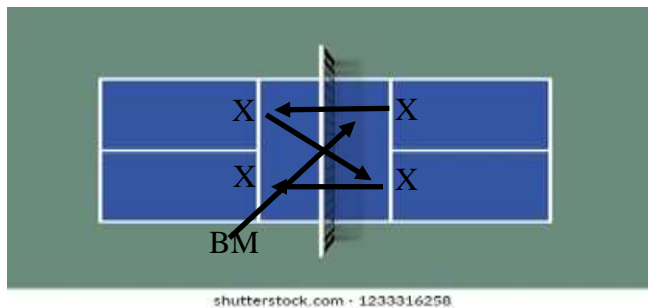
Settings:Elevation=15, speed=28, feed=8



8. Dinking drills

- Diagonal-BM diagonal
- Return outside at diagonal or straight
- Mark point with a target -
- Can add players

Settings:Elevation=19, speed=15, feed=12



For video demos, watch Jordan Briones:

<https://www.youtube.com/watch?v=y3qT0Au6Y1c>

Pickleball drills for 2 players:

<https://www.youtube.com/watch?v=7ndxOeoKdIE>

BM=Ball Machine

FH=Forehand

BH=Backhand

Revised 6/8/22