

Pickleball Drill

Transition Zone Defense

Start with 2 players across the net from each other. 1 player is at the kitchen line the other is located across the net in the transition zone.

Purpose of Drill: Defensive skills are an important part of the game. The ability to keep the ball in play while defending a bad position or an aggressive offensive shot can help you win the point. This drill is a practice drill for each player. The player in the transition zone must defend and reset the point. The net person practices hitting the all too important 4th shot...At the player's feet.

Start the drill out slow. as the players begin to get the feel of defending and attacking, speed up the aggressive shots. Depending where the ball is struck by the defender determines if the ball is a drop shot into the kitchen or a block return volley. Defensive players try to keep the ball out of their “Exclusion Zone.” This is a no-lob drill.

Time: Practice for 5 minutes then rotate.

Instructors: Demonstrate how the drill should run. Demonstrate how the defensive players' paddle is out front protecting the “Exclusion Zone.” The player should be balanced with a good split step and the center of gravity should be lower to the ground.

No Scoring..Just try to keep the ball alive and out of the overhead shots.