

7-Day Pickleball Dink Challenge

Master Your Soft Game in One Week!

How It Works:

- Duration: 7 days
- Time: 15-30 minutes per session
- Goal: Build consistency, control, and confidence with your dink shots.
- What You Need: Paddle, pickleball, net (or wall for solo work), and cones/towels for accuracy drills.

Day 1 – Dink Consistency (Solo or Partner)

Focus: Soft touch and control

- 50 consecutive dinks at the kitchen line.
 - Solo: use a wall.
 - Partner: rally for 3 minutes without missing.
- Challenge: Hit 75 dinks in a row with no errors!

Day 2 – Crosscourt Dinks (Partner)

Focus: Angled control and movement

- Dink crosscourt from kitchen corner to kitchen corner.
 - Aim for 20 dinks in a row.
- Challenge: Hit 10 crosscourt dinks that land near the sideline.

Day 3 – Accuracy Drill (Solo or Partner)

Focus: Precision and placement

- Place 3 targets in the opponent-s kitchen.
 - Land 5 dinks on each target before moving to the next.
- Challenge: Complete 15 accurate dinks total.

Day 4 – Up & Back Dinking (Partner)

Focus: Footwork and control

- Start at the kitchen line and dink.
 - After 5 shots, take 2 steps back and dink from mid-court.
 - Return to the kitchen and repeat.
- Challenge: Keep control from different distances.

Day 5 – Pressure Dinking (Partner)

Focus: Staying calm under pressure

- Dink rally at the kitchen line.
 - After 10 shots, either player may attack.
 - Defend and return to dinking.
- Challenge: Survive 3 attacks and reset the rally.

Day 6 – Competitive Dink Points (Partner)

Focus: Real-game application

- Play a mini-game where only dinks count.
 - First to 5 points wins.
- Challenge: Use a mix of short, deep, and angled dinks.

Day 7 – Full Dink Match Challenge

Focus: Putting it all together

- Play a full game to 11 points using dinks only.
 - No volleys, no slams, just patient, controlled dinking.
- Challenge: Win through smart placement, not power.

Congratulations!

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You've completed the 7-Day Dink Challenge!

Repeat weekly for even bigger improvements and start dominating those kitchen line battles.

Top Tip: Print this and tick off each day as you complete it!