

# Pickleball Training Drills UK

## 1. Serve & Return Drills

- Deep Serve Target Practice: Aim serves at cones in the back corners.
- Return of Serve Placement: Hit deep, controlled returns to push opponents back.

## 2. The Dinking Game

- Crosscourt Dink Battle: Maintain control in a crosscourt dink rally.
- Dink & Attack: Start dinking, then attack when an opportunity arises.

## 3. The Third Shot Drop

- Third Shot Drop Consistency: Hit 20 successful third shot drops in a row.
- Focus on accuracy and keeping the ball unattackable.

## 4. Volley Reaction Drills

- Rapid Fire Volley Exchange: Fast volley rally at the kitchen line.
- Paddle Up Reflex Drill: Block and reset quick volleys aimed at your body.

## 5. Footwork & Movement Drills

- Split Step & Shuffle Drill: Improve lateral movement and balance.
- Always reset to a ready position after each shot.

## Bonus: The 7-Second Challenge

- Every 7 seconds, one player must hit an attacking shot.
- Teaches decision-making under match pressure.

## Final Tips for Training

- Practice 15-30 minutes of drills before games.
- Stay consistent and focused on form, not just speed.
- Track progress by increasing drill difficulty over time.