

# SIMON X BALL MACHINE MANUAL

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<https://www.youtube.com/watch?v=zmw4rfFZ13M>

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(PLEAT)*

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*November 10, 2022*

SIMON X BALL MACHINE MANUAL.docx  
11/10/2022

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## INTRODUCTION

The purpose of drilling with a machine is to improve your game focusing on a clear skill otherwise you'll just be batting a ball around with a machine, not improving your skills. The machine does not show you the proper technique in striking the ball. Prior to taking the court for a training session you should review videos of the skill you want to improve and the proper technique that you need to use in the drill. You are referred to local instructors or YouTube sites to learn the proper technique for executing shots. Where possible links have been provided to show the proper Technique for executing skills and links to Drills for the skill. If you are practicing the wrong technique, you might not necessarily improve your game. "Practice doesn't make perfect. Perfect practice makes perfect." If you are truly highly motivated, document your drill performance by tracking results (i.e., percentage of targets hit). Without tracking performance, it is difficult to know if you are improving and if whatever aspects of your game you are training are working. Drills need to be game specific. Standing in one place and hitting balls with the SIMON X will not necessarily make you a better player. The drills need to either simulate real game situations or, if practicing single skills, have a competition mindset and practice visualizing yourself in a game situation while hitting each ball.

Your goal in drilling is to bridge the gap between drilling and an actual game situation by assimilating what you have learned and practiced in drills into real matches.

1. Prior to a practice session select the skill(s) you want to develop and build confidence
2. Determine the Technique and Drill needed to master the skill from instructors or videos. For example, do not just hit forehands without understanding the proper technique for hitting them.
3. Practice the proper technique for the skill to develop muscle memory around the skill
4. After you feel you have mastered the skill, make it matter, for example by placing targets in the court and scoring on how well you are executing the skill by counting how many times you have successfully executed the skill. Focus with specific targets in mind.
5. Apply the skill in a mini-game situation where you keep score
6. You have mastered the skill when you can with a high degree of success using the skill in real matches

The drill manual includes:

- **Techniques and Drills:** Links to techniques and drills specific for the skill
- **Machine Settings:** Recommended starting machine settings for the drill (*Note: Players set Interval and Oscillation Settings to their preference*)
- **Diagrams:** Player(s), machine, and target positions
- **Descriptions:** How to execute the drills, target locations, and drill options
- **How to Score:** Suggested method to measure improvement
- **Multi-player options:** How multiple players can drill together
- **Documentation:** Planner and Scorecard for Skills to be developed
- **Assessment:** Assessment tool to determine Skill levels

Drill diagram references:



Location (B = Base Line, N = NVZ, M = Mid-Court, L = Left, C = Center, R = Right)



Primary drill participant

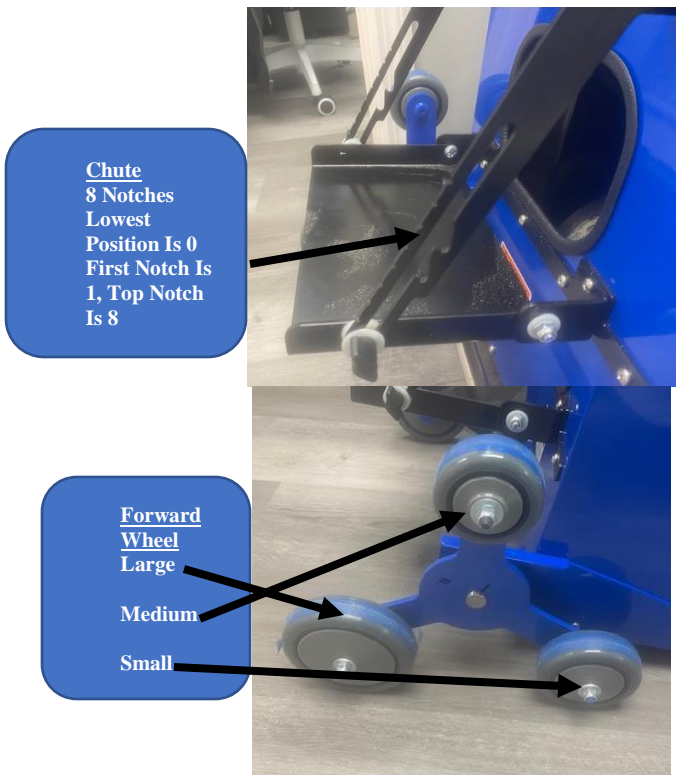
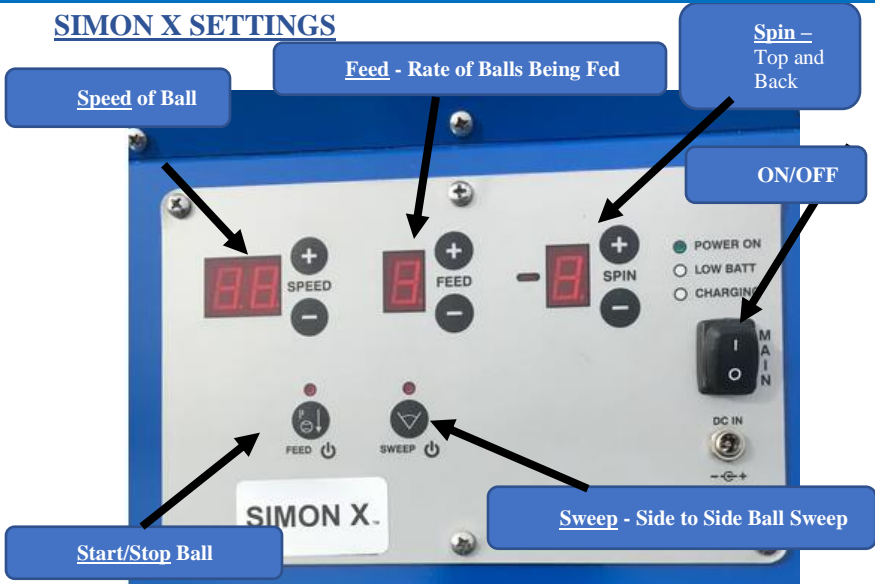


Secondary drill participant



Shot target(s)

# SIMON X SETTINGS



## DRILL SUGGESTIONS

The Pickleball SIMON X settings and drill descriptions are intended to provide you with a quick reference guide to set up your SIMON X and start drilling. The drills provided are only a handful of drills that can be performed. You are encouraged to invent new drills and to modify the above drills to meet your needs and keep your practice sessions fun and exciting! Here are a few ideas to modify the drills in this booklet.

### Decision Making

Load the machine hopper with half orange and half yellow balls. Simply hit a different shot depending on which color ball is fed (e.g., backspin if orange versus topspin if yellow; groundstroke if orange versus drop shot if yellow, etc.). You can also make the options directional (e.g., hit crosscourt if orange versus down-the-line if yellow, etc.).

### Pickleball SIMON X Setting

The SIMON X settings provided are just a starting point. Drills can be varied by moving the machine to different places on the court and experimenting with different ball speed, arc, and frequency. Similarly, although several of the drills in this manual are described without oscillation, setting your machine to side-to-side oscillation can also add more variety to your practice sessions.

### Player and Target Positions

Although the drill descriptions indicate where you should position yourself, this can also be modified according to your specific goals. Plus, where you set up your targets and the variety of shots you hit can also be modified.

### Multi-Player Drilling

Generally speaking, only one multi-player drill is described for each drill concept in this manual. However, for each drill there is usually the option of having a partner on the opposite side of the court (simulating your opponent) or on the same side of the court (your doubles partner or just a second player to rotate with). When you are practicing with a player on the same side of the court, you can either include them in the drill at the same time (requiring you and your partner to decide who hits the ball) or have them rotate into the drill after a set number of balls have been hit. Most multi-player drills we included in this booklet call for only two players, but obviously three or four could be incorporated into most drills.

### Drill Assimilation

<https://pickleballkitchen.com/no-more-boring-drills-youll-love-this-pickleball-drilling-game>

Pickle 30 is a game that you can play with a partner to incorporate and practice the skills that you have developed by drilling

### Warm-Up Routine

<https://pickleballkitchen.com/5-great-pickleball-drills-you-can-do-in-30-minutes>

The following routine is suggested as a warm-up routine prior to a match.

1. Dink triangle
2. Volleys
3. Drop Shots in and Out
4. 3<sup>rd</sup> Shot Drops with Deep returns

## GROUNDSTROKES

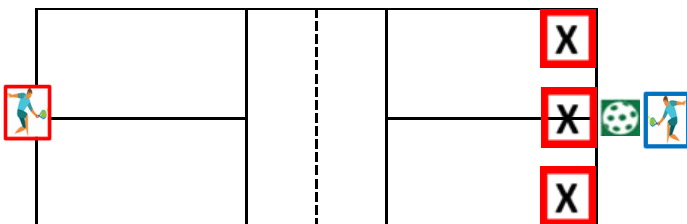
### *Forehand and Backhand*

**Technique:** <https://pickleballkitchen.com/how-to-do-a-pickleball-groundstroke-for-beginners/>

**Drill:** <https://www.youtube.com/watch?v=iqriTFcuVcQ>

#### SETTINGS:

<b>Speed:</b>	<b>Feed:</b>	<b>Spin:</b>	<b>Sweep:</b>	<b>Wheel:</b>	<b>Chute:</b>
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#### DESCRIPTION

Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Return to the baseline midpoint, split step, and then hit the next feed. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. Hit forehand groundstrokes on the deuce side of the court and back hands on the ad side (for a right-handed player). Experiment hitting the ball while it is rising off the bounce (short hop /half volley) and while it is dropping. Also try side-to-side oscillation to alternate forehands and backhands. For variety and unpredictability use the random oscillation feature. Advanced players may want to experiment hitting top spin and backspin as well.

#### HOW TO SCORE – MAX = 30

Set up 5X5 ft squares at 3 baseline positions. Target 10 forehands to each target and count how many hits in the position you have. Repeat for back hand

#### MULTI-PLAYER OPTION

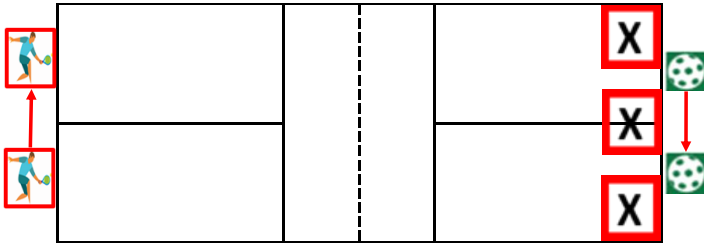
Slow the feed frequency to allow for each sequence to be completed before the next ball is fed, and, move the machine to a non-hazardous position for the second player. This drill option is a 3-shot sequence. The second player starts at the baseline midpoint. Have them return your groundstroke with a cross-court drop to your backhand. You will then either dink the drop (if it is a low drop), drive the ball deep to your partner (if it is a mid-height drop) or overhead smash the ball (if it is a high, attackable "floater"). The drill ends after you return your partner's drop shot. Note: Since this is a relatively high-movement exercise, try just five sequences in a row and then use your remote to pause the machine. Rotate positions as desired.

## Return of Serve

**Technique:** <https://youtu.be/pPuKXONAFFU>

### SETTINGS:

<b>Speed:</b>	<b>Feed:</b>	<b>Spin:</b>	<b>Sweep:</b>	<b>Wheel:</b>	<b>Chute:</b>
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### DESCRIPTION

Rather than being a passive shot, an aggressively hit return of serve can put pressure on your opponent's third shot. The return of serve should be hit with pace but should still allow yourself enough time to reach the Non-Volley Zone (NVZ) line by the time your opponent's third shot crosses the net. The return of serve should normally be hit on your preferred side (the forehand for most players), typically with back-spin, deep to your opponent's backhand. Between shots recover to the return of serve ready position, split step, and then hit the next feed. The return of serve ready position will be dependent on if you are right- or left-handed (below positions are for right-handed players who prefer hitting forehands). Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot, so you are relaxed and focused, not rushed and tight. Experiment hitting the ball while it is rising off the bounce (short hop / half volley) and while it is dropping. Practice from the deuce side and then reposition the machine to return from the ad side. Many variations of this drill can be performed by aiming the feeds to the player's forehand/backhand, and by adjusting the speed/elevation to simulate high-loft serves or short-corner serves.

### HOW TO SCORE – MAX = 120

Set up 5X5 ft squares at 3 baseline positions. From the EVEN court, target 10 forehand slices to each target and then target 10 backhand slices to each target. Repeat from the ODD court.

### MULTI-PLAYER OPTION

Position your partner on the same side of the net as you but on the opposite side of the court (see above diagram). Set the machine to side-to-side oscillation. You and your partner will alternate hitting serve returns. If you are hitting returns from the deuce court, then your partner will be hitting returns from the ad court (and vice versa). Hit 10 returns from the side of the court you're on before switching positions with your partner. Continue to switch sides after every 10 return of serves.

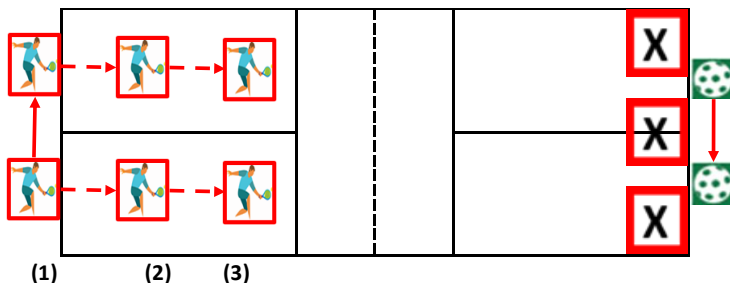
### 3<sup>rd</sup> Shot Drive

**Technique:** <https://pickleballkitchen.com/2-reasons-why-you-should-stop-doing-the-3rd-shot-drop-sometimes/>

**Drill:** <https://www.youtube.com/watch?v=3HVhzh9T8t4>

**SETTINGS:**

<b>Speed:</b>	<b>Feed:</b>	<b>Spin:</b>	<b>Sweep:</b>	<b>Wheel:</b>	<b>Chute:</b>
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#### **DESCRIPTION**

Passing shots are very important when playing singles but are also important in doubles when your opponents might be expecting a third-shot drop. A hard hit third-shot drive often results in a weakly hit volley allowing you and your partner to move up to midcourt to hit an easy fifth-shot drop to advance to the Non-Volley Zone (NVZ) line. Between shots return to the baseline midpoint, split step, and then hit the next feed. Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. Hit forehand passing shots on the deuce side of the court and backhands on the ad side (for a right-handed player). Experiment hitting the ball while it is rising off the bounce (short hop / half volley) and while it is dropping. Also try side-to-side oscillation to alternate forehands and backhands. For variety and unpredictability use the random oscillation feature. All passing shots should be hit relatively hard with a little topspin if you have that skill, and relatively low over the net.

Drill 1: Put machine behind EVEN or ODD on the baseline to simulate return of server. You stand on the opposite baseline in opposite court. Aim for one of three targets on the baseline.

Drill 2: Start at position 1 and hit 3<sup>rd</sup> shot drive and move to position 2 and hit drop shot, move to position 3 and put ball away

#### **HOW TO SCORE – MAX = 120**

Set up 5X5 ft squares at 3 positions on the base line. From the EVEN court, target 10 3<sup>rd</sup> shot drives to each target, move to position 2 and hit drop shot, move to position 3 and put ball away at each target. Count how many times you hit target from position 1 and 3. Repeat from the ODD court.

#### **MULTI-PLAYER OPTION**

Position your practice partner at the NVZ line. Your partner could be positioned at the midpoint of the NVZ line (if focusing on singles play) or at the midpoint of the deuce/ad court NVZ line (if focusing on doubles play). Have them attempt to volley your passing shot. This 2-shot drill ends after your partner volleys your passing shot, or when your finely tuned passing shot whizzes by your partner for a winner! Adjust the machine position for safety and adjust the feed rate to accommodate the drill.



## DINKS

**Technique:** Forehand <https://pickleballkitchen.com/5-beginner-tips-to-make-your-dinks-10x-better/>

Backhand <https://pickleballkitchen.com/getting-better-at-backhand-dinking-in-pickleball/>

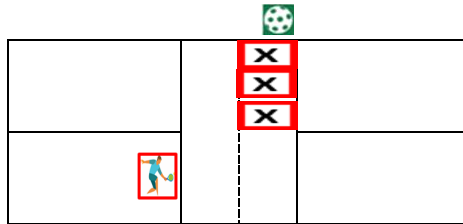
**Drill:** <https://www.youtube.com/watch?v=wPA23GvQ9wo>

### *Cross-Court Dinks*

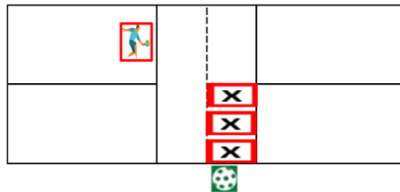
#### **SETTINGS:**

<b>Speed:</b>	<b>Feed:</b>	<b>Spin:</b>	<b>Sweep:</b>	<b>Wheel:</b>	<b>Chute:</b>
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Forehand



Backhand



#### **DESCRIPTION**

Keep a loose grip on your paddle. Set up the machine so it's almost at the net off the side of the court. Aim it down the line of the net so it simulates a cross-court dink shot. Stand at the kitchen line to practice returning dinks.

Most dink shots should be hit crosscourt, allowing the arc of your dink to cross over the center of the net where the net height is the lowest. Between shots, return to the midpoint of the NVZ line on your side of the court, split step, and then hit the next feed. Your goal is to get into position and on balance for each shot, so you are relaxed and focused, not rushed and tight. Hit forehand dinks on the EVEN side of the court and backhands on the ODD side (for a right-handed player). Hit most dinks crosscourt but also hit some down-the-line. Hit a full round of dinks from one side of the court before swapping the SIMON X location to the opposite side of the court.

#### **HOW TO SCORE – MAX = 60**

Set up 5X7 ft squares at 3 positions on the kitchen line opposite from the court you are on. From the EVEN court, target 10 forehand dinks to each target. From the ODD court, target 10 backhand dinks to each target.

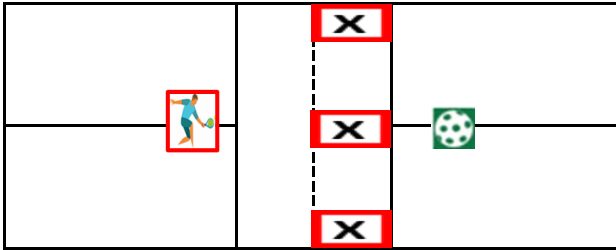
#### **MULTI-PLAYER OPTION**

When a hitting partner is available, hit the first shot off the machine down-the-line. The practice partner then moves to the ball and counters with a crosscourt angled dink. End the sequence here for a 2-ball sequence. Optionally, let the first player chase down the angled dink and return that shot crosscourt for a high-energy 3-ball sequence. Adjust the feed rate of the machine to accommodate the timing needed for this drill concept.

## Side-To-Side Dinks

### SETTINGS:

Speed:	Feed:	Spin:	Sweep:	Wheel:	Chute:
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### **DESCRIPTION**

This drill is a variation of the "Crosscourt Dinks" drill. Although the feed location and return dink angles may not be typical of a real game situation, this drill does allow more variation and is useful to avoid repetitiveness when practicing your dink shot. Between shots return to the midpoint of the NVZ line, split step, and then hit the next feed. Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. Hit forehand dinks on the deuce side of the court and backhands on the ad side (for a right-handed player). Hit most dinks crosscourt but also hit some down-the-line.

### **HOW TO SCORE – MAX = 60**

Set up 5X7 ft squares at 3 positions on the kitchen line. From the MID-COURT court, target 10 forehand dinks to each target. Repeat for backhand dinks.

### **MULTI-PLAYER OPTION**

When a hitting partner is available, hit the first shot off the machine down-the-line. The practice partner then moves to the ball and counters with a crosscourt angled dink. Stop here for a 2-ball sequence. Optionally, let the first player chase down the angled dink and return that shot crosscourt for a high-energy 3-ball sequence. Adjust the feed rate of the machine to accommodate the timing for this drill concept.

## VOLLEYS

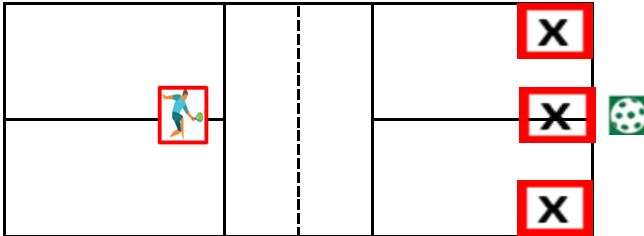
### *Swing Volley (Rolls)*

**Technique:** <https://pickleballkitchen.com/5-awesome-shots-to-add-to-your-pickleball-arsenal/>  
(0:29-1:51)

**Drill:** <https://www.youtube.com/watch?v=KDLVyszj0K4>

#### **SETTINGS:**

<b>Speed:</b>	<b>Feed:</b>	<b>Spin:</b>	<b>Sweep:</b>	<b>Wheel:</b>	<b>Chute:</b>
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#### **DESCRIPTION**

The swing volley (or forehand or backhand rolls) is an attacking shot and has a larger backswing compared to a "punch volley". The swing volley is hit with a low to high paddle movement to generate some topspin. The swing volley is often hit when a slower paced ball is hit slightly high above the net and you can contact the ball above your waist. The ball should be hit deep in the court to prevent your opponent(s) from advancing to the NVZ line. Between shots return to the midpoint of the NVZ line, split step, and then hit the next feed. Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. Try side-to-side oscillation to alternate forehands and backhands. For variety and unpredictability use the random oscillation feature. Experiment hitting forehand and backhand volleys, both cross court and down-the-line.

#### **HOW TO SCORE – MAX = 60**

Set up 5X5 ft squares at 3 baseline positions. From the center court, target 10 forehand swing volleys to each target and then target 10 backhand volleys to each target. Repeat from the ODD court.

#### **MULTI-PLAYER OPTION**

Position your practice partner at the baseline midpoint. Have them return your swing volley with a drop or dink. You will either dink the drop (if it is a low drop), drive the ball deep to your partner (if it is a mid-height drop) or overhead smash the ball (if it is a high, attackable "floater"). This 3-shot drill ends after you return the drop shot. Adjust the feed rate of the machine to accommodate the timing for this drill concept, and the position of the machine should be changed to one side of the court and you should aim to the other side for obviously safety reasons.

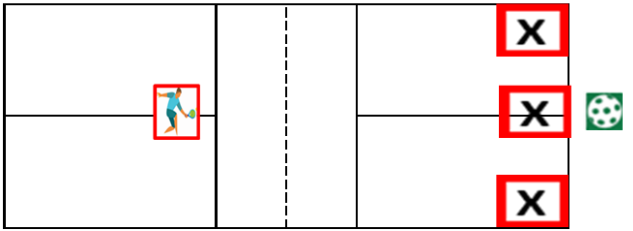
## Punch Volley

**Technique:** <https://pickleballkitchen.com/how-to-put-away-shots-with-a-pickleball-punch-volley/>

**Drill:** <https://www.youtube.com/watch?v=oCNGUFqaiBw>

### SETTINGS:

Speed:	Feed:	Spin:	Sweep:	Wheel:	Chute:
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### DESCRIPTION

With punch volleys the balls are coming to your chest. Set up a bunch of targets a few feet in from the lines in the baseline. Place the machine behind the baseline at the center of the court. Stand at the kitchen line so the balls are heading straight at you and try to hit the targets with your hits.

The punch volley is a shot with much less backswing compared to a groundstroke. It is typically hit against hard hit groundstrokes that have little arc and don't allow for a lot of shot preparation. The ball is struck with a short "punch" or jab motion and placed deep in the court. The goal is to prevent your opponent from advancing forwards toward the NVZ line. Between shots return to the midpoint of the NVZ line, split step, and then hit the next feed. Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. Try side-to-side oscillation to alternate forehands and backhands. For variety and unpredictability use the random oscillation feature. Experiment hitting forehand and backhand volleys, both crosscourt and down-the-line.

### HOW TO SCORE – MAX = 60

Set up 5X5 ft squares at 3 baseline positions. From the center court, target 10 forehand punch volleys to each target and then target 10 backhand punch volleys to each target. Repeat from the ODD court.

### MULTI-PLAYER OPTION

Use random oscillation for this drill. Position yourself behind the midpoint of the ad court NVZ line and your partner behind the midpoint of the deuce court NVZ line (or vice-versa). You and your partner will need to communicate when the random feeding machine occasionally throws the ball down the middle of the court. Don't let indecision beat you on this drill! Just like during a game, this drill will help you and your partner quickly and effectively react to balls that are driven up the middle of the court. You and your partner will return 10 balls in your original positions before swapping sides. Continue to alternate sides every 10 balls.

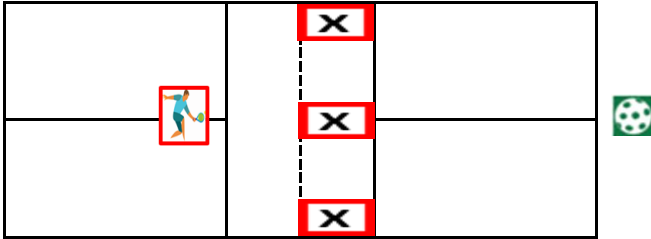
## Block Volley

### Technique & Drill:

<https://www.youtube.com/watch?v=Y2Xjar970tw>

### SETTINGS:

Speed:	Feed:	Spin:	Sweep:	Wheel:	Chute:
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### DESCRIPTION

The block volley is a volley with little to no backswing, usually to block a hard driven ball back deep into the opponent's court. When preparing to hit a block volley be very cognizant of the ball's speed and trajectory as many hard-hit balls may rebound too fast off your paddle and sail out past the baseline. Try side-to-side oscillation to alternate forehands and backhands. For variety and unpredictability use the random oscillation feature. Experiment hitting forehand and backhand volleys, both crosscourt and down-the-line. Practice hitting to various targets repeatedly to gain more control over this very important shot!

Drill 1: Stop ball and then hit it into the kitchen

Drill 2: Block ball into the kitchen

### HOW TO SCORE – MAX = 60

Set up 3X7 ft squares at 3 positions on the kitchen line opposite from the court you are on. Hit 10 forehand block volleys to each target. Then target 10 backhand block volleys to each target.

### MULTI-PLAYER OPTION

Position your partner on the same side of the net as you, but at the baseline. First, you will hit 10 block volleys. Your partner will be near the baseline and will make the call whether or not any of the fed balls you decide to leave land in the court or land out past the baseline. This will help you improve your ball recognition skills. After all, if your opponent hits a ball that is going to sail long, better to leave it alone than attempt a shot you may miss! Therefore, it is important to set the machine to feed the ball so it lands around the baseline, since inevitably some of those feeds will bounce out of bounds. After 10 balls are fed, switch positions with your practice partner. Continue to switch every 10 balls. Keep score if you'd like to make the drill competitive and play until one player reaches 11 or 21 points. +1 for hitting a block volley in the court (but not in a target) +2 for hitting a block volley in a NVZ or baseline target +2 for not hitting a ball that lands out of the court -1 for hitting a block volley into the net or out of the court -2 for not hitting a ball that lands in the court

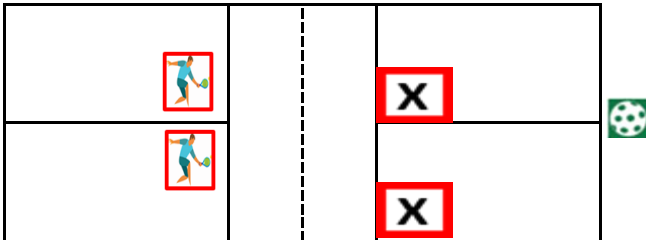
## Poach Volley

### Technique & Drill:

<https://www.youtube.com/watch?v=Y2zBO5LxSqc>

### SETTINGS:

Speed:	Feed:	Spin:	Sweep:	Wheel:	Chute:
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### DESCRIPTION

A poach volley is a volley that you hit on the opposite side of the court from where you were originally positioned. Oftentimes, right-handed players with strong forehands will move from the ad court to the deuce court to poach in doubles so they can attack a ball with their forehand. Between shots return to the NVZ line on one side of the court or the other, depending on whether you want to practice a forehand or backhand poach volley. Then, when you see the feed coming, take a split step, hit the poach volley off the feed that is directed up the middle of the court. Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. All volleys should be hit relatively hard and at the feet of the imagined opponent's backhand. Hit five continuous volleys from the ad side, then five volleys from the deuce side and continue to change sides every five volleys. For added difficulty, start at the sideline (rather than at the midpoint of the deuce or ad courts to extend yourself to be able to cover more ground when attempting to poach.

### HOW TO SCORE – MAX = 40

Set up 5X5 targets in the left front corners of the EVEN and ODD courts. From the EVEN court on your side hit 10 poach volleys to each target. Repeat from the EVEN court

### MULTI-PLAYER OPTION

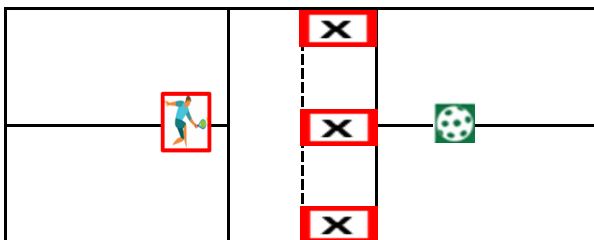
Position yourself at the midpoint of the NVZ line on one side of the court and your practice partner at the midpoint of the NVZ line on the other side of the court (see diagram above). For this multiplayer drill, the SIMON X will need to be positioned straight ahead. Hit two poach volleys from your side of the court and then your partner will hit two poach volleys from their side of the court. Continue alternating until the round of balls is finished. Afterwards switch sides. For extra fun and focus, keep score with one point awarded for each time a target is hit. Play until one player reaches five points.

## Dink Volley

**Technique:** <https://www.youtube.com/watch?v=mRbeZ7XKBVA>

### SETTINGS:

Speed:	Feed:	Spin:	Sweep:	Wheel:	Chute:
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### **DESCRIPTION**

A dink volley is a volley that you hit out of the air during a dinking exchange. You generally hit this in front of you with the forehand motion. Set the machine up at mid-court on oscillation to deliver dinks to you. Position yourself at the kitchen, and from the ready position, dink volley balls in the air whenever you can.

### **HOW TO SCORE – MAX= 60**

Set up 3X7 ft squares at 3 positions on the kitchen line opposite from the court you are on. Hit 10 dink volleys to each target. Then target 10 backhand block volleys to each target.

### **MULTI-PLAYER OPTION**

Have a partner on the other half of the court and alternate shots from the machine.

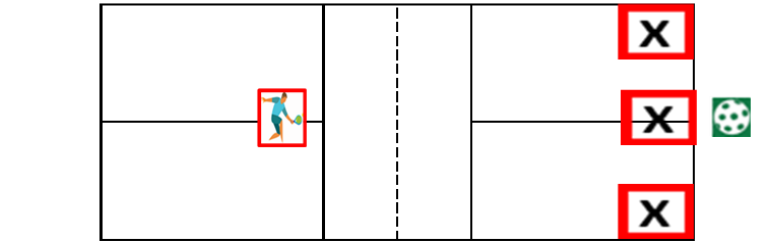
## Beat A Banger

**Technique:** <https://pickleballkitchen.com/the-one-pickleball-skill-you-need-to-defeat-bangers/>

**Drill:** [https://www.youtube.com/watch?v=F6Xqv7e\\_FQs](https://www.youtube.com/watch?v=F6Xqv7e_FQs)

### SETTINGS:

Speed:	Feed:	Spin:	Sweep:	Wheel:	Chute:
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### DESCRIPTION

In order to beat a banger, you need to use the speed, they generate and soften the return to their feet using a volley. It is important to have soft hands and little backswing in the volley. You generally hit this in front of you with the backhand motion. Set the machine up at mid-court on oscillation to deliver hard shots to you. Position yourself at the kitchen, and from the ready position, volley balls into the targets.

### HOW TO SCORE – MAX = 30

Set up 5X5 ft squares at 3 baseline positions. From the center court, target 10 volleys to each target.

### MULTI-PLAYER OPTION

Have a partner on the other half of the court and alternate shots from the machine.



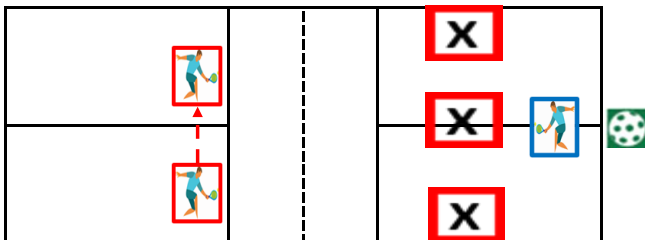
## Blocking 3<sup>rd</sup> Shot Drive

### Technique & Drill:

<https://www.youtube.com/watch?v=jZ67wenKirs>

### SETTINGS:

Speed:	Feed:	Spin:	Sweep:	Wheel:	Chute:
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### DESCRIPTION

When opponent's chose to use a third shot drive they generally hit it with a lot of top spin and pace and are trying to drive the ball past you. They have started from the back of the court and are trying to move forward after their shot. They will probably reach mid-court and your counter is a punch volley to their feet.

### HOW TO SCORE – MAX = 120

Set up 5X5 ft squares at 3 positions at mid-court. From the EVEN court, target 10 forehand drop volleys to each target and then target 10 backhand drop shots to each target. Repeat from the ODD court.

### MULTI-PLAYER OPTION

Position your practice partner at the midpoint of their court. Have them return your volley. Your partner will either dink the drop (if it is a low drop), drive the ball deep to your partner (if it is a mid-height drop) or overhead smash the ball (if it is a high, attackable “floater”). This 2-shot drill ends after your partner returns your drop shot. Adjust the machine position for safety and adjust the feed rate to accommodate the drill.

## DROP SHOTS

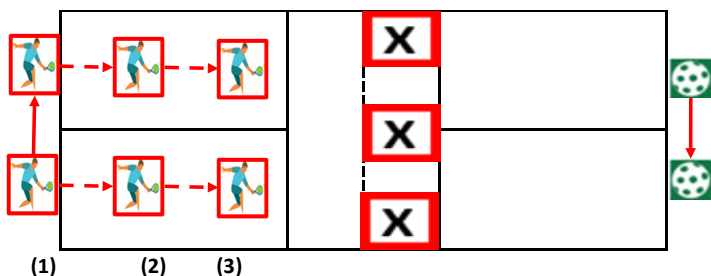
### 3<sup>rd</sup> Shot Drop

**Technique:** <https://pickleballkitchen.com/3-critical-mistakes-you-may-be-making-with-your-3rd-shot-drop/>

**Drill:** <https://www.youtube.com/watch?v=5ceDVgDpL1U>  
<https://www.youtube.com/watch?v=NiMR7u56U2M>

#### SETTINGS:

<b>Speed:</b>	<b>Feed:</b>	<b>Spin:</b>	<b>Sweep:</b>	<b>Wheel:</b>	<b>Chute:</b>
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#### DESCRIPTION

The drop shot is one of the most important shots in pickleball and also one of the most difficult. A player's ability to reliably hit well-placed drop shots is often cited as a key skill of players rated 4.0 and above. Make sure that you do not add speed to the ball by snapping your wrist, rather use a stiff arm with a high follow through.

Drill 1: Put machine behind EVEN or ODD on the baseline to simulate return of server. You stand on the opposite baseline in opposite court. Aim for one of three targets in the kitchen.

Drill 2: Start at position 1 and hit drop shot and move to position 2 and hit another drop shot, move to position 3 and put ball away

Between shots return to the baseline midpoint, split step, and then hit the next feed. Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. Hit forehand drop shots on the deuce side of the court and backhands on the ad side (for a right-handed player). Experiment hitting the ball while it is rising off the bounce (short hop / half volley) and while it is dropping. Also try side-to-side oscillation to alternate forehands and backhands. For variety and unpredictability use the random oscillation feature. Advanced players may want to experiment hitting topspin and backspin as well.

#### HOW TO SCORE – MAX = 120

Set up 5X7 ft squares at 3 positions on the kitchen line. From the EVEN court, target 10 forehand drop shots to each target and then target 10 backhand drop shots to each target. Repeat from the ODD court.

#### MULTI-PLAYER OPTION

Position your practice partner at the midpoint of the Non-Volley Zone (NVZ) line. Have them return your drop shot. Your partner will either dink the drop (if it is a low drop), drive the ball deep to your partner (if it is a mid-height drop) or overhead smash the ball (if it is a high, attackable "floater"). This 2-shot drill ends after your partner returns your drop shot. Adjust the machine position for safety and adjust the feed rate to accommodate the drill.

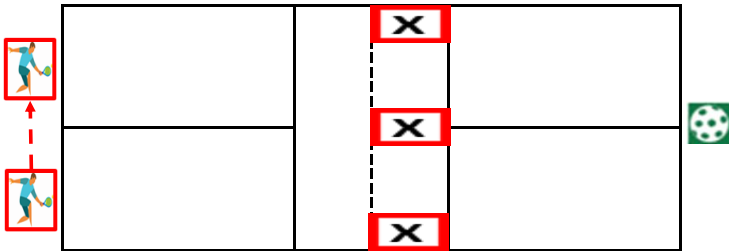
## 3<sup>rd</sup> Shot Dive

**Technique:** [https://www.youtube.com/watch?v=\\_6N7qVwNLKQ](https://www.youtube.com/watch?v=_6N7qVwNLKQ)

**Drill:** <https://www.youtube.com/watch?v=3TWVIqWxcZE>

### SETTINGS:

<b>Speed:</b>	<b>Feed:</b>	<b>Spin:</b>	<b>Sweep:</b>	<b>Wheel:</b>	<b>Chute:</b>
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### DESCRIPTION

Third shot dives are a variation on top spin forehand and backhand strokes designed to clear the net at much lower height than a 3<sup>rd</sup> shot drop shot. The shot is hit with an upward motion with a fall through the ends near the opposite ear in the “listen to the paddle” position. The shot is hit with minor pace.

### HOW TO SCORE – MAX = 120

Set up 5X7 ft squares at 3 positions on the kitchen line. From the EVEN court, target 10 forehand dive shots to each target and then target 10 backhand dive shots to each target. Repeat from the ODD court.

### MULTI-PLAYER OPTION

Position your practice partner at the midpoint of the Non-Volley Zone (NVZ) line. Have them return your drop shot. Your partner will either dink the drop (if it is a low drop), drive the ball deep to your partner (if it is a mid-height drop) or overhead smash the ball (if it is a high, attackable “floater”). This 2-shot drill ends after your partner returns your drop shot. Adjust the machine position for safety and adjust the feed rate to accommodate the drill.

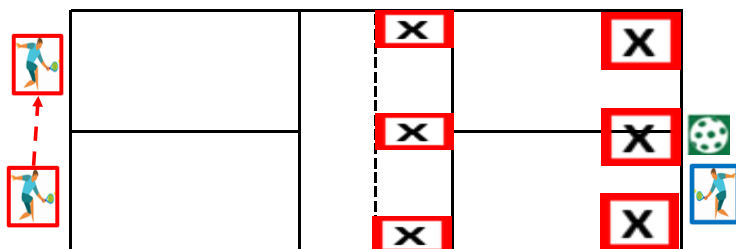
## Returning Drop Shots (4<sup>th</sup> Shot)

### Technique:

### Drill:

### SETTINGS:

<b>Speed:</b>	<b>Feed:</b>	<b>Spin:</b>	<b>Sweep:</b>	<b>Wheel:</b>	<b>Chute:</b>
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### DESCRIPTION

This drill feeds drop shots from the back of the court requiring the participant to quickly assess the quality of the drop shot and decide to either hit a return dink (dink volley or dink off the bounce), swing volley or punch volley (see volley drills for descriptions). This is an important game situation and one that often results in errors. Players often make the mistake of attacking a low drop shot, either hitting it into the net or hitting too high, setting up the opponent for an easy overhead smash winner. Between shots return to the midpoint of the NVZ line, split step, and then hit the next feed. Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. Hit forehands on the deuce side of the court and backhands on the ad side (for a right-handed player).

### HOW TO SCORE – MAX = 120

Set up 5X7 ft squares at 3 positions on the kitchen line and set up 5X5 ft squares at 3 positions on the base line. From the EVEN court, target 10 shot to each target. Repeat from the ODD court.

### MULTI-PLAYER OPTION

Your partner needs to recognize and react to the probability of the shot you decide to hit based on the quality of the feed from the machine and how challenging a position you are placed. If your partner can advance, then they will return your dink with a return dink. Otherwise, your partner will stay at the baseline and return your swing volley or deep punch volley with a drop shot to your feet. This 2-shot drill ends after your partner returns your shot off the feed from the machine. Adjust the Pickleball SIMON X position for safety and adjust the feed rate to accommodate the drill and your playing level.

## OVERHEAD SMASHES

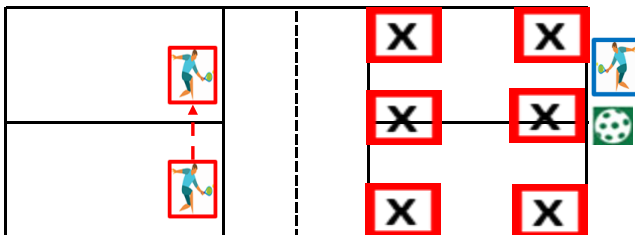
### *Overhead Smash From NVZ*

#### **Technique & Drill:**

[https://www.youtube.com/watch?v=C5ooEbQ\\_ZTI](https://www.youtube.com/watch?v=C5ooEbQ_ZTI)

#### **SETTINGS:**

OVERHEAD SMASHES	42	1	-2	OFF	L	5	CM
Overhead Smash From NVZ	42	1	-2	OFF	L	5	CM
Overhead Smash From Baseline	42	1	-2	OFF	L	5	CM



#### **DESCRIPTION**

The overhead smash hit from the NVZ Line is an offensive weapon. Unfortunately, players often swing with all their strength to crush the ball, and regularly overhit or dump it into the net. Although a hard smash can impress your fans in the bleachers, it's better to take a little off, and hit it accurately and consistency with moderate power. From a technique standpoint, remember to extend your non-paddle hand to both balance yourself and track the ball. Like all ball machine drilling, be sure to return to the midpoint of the NVZ line between shots with a split step, and then hit the next feed. Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. Try side-to-side oscillation to alternate forehand and backhand overheads, but generally take it with your "forehand" or throwing motion side as much as possible. For variety and unpredictability use the random oscillation feature. Experiment hitting forehand and backhand smashes, both crosscourt and down-the-line. To simulate if your opponents are positioned at the NVZ line, hit the ball at the targets at the NVZ line (at their feet). To simulate when your opponents are at the baseline, then hit the baseline targets to keep your opponent(s) deep in the court or attempt to hit the two targets placed near the sideline at midcourt. Hitting the ball with an acute angle to these targets will often result in an outright winner.

#### **HOW TO SCORE – MAX = 120**

Set up 5X5 ft squares at 6 positions on the opposite. From the EVEN court, target 10 shot to each target. Repeat from the ODD court.

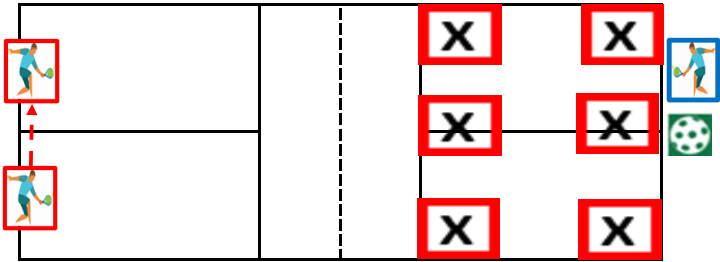
#### **MULTI-PLAYER OPTION**

Position your practice partner at the baseline midpoint to return your overhead smash. The goal of your partner is not just to return your overhead but to drop it with accuracy into the NVZ, so they can advance to the NVZ line. You will either dink the drop (if it is a low drop), drive the ball deep to your partner (if it is a mid-height ball), or overhead smash the ball again (if it is a high and attackable "floater"). The drill ends after you return the drop shot, making this a 3-shot drill. Since the mid-court machine position creates a safety hazard, feed the initial lob from one side of the court or the other and hit the first overhead to the open court where the machine is not located.

## Overhead Smash From Baseline

### SETTINGS:

OVERHEAD SMASHES	42	1	-2	OFF	L	5	CM
Overhead Smash From NVZ	42	1	-2	OFF	L	5	CM
Overhead Smash From Baseline	42	1	-2	OFF	L	5	CM



### DESCRIPTION

Compared to hitting an overhead smash at the NVZ line, an overhead smash at midcourt or near the baseline is often less of an offensive shot. Again, it's important to emphasize that the overhead smash should not be an all or nothing type of swing. The ball should be hit with pace but with a controlled swing, emphasizing the use of the wrist to direct and control the ball, especially if the ball is slightly behind you. When hitting an overhead, you should also raise your non-paddle hand to balance yourself and track the ball. NOTE: For safety and efficient movement, be sure to turn and either sidestep shuffle or crossover step to move backwards. For obvious safety reasons, never backpedal! Between shots return to the midpoint of the NVZ line, split step, and then hit the next feed. Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. Try side-to-side oscillation to alternate forehands and backhands, but generally take it with your "forehand" or throwing motion side as much as possible. For variety and more realistic drilling use the random oscillation feature. Practice hitting forehand and backhand smashes to different targets. If your opponent(s) are positioned at the NVZ line then hit the ball at the targets at the NVZ line (at their feet). If your opponents are at the baseline then hit the baseline targets to keep your opponent's deep in the court.

### HOW TO SCORE – MAX = 120

Set up 5X5 ft squares at 6 positions on the opposite. From the EVEN court, target 10 shot to each target. Repeat from the ODD court.

### MULTI-PLAYER OPTION

Position your practice partner at the baseline midpoint. Have them return your overhead smash. The goal of this player is not just to return your overhead smash but to drop it with accuracy into the NVZ since you were just moving backwards to hit the smash. You will either dink the drop (if it is a low drop), drive the ball deep to your partner (if it is a mid-height drop) or overhead smash the ball again (if it's a high attackable "floater"). This 3-shot drill ends after you return the drop shot. Since the machine position creates a safety hazard, move the machine to one side to feed the initial lob and hit the first overhead to the open court where the machine is not located. Adjust the Pickleball SIMON X feed rate to accommodate the drill.

## LOBS

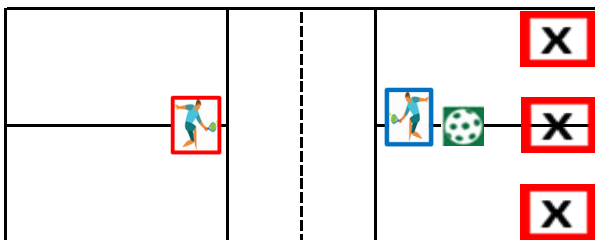
### LOB From Dink (Offensive)

#### Technique & Drill:

[https://video.search.yahoo.com/yhs/search?fr=yhs-norton-ext\\_onb&hsimp=yhs-ext\\_onb&hspart=norton&p=coach+simone+lobs#id=1&vid=e4f2cacfd83c56839e4a15d5f9c7c320&action=click](https://video.search.yahoo.com/yhs/search?fr=yhs-norton-ext_onb&hsimp=yhs-ext_onb&hspart=norton&p=coach+simone+lobs#id=1&vid=e4f2cacfd83c56839e4a15d5f9c7c320&action=click)

#### SETTINGS:

LOBS	42	1	-2	OFF	L	5	CM
LOB From Dink (Offensive)	42	1	-2	OFF	L	5	CM
Returning Lobs With Drop Shots (Defensive)	42	1	-2	OFF	L	5	CM
LOB From Overhead Smash (Defensive)	42	1	-2	OFF	L	5	CM



#### DESCRIPTION

This is a fairly advanced drill. Hit three crosscourt dinks and then an offensive low arcing lob to the baseline targets. The idea is that if your opponent knows you have an offensive lob in your toolkit, then during a dinking exchange they will be anxious, knowing that they may have to sprint to the baseline to return a well-placed lob. The more your opponent must think about which shot you might use, the less time and attention they will focus on what shot they want to hit. Prior to hitting a lob, be sure to hitting over their backhand side as much as possible. It's much easier to hit a lob past your opponent when the ball doesn't have to travel within reach of their regular forehand overhead. Hit lobs only high enough to pass beyond your opponent's reach to give them less time to track down your shot. Between shots return to the midpoint of the NVZ line on your side of the court, split step, and then hit the next feed. Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. Try to prepare close to the same on all shots to disguise your intent. Hit 12 shots on each side of the court.

#### HOW TO SCORE – MAX = 30

Set up 5X5 ft squares at 3 baseline positions. From the center court, target 10 lobs to each target.

#### MULTI-PLAYER OPTION

Position your practice partner at the midpoint of the NVZ line on the opposite side of the court from you. Have them return your crosscourt dinks straight down-the-line (away from you). When you hit a lob to the opposite side of the court from your partner (in the above diagram, in the deuce court), your partner will either hit an overhead smash (if the lob is vulnerable to attack) or hit to your feet (if the lob is hit accurately). This two-shot drill ends after your partner returns your dink or lob. Adjust the machine position for safety and adjust the feed rate to accommodate the drill.

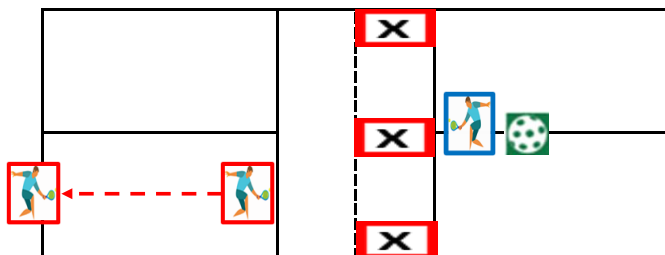
## Returning Lobs With Drop Shots (Defensive)

**Technique:** [https://video.search.yahoo.com/yhs/search?fr=yhs-norton-ext\\_onb&hsimp=yhs-ext\\_onb&hspart=norton&p=return+a+pickleball+lob#id=3&vid=b524a1cc55620aa540f32a153a2ad20e&action=click](https://video.search.yahoo.com/yhs/search?fr=yhs-norton-ext_onb&hsimp=yhs-ext_onb&hspart=norton&p=return+a+pickleball+lob#id=3&vid=b524a1cc55620aa540f32a153a2ad20e&action=click)

**Drill:** <https://www.youtube.com/watch?v=c6fusU4tyr4>

### SETTINGS:

<b>LOBS</b>	<b>42</b>	<b>1</b>	<b>-2</b>	<b>OFF</b>	<b>L</b>	<b>5</b>	<b>CM</b>
LOB From Dink (Offensive)	42	1	-2	OFF	L	5	CM
Returning Lobs With Drop Shots (Defensive)	42	1	-2	OFF	L	5	CM
LOB From Overhead Smash (Defensive)	42	1	-2	OFF	L	5	CM



### DESCRIPTION

This drill simulates a game situation where an opponent on the NVZ line hits a lob deep. If your partner can't easily hit an overhead smash then you should be running diagonally to return the lob off the bounce. For efficiency and safety, when running to return the lob you should be turning and running rather than backpedaling. One of the keys to returning a lob successfully is getting to the ball quickly so that you can be on balance and prepare sufficiently for the shot. Aim your return low towards your targets to simulate hitting at your opponents' feet when they are positioned just behind the NVZ line. Between shots return to the midpoint of the NVZ line, split step, and then hit the next feed. Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. Hit forehand drops on the deuce side of the court and backhands on the ad side (for a right-handed player). Alternate rounds of retrieving lobs from the deuce and ad sides of the court.

### HOW TO SCORE – MAX = 60

Set up 5X7 ft squares at 3 positions on the kitchen line. From the EVEN court retreat to return the lob, target 10 drop shots to each target. Repeat from the ODD court

### MULTI-PLAYER OPTION

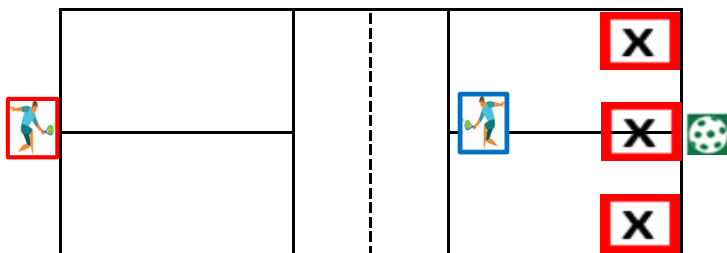
Position your practice partner in the deuce or ad court, at the midpoint of the NVZ line. Have them return your drop shot. Your partner will either dink the drop (if it is a low drop), drive the ball deep to your (imaginary) partner if a mid-height drop or overhead smash the ball if a high attackable "floater". This 2-shot drill ends after your partner returns your drop shot. Adjust the machine position for safety and adjust the feed rate to accommodate the drill.



## LOB From Overhead Smash (Defensive)

### SETTINGS:

LOBS	42	1	-2	OFF	L	5	CM
LOB From Dink (Offensive)	42	1	-2	OFF	L	5	CM
Returning Lobbs With Drop Shots (Defensive)	42	1	-2	OFF	L	5	CM
LOB From Overhead Smash (Defensive)	42	1	-2	OFF	L	5	CM



### DESCRIPTION

A defensive lob is a useful tool for getting you and your partner out of a bind. It is difficult to hit an accurate drop shot off an overhead smash when your opponents are controlling the Non-Volley Zone (NVZ) line while you and your partner are on your own baseline. Best to hit a high and deep defensive lob over your opponents' heads to push at least one of them back to their baseline. This tactic can allow you and your opponent to advance to the NVZ line. While the Pickleball SIMON X cannot feed a smash, set the machine to feed a hard groundstroke to practice this drill. In between shots return to the midpoint of the baseline, split step, and then hit the next feed. Move quickly to the ball but don't start until you see the feed coming to make your practice as realistic as possible. Your goal is to get into position and on balance for each shot so you are relaxed and focused, not rushed and tight. Hit the defensive lob high and deep enough to ensure your return isn't attackable. Try side-to-side oscillation to alternate forehand and backhand lobbs. And, for variety and unpredictability, use the random oscillation feature.

### HOW TO SCORE – MAX = 30

Set up 5X5 ft squares at 3 baseline positions. From the center court, target 10 lobbs to each target.

### MULTI-PLAYER OPTION

This is a fairly advanced drill. Position your practice partner at the midpoint of the NVZ line. Have them return your lob with an overhead smash. If you hit your lob sufficiently deep and effective you can then advance to the NVZ line and try to volley the overhead smash deep or hit a drop volley. If you don't hit your lob well, remain on the baseline and your second shot can either be a drop at your opponent's feet or another lob. Stop the drill after your second shot. This 3-shot drill ends after you return the overhead smash. For safety reasons, adjust the machine position to one side of the baseline instead of in the middle. Also adjust the feed rate to accommodate the drill.

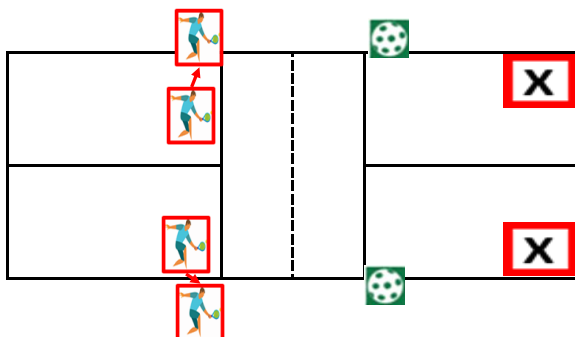
## ADVANCED SHOTS

### *Around The Post (ATP)*

**Technique & Drill:** <https://pickleballkitchen.com/how-to-do-the-atp-around-the-post-shot-in-pickleball/>

#### SETTINGS:

<b>Speed:</b>	<b>Feed:</b>	<b>Spin:</b>	<b>Sweep:</b>	<b>Wheel:</b>	<b>Chute:</b>
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#### **DESCRIPTION**

The “around the post” shot is an exciting tactical shot which is becoming more and more common, especially for high-level athletic players. If you hit an around the post shot, you can both surprise your opponent(s) and take the wind out of their sails with one single shot. It is also a great crowd pleaser! Your chance to hit this shot occurs when your opponent hits a great angle shot that pulls you off the court. Keep in mind that the ball just must land in the court. If you hit the ball around the net post, hit it relatively hard and remember that it can pass far below net height with little or no arc. Your ready position should be in the midpoint of the NVZ line on the opposite side of the court from where the SIMON X is set up. It's important that you don't cheat toward the baseline. If you cheat to the baseline during a game then it's likely your opponents will see the midcourt gap and hit a winner down the middle of the court between you and your partner (assuming you are playing doubles). Return shallower dinks with dinks but when a dink is fed sufficiently wide, move quickly and hit the outside of the ball to direct it back towards the court, although it will pass around the net post! Hit a full round of dinks and around the post shots from each side of the court, taking short recovery breaks at least after every 10 shots. The around the post shot target should be relatively deep, near the baseline, on the same side of the court that the around the post shot was attempted.

#### **HOW TO SCORE – MAX = 20**

Set up 5x5 targets along each baseline. Hit 10 ATP from both the EVEN and ODD courts.

#### **MULTI-PLAYER OPTION**

This is a great drill if you have two practice partners available. Position your partners at the midpoint of the NVZ line on the opposite side of the net (see diagram). Your practice partners will return your dinks to the side of the court you aren't positioned at. When you do attempt the around the post shot, the player closest to you will attempt the around the post shot block shot - arguably another of the most extraordinary shots in the game of pickleball! After hitting a round of balls, have each player rotate clockwise. Adjust the feed rate of the machine to accommodate the timing needed for this drill.

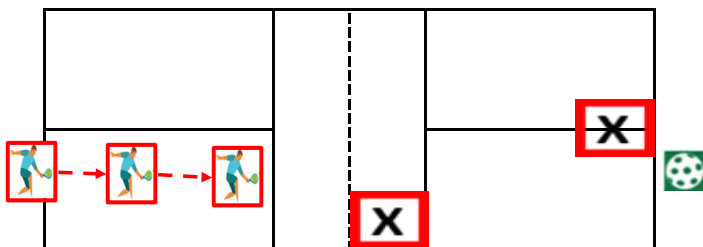
## Split Step

**Technique:** <https://www.youtube.com/watch?v=qWle1Bqlav8>

**Drill:** <https://www.youtube.com/watch?v=5LvdVIk0Ttk>

### **SETTINGS:**

<b>Speed:</b>	<b>Feed:</b>	<b>Spin:</b>	<b>Sweep:</b>	<b>Wheel:</b>	<b>Chute:</b>
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### **DESCRIPTION**

This drill simulates a game situation where you are trying to move forward to the NVZ line. First, hit a drop shot from the baseline. Then take as many steps as you can toward the NVZ, split step, and hit another drop, likely a volley drop. Hit as many drop shots as it takes to reach the NVZ. Ensure you are split stepping or flexing, and both feet are planted before you hit the ball. You should not be hitting the ball on the run. Hit forehand drop shots on the deuce side of the court and backhands on the ad side (for a right-handed player). Try side-to-side oscillation to alternate forehands and backhands. For variety and unpredictability use the random oscillation feature. After you reach the NVZ line, hit a deep punch volley or angled volley. After hitting this final shot, return to the baseline and repeat. When returning to the baseline, allow one feed to pass by before hitting your first shot (to give you sufficient time to return to the baseline).

### **HOW TO SCORE – MAX =30**

Set up 5X7 target in kitchen and 5X5 target at center baseline. Start at baseline and hit 3<sup>rd</sup> shot in kitchen, split step and hit 5<sup>th</sup> shot in kitchen, split step and hit 7<sup>th</sup> shot to baseline. Repeat 10 times

### **MULTI-PLAYER OPTION**

Position your practice partner behind you. After you capture the NVZ line, exit the court via the sideline. After your last shot, your partner will hit the next ball and begin approaching the NVZ line. Continue alternating attempts to capture the NVZ line. Like all drills, always be safe and take care not to trip on balls that may roll across your path.

## INTERMEDIATE/ADVANCED BONUS SHOTS

<https://pickleballkitchen.com/5-awesome-shots-to-add-to-your-pickleball-arsenal/>

*Forehand Roll Off Pace Lob*

*Inside Out Forehand*

*Cross-Court Lob*

*Cross-Court 3<sup>rd</sup> Shot*

*Cross-Court Top Spin Forehand Dink*

## SIMON X ORIENTATION

<https://www.youtube.com/watch?v=zmw4rFZ13M>

- *Machine and Equipment Operation and Management (10 min)*
- *Drill Planning and Recording Progress (10 min)*
  - *Shot Settings*
  - *Individual Scorecard*
  - *Summary Scorecard*
  - *Skill Planner*
  - *Rating Assessment*
- *Drills for Advanced Beginner Players (30 min)*
  - *Forehand and Backhand*
  - *Return of Serve*
  - *Block Volley*
  - *Split Step*
  - *Side to Side Dinks*
- *Drills for Intermediate/Advanced Players (30 min)*
  - *3rd Shot Drop*
  - *3rd Shot Drive*
  - *3<sup>rd</sup> Shot Dive*
  - *Cross-Court Dinks*
  - *LOB From Dink*
- *Review of Common Mistakes (10 min)*

<https://youtu.be/zpDfcoJG-pQ>

- *Serve Scoot*
- *Fancy Spins*
- *Smashing Too Low*
- *Kitchen Faults*
- *Service Errors*
- *Center Forehands*
- *Not Letting Balls Go Long*
- *Not Getting to Kitchen*
- *Backing Off Kitchen*
- *Hitting Hard Ball Hard*
- *Warm-Up Routine*

[https://youtu.be/W0\\_XM9HZWZk](https://youtu.be/W0_XM9HZWZk)

- *Low Drop Shots*
- *No Serve Change*
- *High Dinks*
- *Body Dinking*
- *No Spin*

## SETTINGS FOR SHOTS

SETTINGS FOR SHOTS							
Shot Simulated	Speed	Feed	Spin	Sweep	Wheel	Chute	Location
<b>GROUNDSTROKES</b>	70.0	5	1	ON	M	0.0	CB
Forehand and Backhand	70	5	1	ON	M	0	CB
Return of Serve	70	5	1	ON	M	0	CB
3rd Shot Drive	70	5	1	ON	M	0	CB
<b>DINKS</b>	15	4	0	ON	L	8	LN/RN
Cross-Court Dinks	15	4	0	ON	L	8	LN/RN
Side-To-Side Dinks	15	4	0	ON	L	8	CM
<b>VOLLEYS</b>	85	9	5	ON	M	0	CB
Swing Volley (Rolls)	55	5	5	ON	M	0	CB
Punch Volley	85	9	5	ON	M	0	CB
Block Volley	85	9	5	ON	M	0	CB
Poach Volley	85	9	5	ON	M	0	CB
Dink Volley	15	4	0	ON	L	8	CM
Beat A Banger	85	9	5	ON	M	0	CB
Blocking 3rd Shot Drive	85	9	5	ON	M	0	CB
<b>DROP SHOTS</b>	70	5	1	ON	M	0	CB
3rd Shot Drop	70	5	1	ON	M	0	CB
3rd Shot Dive	70	5	1	ON	M	0	CB
Returning Drop Shots (4th Shot)	70	5	1	ON	M	0	CB
<b>OVERHEAD SMASHES</b>	42	1	-2	OFF	L	5	CM
Overhead Smash From NVZ	42	1	-2	OFF	L	5	CM
Overhead Smash From Baseline	42	1	-2	OFF	L	5	CM
<b>LOBS</b>	42	1	-2	OFF	L	5	CM
LOB From Dink (Offensive)	42	1	-2	OFF	L	5	CM
Returning Lobs With Drop Shots (Defensive)	42	1	-2	OFF	L	5	CM
LOB From Overhead Smash (Defensive)	42	1	-2	OFF	L	5	CM
<b>ADVANCED SHOTS</b>							
Around The Post (ATP)	15	4	0	ON	L	8	LN/RN
Split Step	65	3	0	ON	L	0	CB
<b>INTERMEDIATE/ADVANCED BONUS SHOTS</b>							
Forehand Roll Off Pace Lob	35	3	0	ON	L	8	CM
Inside Out Forehand	65	3	0	ON	L	0	CB
Cross-Court Lob	65	3	0	ON	L	0	CB
Cross-Court 3rd Shot	65	3	0	ON	L	0	CB
Cross-Court Top Spin Forehand Dink	15	4	0	ON	L	8	CM
<b>Speed: 0 to 100</b> <b>Feed: 0 to 10</b> <b>Spin: -10 to 10</b> <b>Sweep ON/OFF</b> <b>Wheel: L=Large, M=Medium, S=Small</b> <b>Chute: 0 to 8</b> <b>Location: (B = Base Line, N = NVZ, M = Mid-Court, L = Left, C = Center, R = Right)</b>							

# INDIVIDUAL SKILL SCORECARD

Chart performance in the various drills. You are free to define your own score system. For example, you can use time spent on drill, number of success hits, etc.

INDIVIDUAL SKILL SCORE				DATE											
SKILL	MAXIMUM	TOTAL	SCORE	POSITION											
				1	2	3	4	5	6	7	8	9	10	11	12
<b>GROUNDSTROKES</b>															
Forehand	30	0	0%												
Backhand	30	0	0%												
Return of Serve	120	0	0%												
3rd Shot Drive	120	0	0%												
<b>DINKS</b>															
Cross-Court Dinks	60	0	0%												
Side-To-Side Dinks	60	0	0%												
<b>VOLLEYS</b>															
Swing Volley (Rolls)	60	0	0%												
Punch Volley	60	0	0%												
Block Volley	60	0	0%												
Poach Volley	40	0	0%												
Dink Volley	60	0	0%												
Beat A Banger	30	0	0%												
Blocking 3rd Shot Drive	120	0	0%												
<b>DROP SHOTS</b>															
3rd Shot Drop	120	0	0%												
3rd Shot Dive	120	0	0%												
Returning Drop Shots (4th Shot)	120	0	0%												
<b>OVERHEAD SMASHES</b>															
Overhead Smash From NVZ	120	0	0%												
Overhead Smash From Baseline	120	0	0%												
<b>LOBS</b>															
LOB From Dink (Offensive)	30	0	0%												
Returning Lobs With Drop Shots (Defensive)	60	0	0%												
LOB From Overhead Smash (Defensive)	30	0	0%												
<b>ADVANCED SHOTS</b>															
Around The Post (ATP)	20	0	0%												
Split Step	30	0	0%												
<b>PLAYER SHOTS</b>															
		0													
		0													
		0													
		0													
		0													
		0													
		0													
		0													
		0													

## SUMMARY SKILL SCORECARD

Setup the machine for the various skills and to be a scorecard to chart progress through the various drills. You are free to define your own score system. For example, you can use time spent on drill, number of success hits, etc.

SUMMARY SKILL SCORES						
SKILL	DATE					
	12/21/20					
<b>GROUNDSTROKES</b>						
Forehand						
Backhand						
Sliced Return of Serve						
3rd Shot Drive						
<b>DINKS</b>						
Cross-Court Dinks						
Side-To-Side Dinks						
<b>VOLLEYS</b>						
Swing Volley (Rolls)						
Punch Volley						
Block Volley						
Poach Volley						
Dink Volley						
Beat A Banger						
Blocking 3rd Shot Drive						
<b>DROP SHOTS</b>						
3rd Shot Drop						
3rd Shot Dive						
Returning Drop Shots (4th Shot)						
<b>OVERHEAD SMASHES</b>						
Overhead Smash From NVZ						
Overhead Smash From Baseline						
<b>LOBES</b>						
LOB From Dink (Offensive)						
Returning Lobs With Drop Shots (Defensive)						
LOB From Overhead Smash (Defensive)						
<b>ADVANCED SHOTS</b>						
Around The Post (ATP)						
Split Step						

## SKILL PLANNER

Use the Skill Planner to plan workout session.

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

Partner: \_\_\_\_\_

SKILL	Last Score	Target Score	Actual Score	Time, hr



# RATING ASSESSMENT

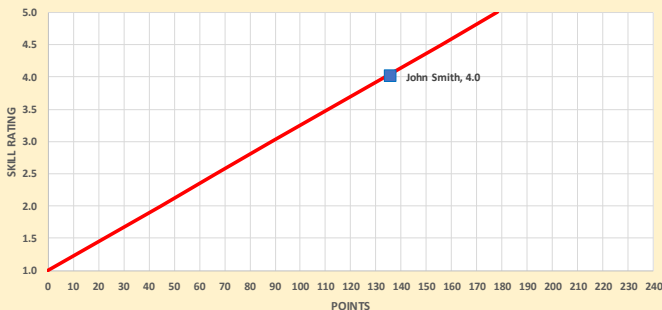
## RATING ASSESSMENT

Name	John Smith
Date	12/1/2020
Email	Jsmith@aol.com
Cell Phone	(508) 567-8910
Current Skill Rating	3.0
Last Rating Date	11/1/2019
Assessor	Brent Cahill

CATEGORY	SKILL	IMPORTANCE	SCORE	POINTS
GROUND STROKES	Forehand	8	60%	4.8
	Backhand	7	50%	3.5
	Sliced Return of Serve	7	70%	4.9
	3rd Shot Drive	7	90%	6.3
DINKS	Cross-Court Dinks	9	80%	7.2
	Side-To-Side Dinks	10	70%	7.0
VOLLEYS	Swing Volley (Rolls)	8	80%	6.4
	Punch Volley	7	80%	5.6
	Block Volley	7	80%	5.6
	Poach Volley	7	80%	5.6
	Dink Volley	5	80%	4.0
	Beat A Banger	9	80%	7.2
	Blocking 3rd Shot Drive	10	80%	8.0
DROP SHOTS	3rd Shot Drop	8	80%	6.4
	3rd Shot Dive	7	80%	5.6
	Returning Drop Shots (4th Shot)	7	80%	5.6
OVERHEAD SMASHES	Overhead Smash From NVZ	5	80%	4.0
	Overhead Smash From Baseline	9	80%	7.2
LOBS	LOB From Dink (Offensive)	9	80%	7.2
	Returning Lobs With Drop Shots (Defensi	9	80%	7.2
	LOB From Overhead Smash (Defensive)	9	80%	7.2
ADVANCED SHOTS	Around The Post (ATP)	8	90%	7.2
	Split Step	6	40%	2.4

TOTAL POINTS	136.1	POINTS	RATING
SKILL RATING	<b>4.0</b>	0.0	1.0
STRONGEST SKILLS	3rd Shot Drive	90%	22.3 1.5
	Around The Post (ATP)	90%	44.5 2.0
	Cross-Court Dinks	80%	66.8 2.5
	Swing Volley (Rolls)	80%	89.0 3.0
WEAKEST SKILLS	Split Step	40%	111.3 3.5
	Backhand	50%	133.5 4.0
	Forehand	60%	155.8 4.5
	Sliced Return of Serve	70%	178.0 5.0

PLEAT ACADEMY SKILL RATING



## GOAL SETTING

By Kent Lindeman

Each time you step onto a pickleball court, do you have goals in mind for how you'd like to perform? Do you carefully consider what you'd like to get out of that day's match or practice? Let's discuss how you can incorporate goal setting techniques into all points of your play – from basic drilling to practice matches and rec play to competing in tournaments – to increase mental sharpness and improve your skills.

Goal setting improves performance because it generates two things – focus and fuel. For this reason, it's important to set both short- and long-term goals. Short-term goals heighten a player's mental focus from rep-to-rep, drill-to-drill, and match-to-match. Routinely ask yourself, "What's my intention for this next drill or practice match or today's tournament?"

Long-term goals produce the emotional fuel for a player to persevere and sustain effort through the sport's challenges and setbacks in pursuit of a vision of who they want to become and what they want to accomplish. Ask yourself – looking into the future, how do I picture myself as a player? As a competitor? How will I have improved my skills, my enjoyment of the sport and achieved successful results?

Goal setting works best when goals target actions and behaviors that are within a player's control, says Dr. Bernie Holliday, a Certified Mental Performance Consultant ® with the Association for Applied Sport Psychology. "Players often pursue largely uncontrollable outcome goals such as reaching the finals in each tournament they play or being the best player in their skill level at their club. These goals can have undesirable side effects because 'the opponent gets a vote' in whether or not these goals are achieved," contends Holliday.

As a result, this can often cause frustration, discouragement, and decreased confidence. It's important to emphasize that these less controllable outcome goals aren't necessarily bad, if they can help generate fuel for players to pursue learning and improvement. Holliday says that the key to making them work is to ensure they're coupled with more controllable process-based goals. A good example might be – in order to become the best player at my skill level in my group, I will 1) take a private lesson once every other week; 2) practice 2-3x per week and 3) eat more healthy foods.

Goal setting is a highly personalized endeavor and there is no right or wrong way to document your goals. Holliday believes that while writing down goals increases commitment for some, it turns improvement and development into a chore or burden for others. Consider using something you carry around with you all the time as a handy goal setting device – your mobile phone. Most phones have notes, voice memo or video apps built right that allow you to type, dictate or record your goals before you play (not while you drive, please). Keep it simple – 2 to 3 goals per session are plenty.

Before heading out to drill, set some goals that relate to a particular shot that you want to work on and quantify the goal so you can measure your success. For example, I want to hit 15 third shot drops in a row without an error or execute 10 consecutive cross court dinks. For rec play, consider setting a goal to win more than 60% of your games that day and focus on how you can better communicate with your partner (both verbally and with signals). Or for a team that you might beat regularly in practice, try to give up less points than you usually do or in the last game you just won. At tournaments, besides the commonly-desired "podium finish", consider setting a goal to have a winning record in pool play, or beating a team you've previously lost to, or winning a match in your first tilt at a higher level. Remember to revisit your goals after you leave the court to assess how you did so you can reflect on your successes and chart a plan to achieve goals that you didn't reach that time.

So, for your own goal setting, explore what works best for you and what produces consistent focus and fuel for your pickleball play.

**PLAYER NOTES**