

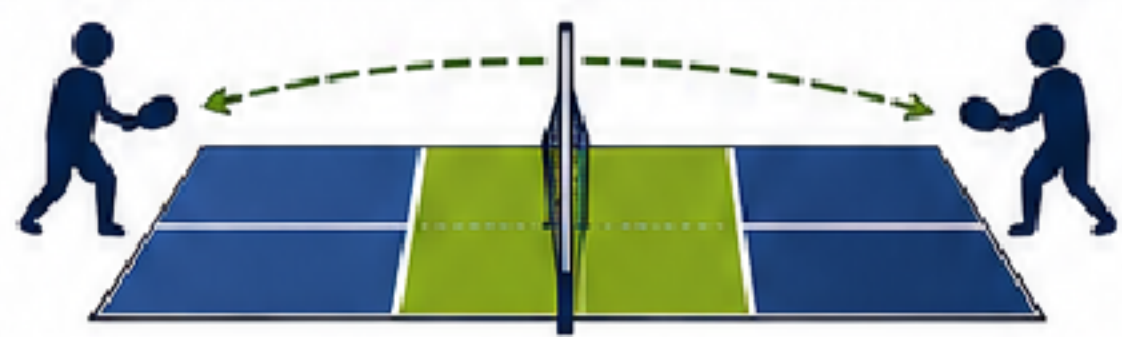
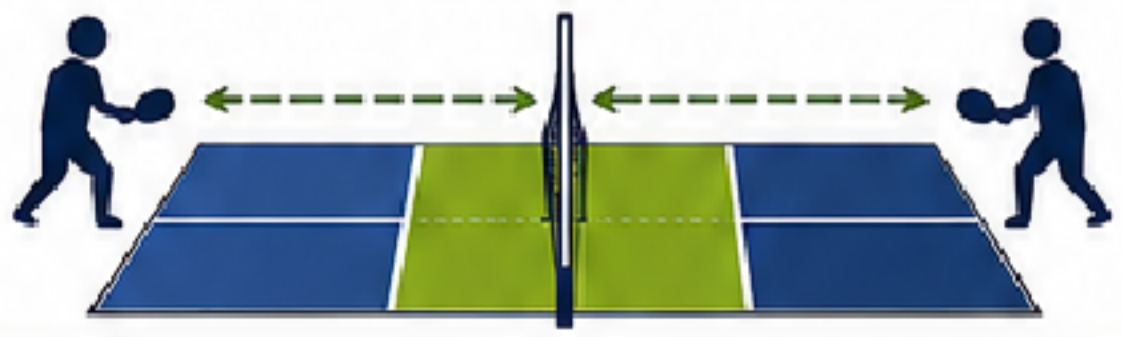
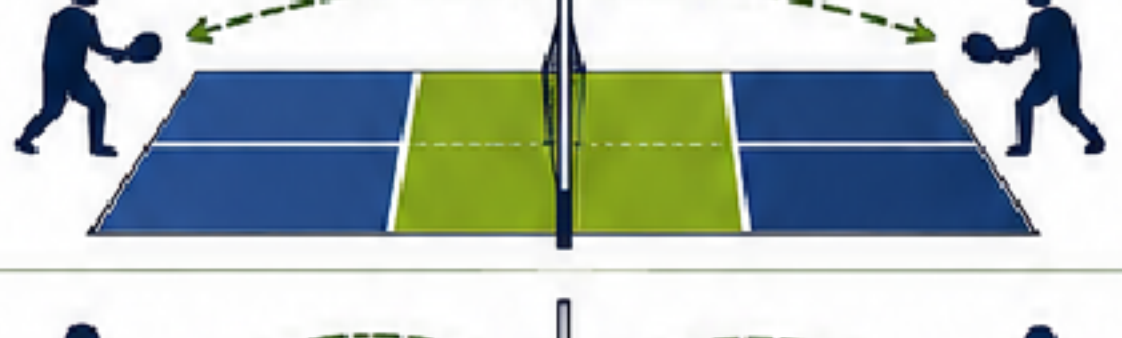


10 PICKLEBALL VOLLEY DRILLS



♥ QUICK HANDS. SHARP REFLEXES. WIN MORE POINTS. ♥

Volleys happen at the net. These drills will help you react faster, stay in control, and finish more points.

1 CROSS-COURT VOLLEY Build consistency with quick hands.		FOCUS: Control, consistency HOW TO: Partners volley cross-court from the non-volley zone (kitchen) line or closer. Keep the ball in front.
2 STRAIGHT VOLLEY RALLY Practice volleying straight across.		FOCUS: Control, hand speed HOW TO: Face your partner and volley straight across the middle. Stay low and balanced.
3 VOLLEY & BLOCK Improve control and soft hands.		FOCUS: Soft touch, reaction HOW TO: One player volleys, the other blocks it back. Keep it going with controlled, soft volleys.
4 ALTERNATING VOLLEYS Work on quick reactions.		FOCUS: Quick hands, rhythm HOW TO: Volley cross-court, then straight, then cross again. Alternate patterns to stay sharp.
5 VOLLEY TO TARGETS Add accuracy to your volley game.		FOCUS: Accuracy, placement HOW TO: Place targets (cones, tape, or spots) in the court. Volley to the targets back and forth.
6 KITCHEN LINE VOLLEYS Stay low and in control at the net.		FOCUS: Control, depth HOW TO: Stand at the kitchen line and volley with your partner. Keep volleys low and controlled.
7 MOVING VOLLEYS Improve court coverage and balance.		FOCUS: Movement, balance HOW TO: Volley while moving side to side. Take small steps and stay in ready position.
8 HIGH SPEED VOLLEY Increase hand speed and intensity.		FOCUS: Hand speed, intensity HOW TO: Volley as fast as you can for 20–30 seconds. Take a short break and go again.
9 THIRD SHOT VOLLEY ATTACK Finish the point at the net.		FOCUS: Aggression, finishing HOW TO: Start the point with a feed or drop, then move in and volley to finish. Focus on controlled aggression.
10 VOLLEY GAME Use your volleys in game play.		FOCUS: Game situations, confidence HOW TO: Play to 11 points using only volleys (must stay at or behind the kitchen line).