

10 PICKLEBALL DINK DRILLS

BETTER DINKS. BETTER CONTROL. BETTER GAME.

Consistent practice builds soft hands, great touch, and confidence at the net.

1 CROSS-COURT DINK RALLY The classic drill to build consistency and touch.		FOCUS: Control, consistency HOW TO: Partners dink cross-court back and forth from the kitchen. Keep the ball below net height.
2 STRAIGHT DINK RALLY Dink straight across the net.		FOCUS: Control, soft hands HOW TO: Face your partner and dink straight across the middle. Stay patient and keep it low.
3 DINK & HOLD Add a pause to improve control and patience.		FOCUS: Patience, control HOW TO: Dink to your partner and hold for a 1–2 second pause before they dink it back.
4 TARGET DINKS Aim for specific spots to improve accuracy.		FOCUS: Accuracy, placement HOW TO: Place targets (cones, tape, or spots) and dink to them back and forth. Try different areas.
5 DINK THE SIDELINES Use the sidelines to create angles.		FOCUS: Angle control, awareness HOW TO: Dink cross-court aiming close to the sidelines. Switch sides often. Don't hit out!
6 DINK & MOVE Add movement to improve court coverage.		FOCUS: Movement, balance HOW TO: After each dink, take a small step back and recover to ready position. Stay light on your feet.
7 DINK UP, DINK BACK Handle a slightly deeper ball with control.		FOCUS: Touch, depth control HOW TO: One player dinks a slightly deeper ball. Partner dinks it back soft. Great for handling variety.
8 THIRD SHOT DROP TO DINK Practice transitioning to the kitchen.		FOCUS: Transition, touch HOW TO: Start behind the baseline and hit a third shot drop. Move to the kitchen line and begin dinking.
9 DINK & SPEED UP Change the pace to keep your partner on their toes.		FOCUS: Timing, opportunity HOW TO: Dink a few times, then speed up one shot (still below net height). Partner resets. Repeat.
10 DINKING GAME Turn your drill into a fun challenge!		FOCUS: Consistency, mental toughness HOW TO: Play to 11 points. You only score when the other team dinks it into the net or out.

DINKING TIPS TO REMEMBER



Keep the ball below net height.



Use soft hands and relaxed grip.



Be patient and wait for the opportunity.



Stay balanced and move with purpose.



Communicate and have fun!

GREAT DINKS BUILD GREAT PLAYERS.

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