

## Top 10 Pickleball Drills for a 1-Hour Practice

Looking to level up your pickleball game with focused, effective drills? This 60-minute training session is packed with the most popular and proven drills used by top players and coaches. Whether you're preparing for competitive play or want to improve your footwork, shot variety, and transition skills, this plan has you covered.

### Top 10 Pickleball Drills

1. 711 Game: One player starts at the baseline while the other is at the kitchen. The net player plays aggressive shots while the baseline player tries to work their way in. This is one of the most effective and widely used competitive drills.
2. Cross-Court Aggressive Dink Battle: Begin with soft dinks and escalate into faster-paced shots. Only speed up off the volley.
3. Hand Battles Inside the Kitchen: Both players step slightly inside the NVZ line and exchange rapid volleys.
4. Slinky Drill: Players move forward and backward in sync while executing soft drop shots and resets.
5. Drives Drill: One player stands at the T, feeding forehands and backhands to the other.
6. Transition Zone Start: Begin halfway between the baseline and kitchen line. Work on moving forward while maintaining control.
7. Triangle Dinking: Alternate your dinks to three target areas left, middle, right in a triangle pattern.
8. Third-Shot Drop Drill: Feed balls from the baseline and aim for consistent, soft landings in the kitchen.
9. Fast Hands / Volley on the Move: Exchange fast-paced volleys while shifting laterally.
10. Tug-of-War Dink Endurance: A game-style dink rally where both players stay locked in and outlast one another.

### Sample 60-Minute Drill Schedule

010 min - Hand Battles + Slinky: Warm-up, footwork, hands

1020 min - Drives Drill: Forehand/backhand consistency

2030 min - Transition Zone Sprint: Footwork and approach control

3040 min - Triangle Dinks: Shot variation and accuracy

4050 min - Third-Shot Drops: Soft hands and NVZ depth

5060 min - 711 Game: Applying pressure in game-like situations

### **Pro Tips and Advanced Strategy**

- Stacking: Use hand signals (open palm = switch, fist = stay) to keep strong-side players in position.
- Third-Shot Drops: Focus on trajectory and paddle angle. A drop speed of 1016 m/s is ideal.
- Drill with Game Intensity: Always stay low, use your split step, and treat every drill like a real point.
- Partner Practice: Hitting against a wall is good, but nothing beats dynamic training with a live partner.

### **Ready to Train?**

Commit to this 1-hour drill session once or twice a week and track your progress. Whether you're chasing a 4.0 rating or just want to be more confident on the court, focused drilling is the fastest way to improve.

Now grab a partner, print this page, and hit the court!