



Third Shot Dink

This is a return-of-return drill to improve your ability to keep the returners from dominating at the net.

Player 1 serves the ball and receiver may return any way they wish

Serving team must then hit a dink shot that lands in opponent's kitchen

All four players participate in the 3 shots.

Both players on a side serve once before rotation.

Players rotate to the Right (CCW) after 2 serves & returns.

Coach:

Start with gentle serves and returns at first, then pick up the pace.

Eagle eyes: Watch the ball as it hits your paddle face

Use good footwork to set up the dink shot. Make it gentle, not fast

Slightly up-turned paddle face for dink

Receiver moves directly to the kitchen line in ready position after returning serve.

Servers move to the kitchen line as soon as the dink happens.



Set up for 3^d shot dink:

Bring bucket of 8 balls to court.

Please return balls to scoring desk when done.