



Four players start at the kitchen line. Start with a dink. Every receiving person must verbalize – “1,2,3” right after the bounce and then dink the ball back. Continue for about 10-12 hits and rotate new players in. Rotate to a different side of the court.

**It's: BOUNCE ... “1 – 2 – 3”... DINK**

Focus is on the amount of time you really have to hit the ball. Knees bent and you're squatted down LOW!

## **D.I. notes:**

- Watch the ball as it hits your paddle face
- You must count out loud
- Knees bent
- Paddle up and in front of your body
- Make contact in front of your body
- Don't Swing ... direct the ball instead
- Use a wide stance
- No index finger on paddle... use a forehand or continental grip