

The Coach Mark and Coach Kathy Workout©

Directions:

The Coach Mark and Coach Kathy Workout© is a series of seven drills and three drill games designed to develop the control, consistency, and confidence needed to move to the next skill level. Use these drills and drill games with practice partners on a regular basis and very quickly, you (and others) will notice the improvement.

Drills and Games:	Estimated Time:	Improvement Focus:	Short Description:	Quick Tips:
Quick Reflexes	5-10 minutes	Improve eye-to-hand coordination, reflexes, and paddle control while at the NVL.	Both players stand inside NVZ. Use easy pace to exchange volleys before accelerating pace; start with FHs, then BHs.	Eye-to-hand coordination essential; hit ball in front; use compact punch while minimizing body and foot movement.
Protect the Cone	5-10 minutes	Develop offensive dinking skills while resetting dink volleys back into NVZ when attacked.	Place cone at NVL (use ½ of court). Reset dink volleys if ball comes near <i>your</i> cone. Aim aggressive dinks at feet of drill partner.	Stay low and balanced; keep paddle in front with an open face. Reduce grip pressure; reset volleys back into NVZ. Place cone in various areas of NVZ for challenge.
Figure 8 Drives	5-10 minutes	Develop directional control and consistency of FH and BH groundstrokes; improve footwork and cardio fitness.	From the baselines, Player A hits down the line while Player B hits cross-court. Aim to hit 10-15 in a row. Then, change direction. Can utilize with four players too.	Preparation and movement is critical for this drill; aim to hit deep drives into back 1/3 of court. Figure 8 Drives is an excellent drill for players who compete in singles events.
Progressive Resets	5-10 minutes	Develop defensive skills	Start inside baseline and	Aim to absorb pace/power and

		to hit reset shots back into NVZ from anywhere on the court.	have partner feed fast paced balls; continue to move forward to NVL after each shot.	block, drop, or short-hop ball back into NVZ; stay low, take defensive stance, keep ball height low.
10-9-2	5-10 minutes	It's important to avoid unforced errors and reliably hit the first two shots of any point. This is even more critical when the score is 10-9-2.	This is a collaborative drill focused on players or teams hitting the first two shots (four in all); take turns serving and hitting "the perfect four."	Adopt a "match play" mindset and focus. Visualize where you want to hit the ball and ensure sound mechanics on <i>every</i> shot (e.g., setup, impact point, paddle angle, etc.)
Lob and Retrieve	5-10 minutes	This drill develops skills in both hitting and retrieving offensive lobs. The drill can be done half- or full-court (note: be sure to consider age, fitness level, and safety factors).	Begin by dinking and when ready, Player A hits an offensive lob to back third of court. Player B turns and retrieves lob by hitting a drop shot back into the NVZ. After hitting 3-5 lobs, change roles.	Be sure you're in the right position to hit this shot (no reaching); use an open paddle face and low-to-high swing path. When retrieving a lob, never back pedal. Instead, turn quickly and run to where you think ball will bounce.
Perfect Overheads	5 -10 minutes	Hit consistent overheads in control with power <i>and</i> placement. As well, practice resetting overheads back into NVZ.	One partner stands at the NVL in center of ½ side of court; other partner lobs ball to mid-court. Hit 3-5 overheads and resets; switch roles and repeat.	Hitting overheads require proper footwork and positioning (do not backpedal); get paddle back quickly; point to ball with other hand; step forward and snap hand/wrist down.
Sniper Drill Game	10-15 minutes	Recognizing when it's the	Players or teams are at the	Dink control and consistency is

		right time to attack at the NVL is an important skill. Equally important is putting the ball away and defending against “hard and fast” shots.	NVL (can play full- or half-court); ball must be dinked 3 times before it goes “live”; aim to attack high balls with firm punch volleys. Score game to get competitive juices flowing.	essential to avoid giving away easy points or popping up the ball; be ready to shift between offensive and defensive play; demonstrate patience in waiting for a ball in your “strike zone.”
Dink Game for Singles or Doubles	10-15 minutes	Hit controlled and consistent dinks while under pressure as well as improve footwork and cardio fitness.	The Dink Game can be played one-on-one or with doubles teams. Practice hitting offensive dinks with control and consistency.	This is a competitive drill game rewarding patience, control, consistency, and movement. Use singles version to improve agility, footwork, and fitness.
0 – 60 Drill Game for Singles or Doubles	10-15 minutes	Hit controlled and consistent drops, drives, and volleys while under pressure.	The 0-60 Drill Game can be played one-on-one or with doubles teams. See notes on page 4 of this job aid for more information.	This is a competitive drill game rewarding patience, control, consistency, and movement. Use doubles version to prepare for tournaments with your partner.

Notes:

1. DTL stands for down the line; CC stands for cross-court; NVL stands for non-volley line; NVZ stands for non-volley zone; FH stands for forehand; BH stands for backhand.
2. The Coach Mark and Coach Kathy Workout© was developed by Mark Livingston and Kathy Pederson, IPTPA Certified Pickleball Coaches, Teaching Professionals, and Rating Specialists. You can view the videos created for each segment of this workout on the Coach Mark LLC website at this link:

www.coach-mark.com/the-coach-mark-and-coach-kathy-workout/

3. Note: Coach Mark and Coach Kathy recommend players first master drills and drill games in The Coach Mark Workout© before utilizing The Coach Mark and Coach Kathy Workout©.
4. 0-60 is a drill game that rewards patience, control, and consistency. Reference The Coach Mark Workout© video and pdf to learn how the game is played one-on-one (www.coach-mark.com/the-coach-mark-workout/). You can also use the 0-60 Drill Game with two doubles teams. Rules and scoring are the same, but the entire court is in play.

Here's a description of the 0-60 Drill Game for Doubles:

- Team A stands at NVL and one player feeds a moderately paced ball to Team B (who is standing at baseline). Each team must announce score before they feed the ball to the other team (start with your score first).
 - The baseline team only scores points by hitting balls over the net (the reward here is consistency). These players should aim to hit 80% drop shots and 20% low drives on both forehand and backhand sides.
 - Team A must feed and hit all balls past mid-court. If a ball lands short of mid-court, the ball is picked up and "fed" again by Team A. However, Team B keeps any points earned up to that point.
 - A side-out occurs when Team B hits the ball out or into the net.
 - The team at the NVL must focus on hitting in control while placing maximum pressure on the other team at the baseline. If the team at the NVL makes a mistake (hits out or into the net), the baseline team gets an extra "penalty point."
 - Teams switch sides after each side-out. For example, if Team A started the game at the NVL, they move to the baseline while Team B then feeds the ball and starts the rally.
 - Scoring the 0-60 Drill Game may be confusing at first. Reference this video to watch a 0-60 singles game in action and to see how the game is scored:
 - https://drive.google.com/file/d/1c4fxq7ojcryxyz1_fUrftzHWQP8cKY7X/view?usp=sharing
5. You can hire Coach Mark or Coach Kathy as a drill partner to lead you through The Coach Mark and Coach Kathy Workout© and/or The Coach Mark Workout©. You can also retain them to train and coach your club coaches. Here's the contact information for both Certified Teaching Professionals:
 - Coach Mark (mdllivingston@gmail.com; 252-451-0367; www.coach-mark.com)
 - Coach Kathy (bklpederson@gmail.com; 702-596-8665)