

The Coach Mark Workout©

Directions:

The Coach Mark Workout© is a series of drills and drill games designed to improve control, consistency, and confidence (the 3Cs). Use with drilling partners on a regular basis and very quickly, you (and other players) will notice the improvement.

Drills and Games:	Estimated Time:	Improvement Focus:	Short Description:	Quick Tips:
Dink With a Purpose	5 – 10 minutes	Hit safe dinks consistently to targeted areas	Hit forehand and backhand dinks DTL and CC (see Notes on page 3)	Use compact low-to-high “pendulum” swing; aim for different areas of NVZ
Figure 8 Dinking	5 minutes	Hit safe dinks in a controlled manner while moving	Stand at NVL and use all or ½ of court; Player A dinks DTL while Player B dinks CC; change direction	Be ready to move; get paddle back; stay relaxed and control breathing
Progressive Dink and Drop	5 - 10 minutes	Hit consistent “soft shots” with control and confidence anywhere on the court	Player A feeds ball to Player B who hits 5 shots in a row from NVL, mid-court, and baseline; players switch and repeat	Move to ball and get paddle ready; don’t let ball drop too low; think of drops as “long dinks”
Drive or Drop?	5 – 10 minutes	Practice the control needed to transition between “hard and fast” and “low and slow”	Player A feeds ball to Player B who alternates hitting drive and drop shots on both sides; players switch and repeat	Movement and readiness is critical; ensure paddle is back; both players hit with control
Fast Hand Volleys	5 minutes	Improve eye-to-hand coordination and reflexes; sustain a long volley rally	Player A feeds ball to Player B who hits controlled volleys to both sides (note: this should be a collaborative drill)	Aim to hit 25 volleys (per person); use open stance to punch ball; keep wrist stable; avoid big swings

Defend Like a Pro	5 -10 minutes	Hit controlled block volleys and mid-court reset shots into the NVZ	Player A hits moderately paced ball to Player B; Player B hits block volleys softly back into NVZ; players switch and repeat; at mid-court, practice resetting by hitting softer half-volleys or “short-hops”	Aim to absorb power and either block, drop, or short-hop the ball back into NVZ; take defensive position and keep ball “low and slow”
Serve-Return-Drop	5 – 10 minutes	Hit deep serves, deep returns, and 3 rd shot drops after deep returns	Hit from both even and odd sides of court; use this drill to develop your weaker side (forehand or backhand)	Be sure to move and get ready for drop shot; practice moving quickly to NVL
0-60 Drill Game	15 + minutes	Hit controlled and consistent shots while under pressure	See Notes on page 3	This is a drill game that rewards patience, control, and consistency
Serve and Slide Game	15 + minutes	Put drills into action and work on control, consistency, and confidence	Skinny singles game allowing one player to practice returning serves DTL	Use this game to simulate a real doubles game; that is, drop shots, move to NVL, dink, etc.
Serve and Stay Game	15 + minutes	Put drills into action and work on control, consistency, and confidence	Skinny singles game allowing one player to practice returning serves CC	Use this game to simulate a real doubles game, etc.

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
2. 0-60 is a drill game that rewards patience, control, and consistency. Pros like Steve Deakin and Jordan Briones use 0-60 on a regular basis to both improve and maintain core skills. For a great introduction to the 0-60 Game, watch this YouTube video from PrimeTime Pickleball (https://youtu.be/_TjPS2QPmbQ).

Here's how Coach Mark utilizes the 0-60 Game (and adds a "penalty" feature):

- Use ½ of court (either DTL or CC).
 - Player A stands at NVL and feeds moderately paced ball to Player B (who is standing at baseline). Each player must announce score before they feed the ball to the other player.
 - The baseline player only scores points by hitting balls over the net (the reward here is consistency). The baseline player must hit drop shots, no lobs or drives allowed in this version of the game.
 - Player A must feed and hit all balls past mid-court. If a ball lands short of mid-court, the ball is picked up and "served" again by Player A. However, Player B keeps any points earned up to that point.
 - A side-out occurs when Player B hits the ball out or into the net.
 - The player at the NVL must focus on hitting in control while placing maximum pressure on the baseline player. If the player at the NVL makes a mistake (hits out or into the net), the baseline player earns an extra "penalty point."
 - Players switch sides after each side-out. For example, if Player A started the game at the NVL, they move to the baseline while Player B then feeds (or serves) the ball.
 - Scoring the 0-60 Drill Game will be confusing at first. Don't let that get in the way of developing the patience, control, and consistency needed to take your skills and play to the next level.
3. The Coach Mark Workout© was designed by Mark Livingston and is a product of Coach Mark LLC (www.coach-mark.com).