

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 others) 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 in the NVZ	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	Direct safely hit 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 with paddle back; stay relaxed; control breathing
Progressive Dink and Drop	5 - 10 minutes	Hit consistent “soft shots” with control and confidence from anywhere on the court	Player A feeds ball to Player B who hits 5-10+ shots in a row from NVL, mid-court, and baseline; players switch and repeat	Move to ball with paddle back; 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 critical; both players strive to hit balls with control
Fast Hand Volleys	5 minutes	Improve eye-to-hand coordination and reflexes; sustain long volley rally; keep volley height down	Player A feeds ball to Player B who hits controlled volleys to both sides (note: Fast Hand Volleys is a collaborative drill)	Aim to hit 25 volleys (per person); use open stance to volley ball; keep wrist stable; avoid big swings

Defend Like a Pro	5 -10 minutes	Develop defensive skills and hit controlled block volleys or mid-court reset shots back 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 soft half-volleys or “short-hops”	Aim to absorb pace/power and block, drop, or short-hop ball back into NVZ; bend knees and assume defensive stance; 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 drill to develop weaker side (forehand or backhand)	Be sure to move and get ready for drop shot; move forward to NVL
0-60 Drill Game	15 + minutes	Hit controlled and consistent shots while under pressure	See Notes on page 3 of this job aid	This is a drill game rewarding patience, control, and consistency
Serve and Slide Game	15 + minutes	Put drills into action and work on control, consistency, and confidence	Skinny singles game forcing one player to practice hitting DTL returns	Be sure to use all eight shots of pickleball, including offensive lobs and overhead smashes
Serve and Stay Game	15 + minutes	Put drills into action and work on control, consistency, and confidence	Skinny singles game forcing one players to practice hitting CC returns	Be sure to use all eight shots of pickleball, including offensive lobs and overhead smashes

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 an 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 a 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 aims to hit 80% drop shots and 20% low drives on both forehand and backhand sides.
 - 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 "fed" 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 may be confusing at first. Reference this video to watch a 0-60 Drill Game in action and to see how the game is scored:
 - https://drive.google.com/file/d/1c4fxq7ojcryxyz1_fUrftzHWQP8cKY7X/view?usp=sharing
3. The Coach Mark Workout© was developed by Mark Livingston, a Certified Pickleball Coach, Teaching Professional, and Rating Specialist. Watch the ten videos created for each segment at the Coach Mark LLC website: www.coach-mark.com/the-coach-mark-workout/.
 4. You can also hire Coach Mark as a drilling partner and have him work you through the drills and drill games of The Coach Mark Workout©. Contact Mark through the Coach Mark LLC website, by email (mdllivingston@gmail.com), or by cell phone (252-451-0367).