



Dot Drills – the NVZ Edition

Not many things will improve your game as much as focused drilling: where you go out on the courts with 1-2 objectives and work at them. These training dots help provide you targets that you can aim for when you are hitting. Instead of hitting your dinks just anywhere, you can work on hitting them where they make the most sense. These drills are Non-Volley Zone drills using dots.

If you do not have dots, you can get some here: [Poly Dots for Pickleball Training](#).

Starting Out – 2 Dots

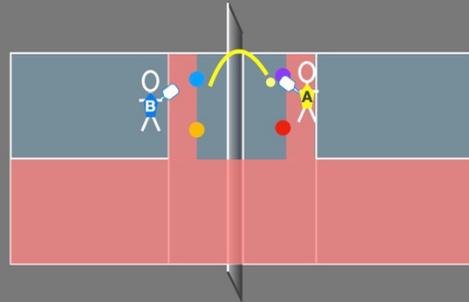
In this drill, one player is focusing on the dots opposite that player. You can modify this one so that each player is targeting 2 dots opposite.

<p>Player B is targeting the purple and red dots. Use half the court. Work on hitting one dot several times, then the other, then mixing them up.</p>	<p>Copyright 2020 In2Pickle, LLC</p>
<p>Player A's turn. Move the ball around. Score a point each time you hit the dot. 5 points is a solid goal.</p>	<p>Copyright 2020 In2Pickle, LLC</p>

First 50

This drill helps you work on controlling the depth of your dink.

Place the dots roughly 3.5 feet (half) of the distance from the net to the NVZ line. Aim to keep the dinks inside the dots. The closer to the net the dink is, the safer the shot.

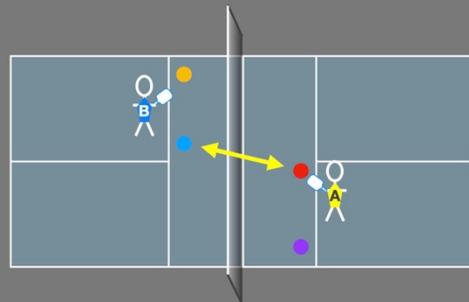


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Mids and Outs

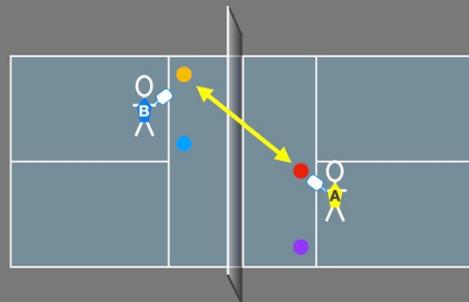
These drills work middle (mid) dinks and outer (out) to center dinks.

Start out with the shortest dinks – mid to mid.



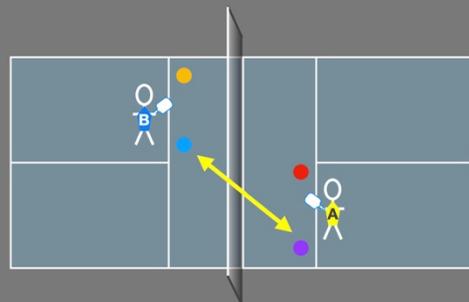
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Progress to mid to our on one side only.



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Then mid to out the other way.



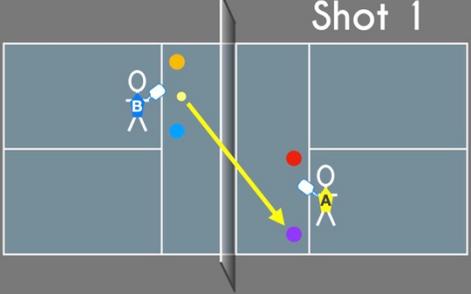
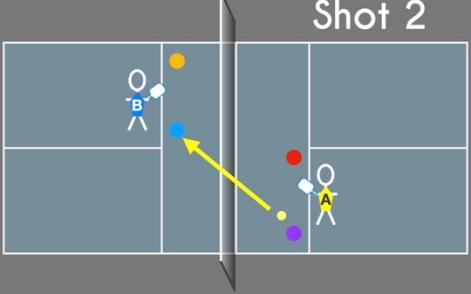
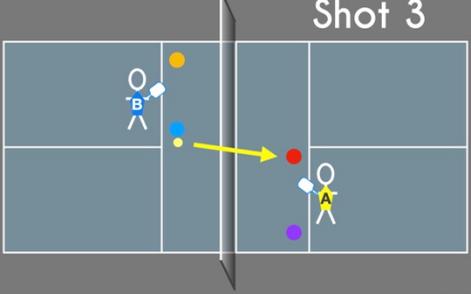
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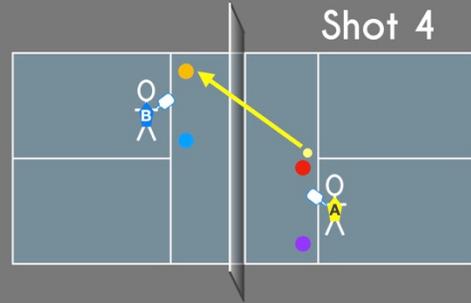
You can reverse the dots now or wait until you complete the first Zorro, but you will also want to hit these dinks going the other way.

El Zorro

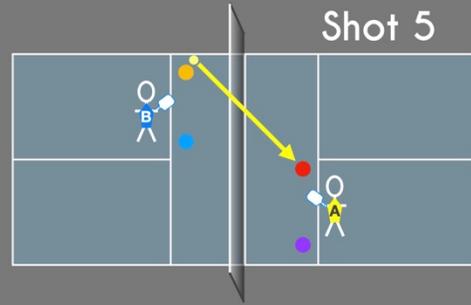
El Zorro famously carved a “Z” as he rode around righting injustices throughout California. This drill is named in his honor because: (a) it strives to provide dinking justice to the downtrodden and (b) perhaps more importantly, the shots are in the shape of a “Z.” This drill combines the mid to mid and both mid to outs above into a hypnotic dinking dance. It might take a minute to catch on but when you do oh, when you do.

<p>Shot 1 is to the outside. Player A will need to move left to cover the shot.</p>	 <p>Copyright 2020 In2Pickle, LLC</p>
<p>Shot 2 is to the middle. Player A will send a recovery shot to the middle. This dink gives Player A (and partner in a game) time to be in position, without creating the issues of a full cross-court dink (purple to orange).</p>	 <p>Copyright 2020 In2Pickle, LLC</p>
<p>Player B dinks the ball to the middle. Middle dinking is an often underutilized shot in pickleball.</p>	 <p>Copyright 2020 In2Pickle, LLC</p>

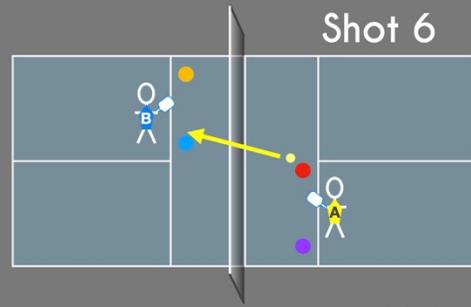
Player B's turn to be pulled wide by Player A. In a game you will be able to elect an outside or middle shot from a middle dink by your opponent.



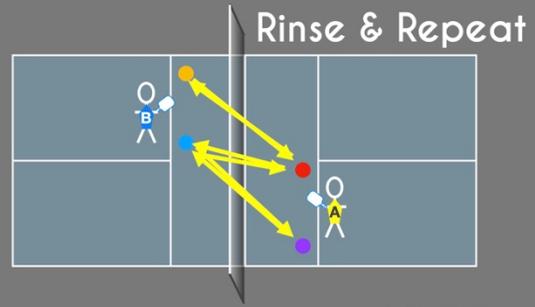
Player B resets back to the middle. Dancing this dance will help you when you are under stress in a game. Your muscle memory will kick in and you will go to the spot without thought.



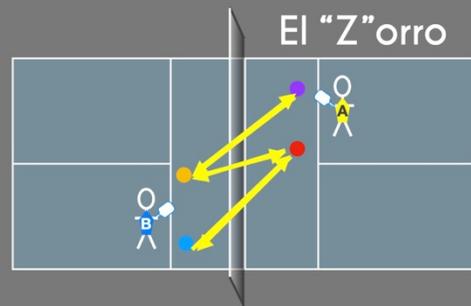
Back to the middle restarting the whole process once again.



Rinse and repeat over and over. Put some music on and dance the dance.



Once you have danced this dance, switch the dots to the other side and dance El Zorro in reverse. This is one of the best drills you can practice – trust us.



Keep working at it

