

Pickle in the Middle

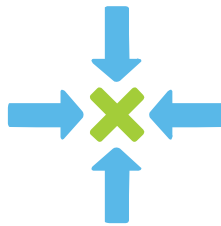
Improve your ability to keep the ball low and down the middle.

Player 1 serves the ball and receiver must return the ball low and through hoop at the middle of the net.

Four Players take part, rotating turns for serve and playing the point up to 4 shots following the serve.

All players attempt to drive all shots after the serve through the hoop.

Players rotate to the Right (CCW) after each Pickle in the Middle practice



Coach:

Remind of basics: bent knees, paddle up/ready, eye on the ball

Follow through toward the hoop in the middle

Placement over power

Minimal backswing – keep the ball in front

Play out the point at the kitchen line

Set up on court for Pickle in the Middle:

Bring bucket of 8 balls to the court. Place hoola hoop on base directly at the center of the net (either side is fine). Be sure the "pickle" is attached at the middle of the hoop. Be ready to re-set the hoop if it gets knocked over.

Please take hoop and balls off court when done