



DOWN THE “DOUBT” LINE (or whose shot is it, anyway?)

Improve your ability to keep the ball down the middle and encourage your opponents to doubt which of them should hit that shot!

- Four players take the court and each will serve and play out one point
- EVERY shot after the serve must be down the center line. If it's not, play stops.
- After 4 points new players rotate in. Rotating players line up on a different side of the court for their next turn.
- Whether a dink, a volley, a ground stroke or a lob, all shots must play to the center line.

DRILL INSTRUCTOR:

- Remind players of the basics: bent knees, paddle up/ready, eye on the ball
- Follow through center line
- Placement and patience count more than power
- Encourage players to out the point at the kitchen line
- Count to see highest number of centerline shots are hit and go for a record