



# TICKLE THE PICKLE

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

- All 4 players are in volley position at the kitchen line and must volley the pickleball through the hoola hoop on every shot, attempting to “tickle the pickle”
- After 4 ball starts all players rotate one position counterclockwise until players return to the beginning of the rotation



## DRILL INSTRUCTOR:

- Remind of players of the 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
- Once rotation has ended, let players play out the point once and rotate