

GENERIC PICKLEBALL LESSON PLAN

Class:	Date:	Coach:
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1	DYNAMIC WARM UP	5 minutes
Drill 1:		
Drill 2:		
Drill 3:		
2	NON-VOLLEY ZONE DRILLS: dinks volleys	15 minutes
Drill 1:		
Drill 2:		
Drill 3:		
3	TRANSITION DRILLS - resets volleys overheads	15 minutes
Drill 1:		
Drill 2:		
Drill 3:		
4	BASELINE DRILLS serves returns third shots	15 minutes
Drill 1:		
Drill 2:		
Drill 3:		
5	POINT PLAY competition	20 minutes
Drill 1:		
Drill 2:		
6	CLASS DISMISSAL homework cool down	2 minutes
Assign		

SPECIFIC PICKLEBALL LESSON PLAN

Class:	Date:	Coach:
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1	DYNAMIC WARM UP		5 minutes
Drill 1:			
Drill 2:			
Drill 3:			
2	PICK A SPECIFIC AREA / THEME		
	NON-VOLLEY ZONE DRILLS	(dinks, volleys)	
	TRANSITION DRILLS	(resets, volleys, overheads)	
	BASELINE DRILLS	(Serves, Returns, third shots)	
	POINT PLAY	(competition)	
3	DRILLS TO USE		40 minutes
Drill 1:			
Drill 2:			
Drill 3:			
Drill 4:			
Drill 5:			
5	POINT PLAY optional		10 minutes
Drill 1:			
Drill 2:			
6	CLASS DISMISSAL homework cool down		2 minutes
Assign			