

Hi there, it's Mark Renneson from Pickleball Coaching International, thank you for making this purchase of these lesson plans, the Soft and Hard Side of Pickleball. There are three lesson plans in here and I really think that you're going to like them.

So let's talk about plan number one first, lesson plan number one is called How to Beat Bangers. You are going to have a ton of students who want to come out and that's the problem they have, handling those hard hitters, playing against power players. How do you beat those bangers? And what we do here in this lesson plan is give a few sort of tactical tools, as well as technical tools so the players can handle those fastballs no matter where they're coming from on the court. And so we address questions, what do you do when your opponents play drives in the baseline? What do you do when your opponents flick the ball at you at the net? So I think a lot of players are probably coming to you because this is a challenge that they're having is handling speed, and this lesson plan How To Beat Bangers is all about that.

The second lesson plan is called Dynamic Dinking, and very often dinking is sort of underappreciated as a skill, sometimes there's not enough time spent on it. And when time is spent on it very often it is sort of poorly spent, it's kind of thoughtless, people just sort of hit the dinks back and forth over the net. It can actually be quite boring. So here what we do is we talk about and practice the main skill of dinking, which isn't really about hitting the ball but it's about moving, it's about setting up to the ball. Everyone can be pretty good at playing a dink the way they want when they're on balance but the real challenge is when you have to move to do it. So in this lesson plan you'll talk a little bit about the purpose of a dink, what counts as a good dink, as well as develop some of the technical skills needed to hit those dinks well.

And then lesson plan number three here, well we sort of mixed it up here, this is called Mixed Bag Drills, and this isn't really necessarily about dinking or about the hard side of pickleball, this is a variety of drills that I've used over the past bunch of years that have been a lot of fun for players. And so if you're ever running a drill session for people, if you're ever running kind of a little practice session for players before an open play or something like that, where you don't want to do a ton of teaching, you don't want it to be feeling really clinical, you can use Mixed Bag Drills. It's a super fun way to get people hitting serves and returns and drops and drives and volleys and lobs and dinks and all sorts of things. So this is Mixed Bag Drill, you're going to want to keep these drills in mind, have them at your fingertips, add them to your library, even tweak them a little bit if you think there's some things that you can do to make them more enjoyable for your players.

So once again, the Soft And Hard Side of Pickleball, thank you for your purchase. I'd love to know what you think about these. If you ever want to send me an email, info@pickleballcoachinginternational.com.

Thanks again.