



Complete Doubles Drill Workout

#1 “Dinks Only” Warm Up (2 min.) - Down The Line

#2 “Dinks Only” Drill

- Down The Line
- Crosscourt Even Side
- Crosscourt Odd Side

#3 “Volleys Only” Warm Up (2 min.) - Down The Line

#4 “Dinks + Attacks” Drill

- Down The Line
- Crosscourt Even Side
- Crosscourt Odd Side

#5 “3rd Shot Drop” Drill

- Down The Line (& switch roles)
- Crosscourt Even Side (& switch roles)
- Crosscourt Odd Side (& switch roles)

#6 “Transition Zone” Drill

- Down The Line (& switch roles)
- Crosscourt Even Side (& switch roles)
- Crosscourt Odd Side (& switch roles)

#7 “Modified “Skinny Singles” Drill

- Down The Line (& switch roles)
- Crosscourt Even Side (& switch roles)
- Crosscourt Odd Side (& switch roles)

#8 Full “Skinny Singles” Drill

- Down The Line
- Crosscourt Even Side
- Crosscourt Odd Side

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