

1. Long Dink (3rd shot drop) practice. Play a regular game but allow a bonus point to the first team to hit a ball into the kitchen. It is important to keep track of opening servers. When rally is complete, reposition if necessary due to normal scoring and then apply the bonus point. Players will possibly need to reposition again when this bonus point is applied. Example: If opening server (even) wins rally and is first team to hit the kitchen, he/she would move to odd court (score is 1}. Then, with the application of the bonus point now score is 2, that player would move back to the even court to start the next serve. If the receiving team is the first to hit the kitchen, then the bonus point would cause the receivers to change positions before the next serve takes place. Player position on the court is tied to the score.....
2. Dink Dink Go: Play starts at kitchen and two dink strokes must be completed, then any stroke may be used and the entire full court comes into play. Game to 11. Normal serving rotation.
3. Dingle: Similar to Dink Dink Go, however, to begin play, two balls are dinked simultaneously cross court until one is faulted, then two additional dinks are required of the remaining ball and then the whole court comes into play. When first ball faults, faulting pair hollers “dingle” and then two more strokes are counted and play then opens up. Game to 11. Normal serving rotation. This activity requires players to stay focused on their ball and not be distracted.
4. Players cooperatively hit ground strokes from mid court, both cross court and straight ahead. Keep the ball going. How many touches before fault occurs. This activity is designed to work on control of pace and direction.
5. Reset dinks and pressure dinks. A pressure dink is one that goes to opponent’s feet beyond the kitchen line. One side keeps dinks in the kitchen (reset) and the other side hits dinks deeper and moves opponent (pressure). All players be ready to attack balls above the net.
6. Top spin dinking: Looking to take more balls out of the air and rolling them with top spin if you can. Move the ball around. No more than 2 times to a spot. Continue to follow the ball when hit.
7. Dingles: Can be played where the pair going cross court use cooperative strokes and then becomes competitive when down to one ball For higher level play, the two going crosscourt are also competitive and trying to win the rally before going down to one ball. Use a reset on the first time down to one ball to regroup the focus of play. Just because it becomes a live ball doesn’t mean we need to let it fly. Use rally scoring.