

## *The Party's in the Kitchen*

We all hear how important it is to learn the soft game and to learn how to dink. It would seem that dinking is the easiest shot in the game. However, like any other shot, we need to practice it to become really good.

So let's have a party in the kitchen. Below are three games you can play to improve your soft game. Give them a try and see how your game improves.

### **Game 1:**

Everybody stands at the kitchen line and ALL shots must bounce in the kitchen, including the serve. When you serve, you must be behind the kitchen line and your serve must go in the kitchen, but always to the court diagonal from you. Then every shot must bounce in the kitchen. Move the ball around folks. Change the angle, the speed, the depth, the person to whom you hit it.

### **Game 2:**

Same as game one EXCEPT, after the fourth shot, you can do anything. This trains you to do a few things. You learn that 4 isn't the magic number of dinks, maybe you should all dink 15 more times to get the setup. You learn that just because you want to dink, doesn't mean your opponent does, so you better be ready for any kind of shot coming back to you.

### **Game 3:**

Same as game two but now try to add two new shots to your arsenal. The dink lob: After dinking for awhile, use the same exact motion for your next dink, but aim for a shot over the person's head and deep into the back court. The dink slam: again, make like you are going to dink but hit the ball with force, low over the net. Remember: you don't have to wait for the ball to bounce to go in the kitchen. You just have to wait until it bounces to hit it. Then get back out of the kitchen to train yourself to do that.

Created by Marian Pasela as a weekly drill for her group in Mesa AZ. Every Monday evening, interested players would gather for a *Party in the Kitchen*.

As temperatures begin to warm and the days get longer, the Redding Group could consider a similar drill one night a week – if enough people are interested.