

# Scott Golden Clinic

August, 2018

## General

1st shot – Serve deep

2nd shot – Return deep

3rd shot – Get to the kitchen with a drop shot (long-distance dink)

Begin dinking game

---

## Dink

- Paddle
  - Out in front at 11 o'clock
  - "3" grip pressure (on a scale of 1 – 10)
- Court Position
  - Toes just behind kitchen line
- Body
  - Bend knees
  - Don't stand up, stay on toes
  - Keep your feet at the line
  - Legs wide
  - Get down
  - Grab balls out of the air (takes time away from opponent)
  - Slice and roll dinks, more than a dink
  - Low center of gravity
  - Keep body stable when hitting
  - With cross-court dink, outside hip faces opponent, which allows you to face opponent
  - Move laterally, not backwards and forwards
  - Never cross-over with your feet, stay at the line and take a step to the side otherwise you set it up for your opponent to hit to your open side
  - Rotate hips to hit ball
  - Guard the middle of your side
- Shot
  - Hit anything that you can take out of the air – less time for the opponent to respond
  - Watch it into the paddle
  - Soft, gentle shot
  - Keep the ball low
  - Cradle the ball
  - Lift the ball
  - Move opponent by placing the ball at the opponent's right or left foot
  - Keep the ball unattackable
  - Apex of shot should be on your side
  - A cross-court dink is a higher percentage shot as there is more blue court available
  - Cross court dink – open up your body, not square to the net. On the left side, the right foot is back a bit
  - Forehand dink – you are closer to the mid-line

## Serve

- Paddle
    - Paddle and wrist facing opponent
    - "4" grip pressure
  - Court Position
    - Stand back from service line and stay behind to be in position for a deep return
    - Start in the middle of the serving court – Move toward outside to angle cross-court to opponent's right – Move inside to hit toward opponent's left
  - Body
    - Smooth and loose body
    - Bend knees
    - Make contact below the waist
    - Dip the hip on the service side
    - Power comes from the wrist – cock the wrist and whip it
    - Don't turn your wrist
    - Arm is like a pendulum
    - Follow through - don't serve across your body arm should come straight up
    - Be more aggressive hitting
    - Same as a softball throw
    - After the serve – stay way back
  - Shot
    - Hit it deep – the deeper the better – to keep the opponent on the defense
    - Aim for the baseline
    - Your serve is a weapon, vary it, have at least 3 types of serves you can do
    - Point of contact should be at the height of the knee on the non-serving/forward leg
    - If the ball goes into the net, the point of contact was too low
    - If the ball is too long, the point of contact was too high
    - Initially watch the ball hitting the paddle, then when comfortable with the service hit, focus on a spot on the opposite court where you want the ball to land (can practice with hula hoops on opposite court)
- 

## Returning Serve

- Stay way behind the baseline
- Step into the ball
- Set feet, hit ball, then move towards the kitchen line
- Back Hand – step and hit
- Receiver – stay back, get it deep with an arc, slow the ball down, then get up to the kitchen

## 3rd Shot Drop

(aka long-distance dink) – this is the most difficult shot – hours of drills (could be 5th, or 7th shot)

- Goal is to get to the kitchen with your partner
- Use the 3rd drop shot if both of your opponents are at the net. If one of your opponent's stays back at the serve line you should try to keep your opponent back with a deep return allowing for time to get yourselves in a "proactive" position at the kitchen line. Be aware of poaching strategy and don't race too quickly to the net if you see a slam shot coming. Move to the net together and realize you both may need to stay in back court if your return is attackable or stop midway and attempt a 5th drop or even 7th drop shot.
- Court Position
  - Both opponents are probably at the kitchen, therefore the ball is less likely to get past them with a strong hit
  - Continue drop shot until you are at the kitchen (5th, 7th, etc.)
  - Move forward as a wall with your partner
- Body
  - Knees bent
  - Stay low
  - Use your core to lift the ball
  - Your body should feel the "squat" position
  - Step into it
  - Don't swing way back, keep it gentle and soft
  - Follow through
  - Same motion as a softball throw – can be aimed more to the side
- Move
  - Set feet before hitting
  - Set feet, hit shot, then move toward kitchen line
  - Hit solid shot before moving up
  - Don't run through the shot
  - Don't anticipate by moving forward too soon
  - Watch the paddle of the opponent to determine the type of shot that they will make
- Shot
  - Soft hit
  - Get under the ball and lift it
  - Don't scoop it directly under and up, come from the side and scoop it over
  - Don't hit it backing up – if you do, you moved too far forward too soon
  - Does not have to be perfect – err toward too long rather than too short and into the net – better to miss deep than short
  - Place about 1.5' over the net
  - Focus on the opponent's kitchen line, not on the net
  - Forehand person takes the shot
  - If you drop it over it is very hard to come under a ball that is below the net

## Drill

- Everything we do is getting to the net
  - Take 30 to 60 minutes to drill before you play a game
  - Dink drill explained: Step back ---hit –step back –continue stepping back while partner is at the kitchen returning your shot. Each shot you return does into the kitchen. After you go back and forward, your partner then goes back and forward. Like an accordion, or seesaw.
  - It is better to return it a bit long than into the net. Otherwise you don't get a point.
  - Don't switch hands ever – move to hit the ball
  - Once you go forward and back then do this drill cross court.
  - You should drill a minimum of 1 hour per week
  - Another drill – 4 dinks then you can attack
  - Another drill – "gold game" 2 live balls, going cross court, when one ball dies, call "Gold", then attack the second ball
- 

## Lob

- Both of you go back together
  - Call the shot
  - Try to hit the ball while it is in the air, before the bounce.
  - Do not run backwards. Pivot, then side step to the overhead smash.
  - Then move back up to the kitchen
  - For someone who continuously lobs you, smash it down before it bounces. Change the game.
- 

## Offensive Play

- Always hit to the person who is back. Unless it is a "set up" and then you hit it to the net person.
- Don't rush your shots
- Be patient
- Soft and slow the game down
- Find your opponent's weakness, exploit it
- Mindset breaks down an opponent even when you are equal or they are better
- Remember you are a rubber band – move with your partner – forward and back, side-to-side
- Look at where your opponent keeps his paddle – go to his weak side over and over again