



Brisbane Bayside Pickleball Club

Brisbane Bayside Pickleball Club

Skills & Drills Playbook

Authors: Andy & Wendy Tompkins

Version 1.0 Feb 26



Introduction

Introduction

Welcome to the BBPC Skills & Drills Playbook, your structured guide to building confidence, consistency, and tactical awareness on the pickleball court.

Pickleball is a game of precision, patience, and smart decision making. This playbook is your roadmap to mastering the fundamentals and unlocking your full potential, one skill, one drill, one rally at a time.

Whether you're just starting out or looking to sharpen your competitive edge, this playbook is designed to help you progress through the key stages of skill development with clarity and purpose.

What's Inside?

This playbook is divided into 5 core sections:

- **Foundational Skills** – the parts of the game you should be focusing on as a beginner
- **Intermediate Skills** – as you improve you can learn more advanced shots and tactics
- **Advanced Skills** – to help you perfect your game and round out your pickleball skills
- **Drills & Coaching Tips** – suggested drills and coaching tips for each aspect of the game
- **BBPC Skills Progress Tracker** – a simple way to keep track of your progress

How to Use This Playbook

- **Start where you are** - each section builds on the last, but you can jump in at your current level
- **Drill with purpose** - every drill includes a clear goal and coaching cues to reinforce technique.
- **Practice consistently** - Repetition builds muscle memory and confidence.
- **Ask questions** - Coaches and club leaders are here to help you refine your game
- **Track your progress** - Use the playbook to set goals and measure improvement over time



Foundational Skills



Ready Position

Athletic stance with feet shoulder-width apart, knees slightly bent, paddle held in front of the body at chest height. Weight on the balls of the feet

Coaching cues:

“Paddle up”

“Light feet”

“Neutral stance”

Grip Fundamentals

Continental grip for versatility across volleys, dinks, and drives

Coaching cues:

“Shake hands with the paddle”

“Loose wrist, firm contact”

Serve

Consistent, deep, high-percentage serve aimed at pushing the opponent back

Coaching cues:

“Smooth, not powerful”

“Hit your target, not the line”

Return of Serve

Deep return to the opponent’s backhand, giving time to advance to the Kitchen

Coaching cues:

“Depth over power”

“Return and run”

Dinking

Soft, controlled shots into the opponent’s Kitchen to force errors or create openings

Coaching cues:

“Soft hands”

“Lift, don’t swing”

“Aim for the opponent’s feet”



Intermediate Skills



Third Shot Drop

A soft, arcing shot from the baseline landing in the opponent's Kitchen, allowing the serving team to advance

Coaching cues:

- “Arc, not drive”
- “Brush under the ball”
- “Land it in the kitchen, not on the line”

Third Shot Drive

A firm, controlled drive used when opponents are out of position or when the ball sits high

Coaching cues:

- “Hit through the ball”
- “Aim at the body or backhand”

Transition Zone Movement

Controlled advancement from baseline to Kitchen through split-steps, resets, and soft blocks.

Coaching cues:

- “Move on balance”
- “Reset before you rush”
- “Absorb pace, don't fight it”

Volleys

Compact, controlled strokes at the Kitchen to maintain pressure

Coaching cues:

- “Punch, don't swing”
- “Paddle out front”

Resetting

Softening a fast incoming ball to drop it into the Kitchen and neutralise the rally

Coaching cues:

- “Soften the hands”
- “Let the ball come to you”



Advanced Skills



Speed-Ups

A sudden acceleration of pace from the Kitchen to catch opponents off-guard

Coaching cues:

“Choose the right ball”

“Aim at the shoulder or hip”

Roll Volleys / Topspin Attacks

A topspin-driven volley used to dip the ball at the opponent’s feet

Coaching cues:

“Brush up the back of the ball”

“Finish high”

Erne

A sideline attack by jumping outside the Kitchen to volley a ball early.

Coaching cues:

“Set it up with a wide dink”

“Explode through the line”

ATP (Around the Post)

A low, wide shot hit around the net post after a sharp cross-court dink

Coaching cues:

“Stay low”

“Drive it flat”

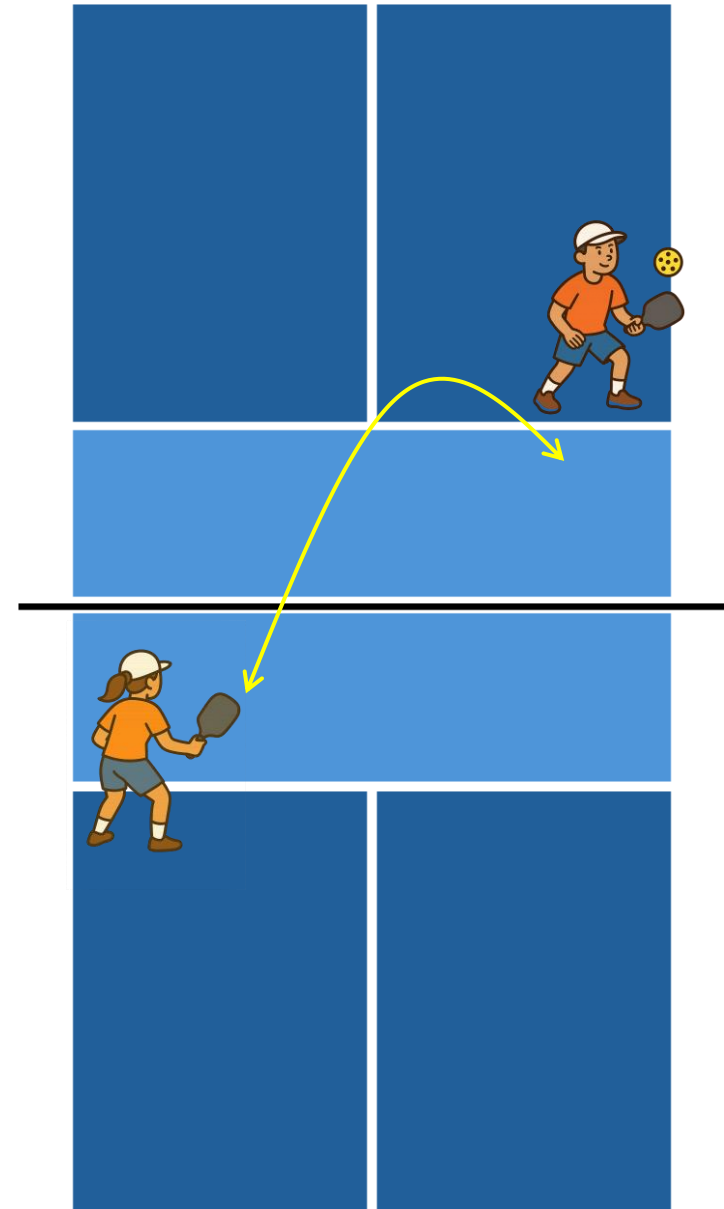


Drill 1 – Dink Rally

Purpose: To develop consistency and touch

Setup: Both players stand at the Kitchen, either directly opposite each other or diagonally opposite

Goal: Maintain a rally of 20+ dinks cross-court or straight-on





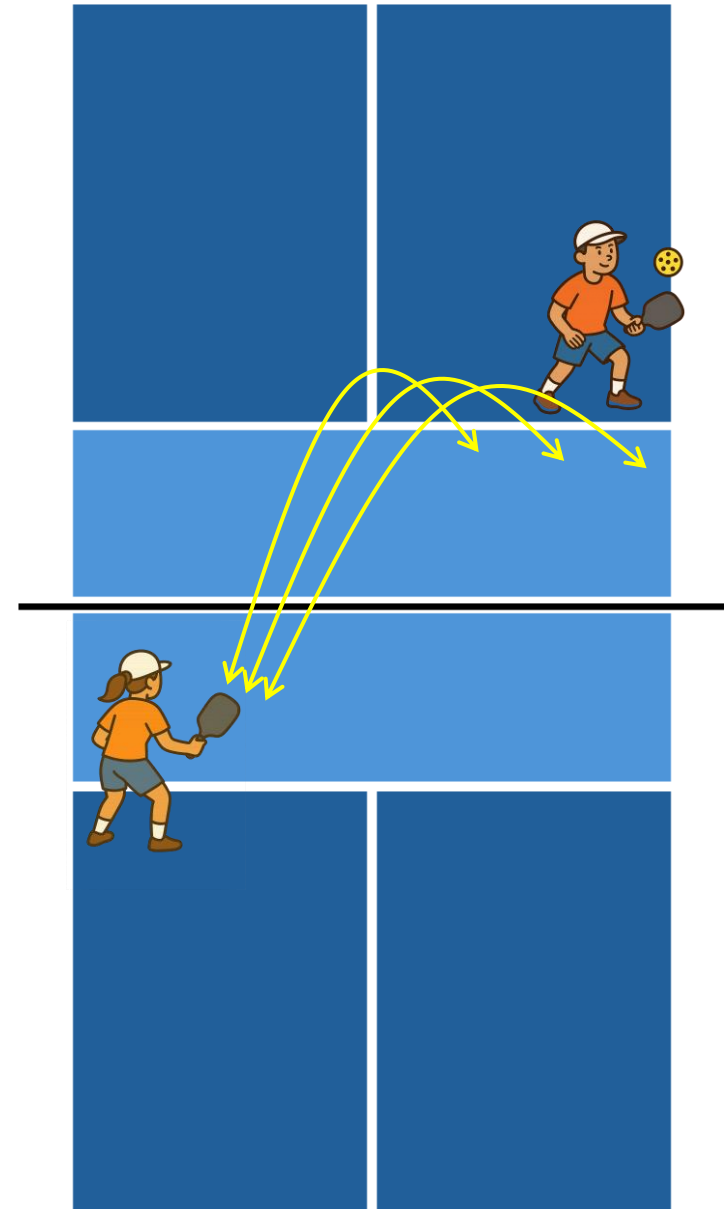
Drill 2 – Triangle Dinks

Purpose: To improve control and placement

Setup: Player hits three targets in sequence:

- Opponent's forehand
- Opponent's backhand
- Middle

Goal: Maintain a rally of 20+ dinks cross-court or straight-on with a focus on placement accuracy



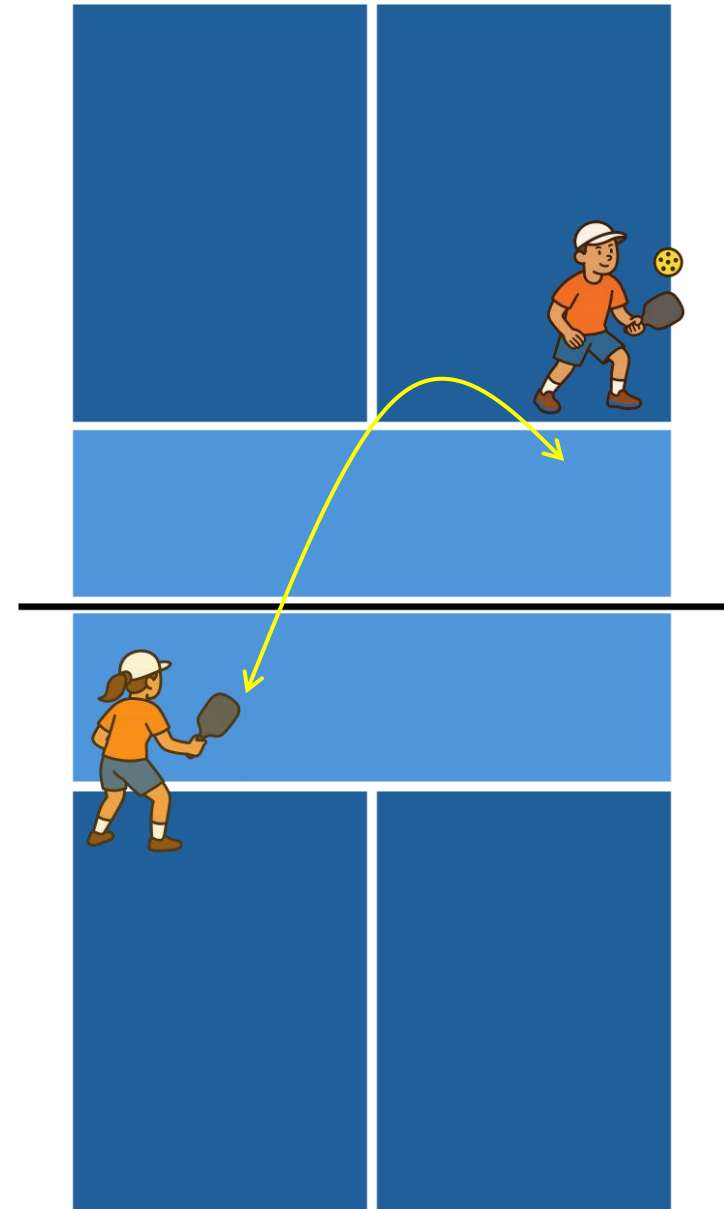


Drill 3 – Pressure Dink Game

Purpose: Add competitive pressure to dinking

Setup: Both players stand at the Kitchen, either directly opposite each other or diagonally opposite

Goal: Only dinks allowed, first to 11, errors lose the point





Dinking Tips



- **Stay low and balanced** - bend your knees and keep your weight forward on the balls of your feet. A low stance improves reach, stability and reaction time
- **Hold your paddle at chest height slightly in front of your body** - this helps you react quickly and maintain control
- **Grip pressure should be at around 3 to 4 out of 10** - a soft grip absorbs impacts and keeps dinks low and controlled
- **Use a simple controlled motion** - let your shoulder and arm guide the shot, no wrist flicks or big swings. Think “lift and place” not “hit and drive”
- **Aim low over the net** - the ideal dink clears the net by just a few inches and lands in the kitchen. Avoid high bounces that invite attacks
- **Target feet and corners** – aim for your opponents feet or wide angles to force movement and awkward returns, mix up placement to create openings
- **Favour cross court dinks** – the diagonal court is longer and the net is lower in the middle, cross court dinks give you more margin for error and pull your opponent wide
- **Be patient** – don’t force the attack, dinking is about consistency and control, not speed. Wait for a pop-up or mistake before unleashing the beast
- **Practice both forehand and backhand dinks** – you’ll need both in real rallies, practice straight on and cross-court from both sides

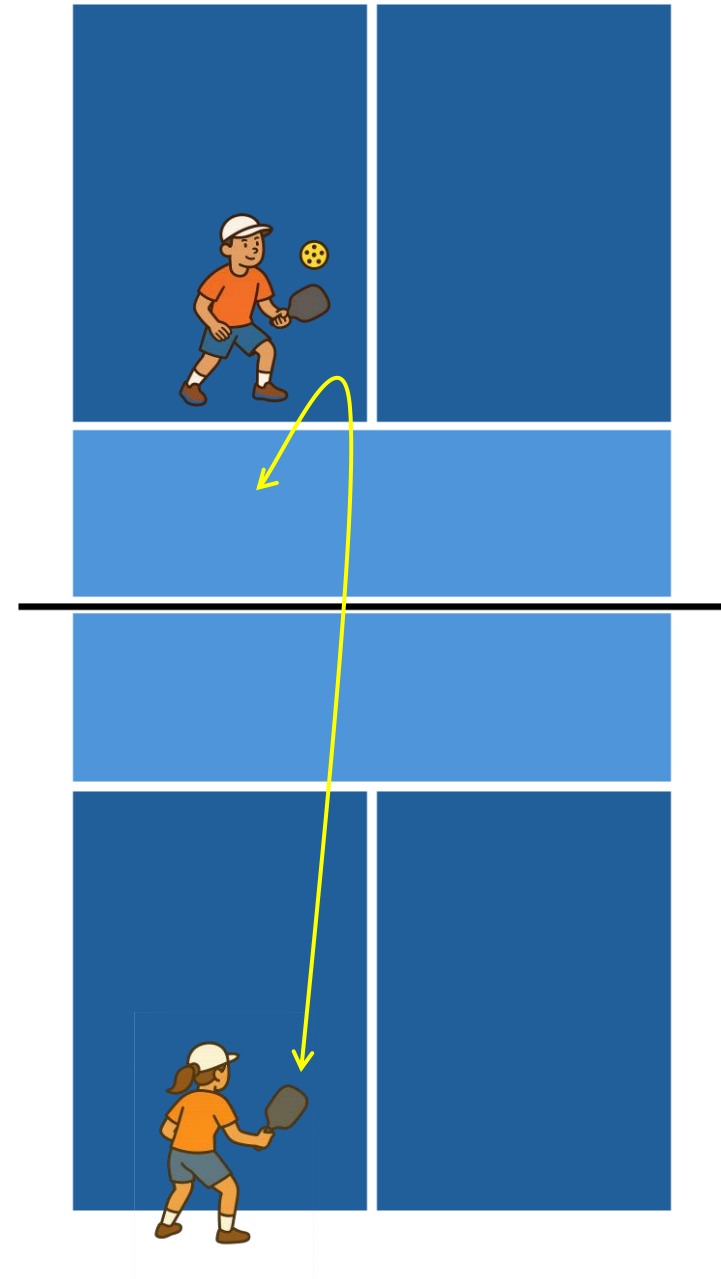


Drill 4 – Third Shot Drops

Purpose: To build third short drop consistency

Setup: One player at the baseline, one at the Kitchen

Goal: Baseline player hits 10–20 drops into the kitchen before switching roles



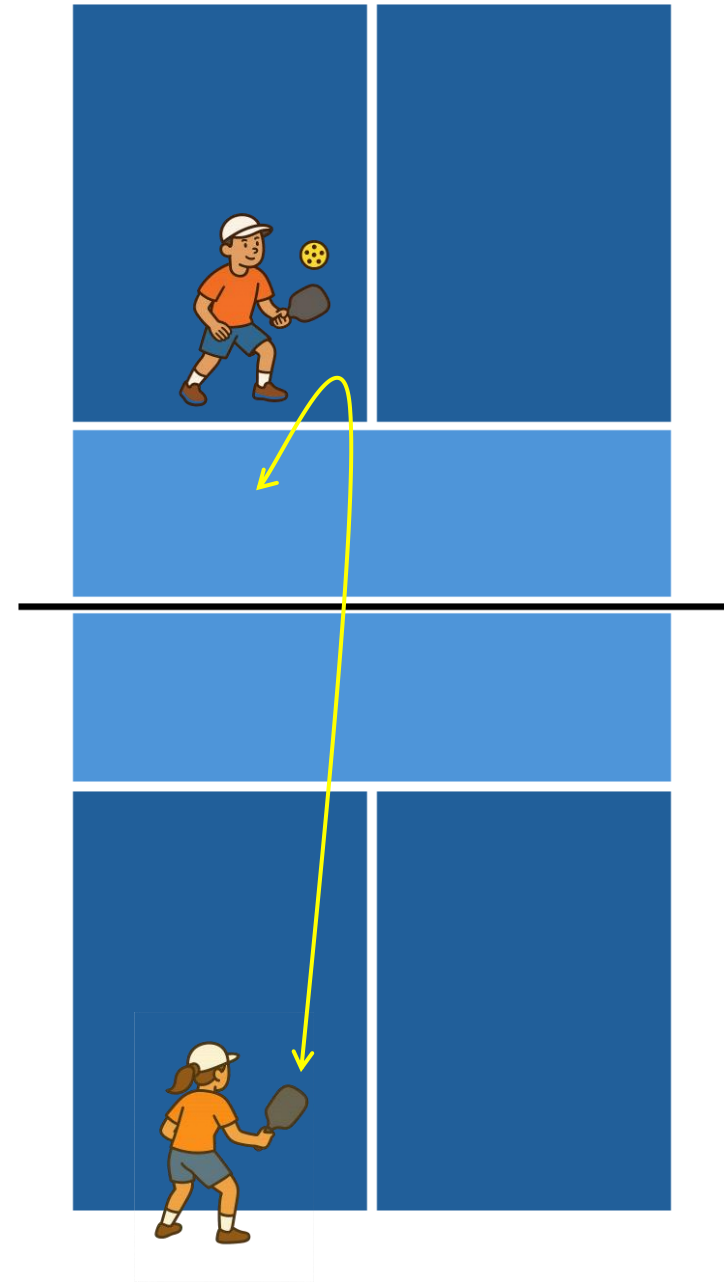


Drill 5 – Game “7 – 11”

Purpose: To build third shot drop consistency in a competitive game scenario

Setup: One player at the baseline, one at the Kitchen. Kitchen player serves to person on the baseline for the duration of the game.

Goal: Objective is for baseline player to use their third shot drops to work their way up to the Kitchen and win the point. The goal of the person at the Kitchen is to keep the baseline player from advancing to the Kitchen and to win the point.





Third Shot Drops Tips



- **Use the Continental Grip** - hold the paddle like a hammer, this naturally opens the paddle face, It helps you lift the ball with arc and control, not force
- **Stay Low and Compact** - bend your knees and keep your body low to get under the ball, Think of your arm as a piston - smooth, short, and controlled
- **Open the Paddle Face** - Angle the paddle slightly upward to create loft, this helps the ball clear the net and land softly in the kitchen
- **Contact the Ball Out Front** - hit the ball in front of your body, around knee level, this gives you space to lift the ball rather than swing at it
- **Absorb the Pace** - Soften your grip at contact to “cradle” the ball, avoid popping it up, the goal is a soft arc, not a drive
- **Aim 30cm Over the Net** - Don't just try to clear the net, aim for a consistent arc, target the middle of the kitchen or opponent's backhand side
- **Practice With Purpose** - use drills like:
 - Drop and advance: hit a drop, then move forward.
 - Drop-to-target: place cones in the kitchen and aim for them.
 - Drop rally: one player feeds, the other drops repeatedly.
- **Be Patient** - don't rush the shot or try to win the point, the goal is to neutralize the rally and move to the net.

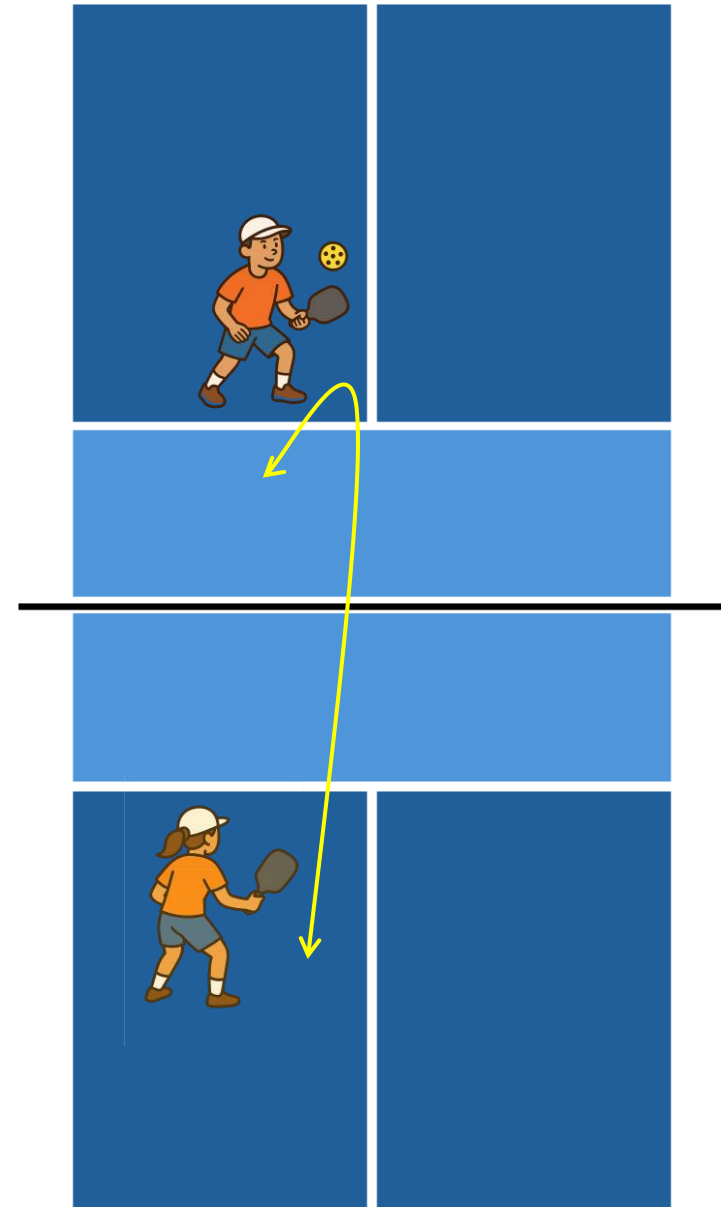


Drill 6 – Transition Zone Reset

Purpose: Improve resets while moving forward

Setup: One player in the transition zone (no mans land), one at the Kitchen.

Goal: Objective is for player in transition zone to reset into the Kitchen





Transition Zone Tips



- **Prioritise Balance Over Movement** - Most errors in the transition zone come from hitting while still moving. Focus on “move, stop, hit”, “feet still at contact” and “don’t run through the ball”. A stable base lets you soften the ball and control the height.
- **Keep the Paddle Out Front** - You have less time to react in this zone. Focus on “Paddle in front of your sternum”, “Short, compact blocks”, “No big swings”. You’re often defending fast balls so compact mechanics win.
- **Reset, Don’t Rally** - Your job is to *reset* the ball into the kitchen, not trade power. Focus on “Absorb, don’t fight”, “Soft hands”, “Let the ball fall”. A soft reset buys you time to move forward.
- **Let the Ball Drop Into Your Strike Zone** - Hitting the ball too high leads to pop-ups. Focus on “Let it fall to knee height”, “Don’t take it early unless you must”. Lower contact = easier to soften and control.
- **Use a Slightly Open Paddle Face** - This helps lift the ball gently into the kitchen. Focus on “Lift, don’t swing”, “Brush under the ball”. You’re creating arc, not pace.
- **Aim Middle or Deep Kitchen** - High-percentage targets reduce errors. Focus on “Middle is safe”, “Land it soft, not perfect”. You don’t need precision, you need consistency.
- **Advance Only After a Good Reset** - Don’t rush forward after a bad shot. Focus on “Reset first, then move”, “Earn your next step”. Moving forward on a poor shot gets you punished.
- **Use Split Steps to Stay Ready** - Every time your opponent hits, you should be balanced. Focus on “Bounce on their contact”, “Stay athletic”. It keeps you reactive and stable.
- **Keep Your Grip Soft** - A tight grip sends the ball flying. Focus on “Grip pressure: 3 out of 10”, “Let the paddle absorb the pace”. Soft hands = soft resets.
- **Accept That You’ll Be Under Pressure** - The transition zone is not comfortable and that’s normal. Focus on “Survive the moment”, “One good reset changes everything”. A calm mindset leads to better touch.

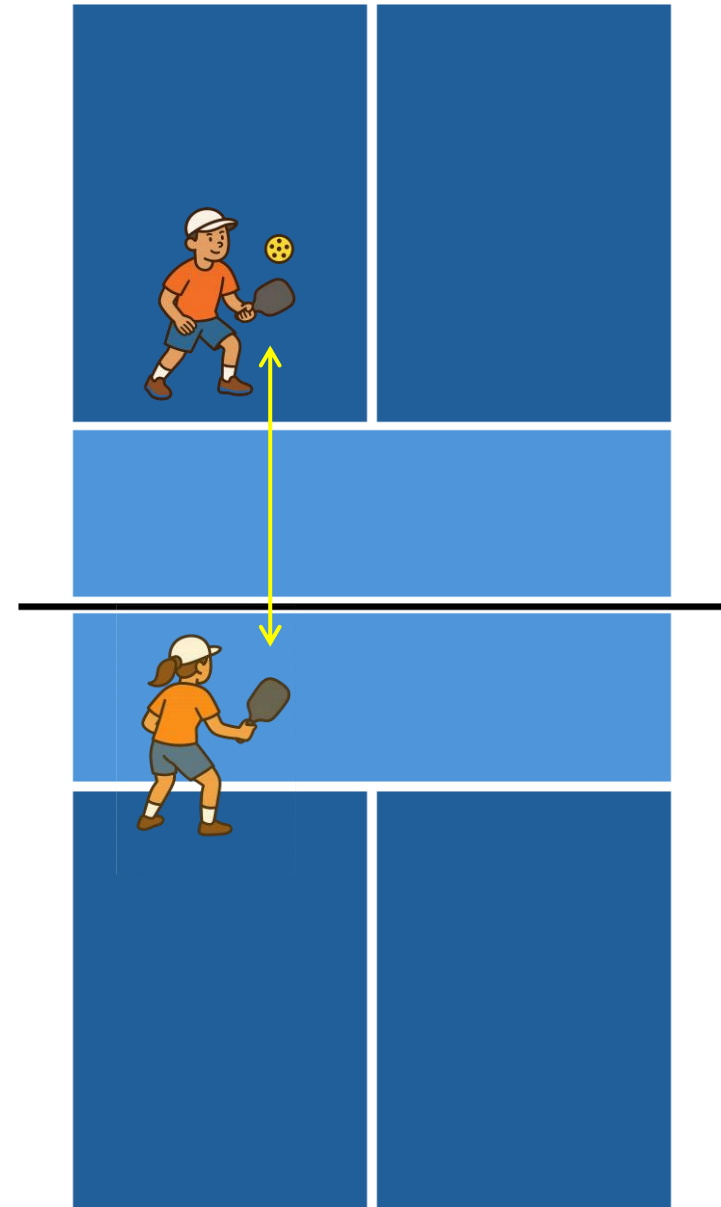


Drill 7 – Volley Exchanges

Purpose: Improve reaction time and compact swings

Setup: Both players at the Kitchen

Goal: Controlled volley exchanges, focusing on paddle position and stability





Volley Tips



- **Keep the Paddle Out Front** - This is the #1 rule of kitchen exchanges. Focus on “Paddle in front of your chest”, “No backswing”, “Punch, don’t swing”. You gain reaction time and reduce pop-ups.
- **Stay Low and Stable** - Your legs, not your arms, give you control. Focus on “Bend the knees, not the back”, “Wide, athletic base”, “Stay grounded”. A low stance absorbs pace and keeps volleys controlled.
- **Short, Compact Movements** - Long swings lose control and create errors. Focus on “Elbows in”, “Small punch”, “Minimal follow-through”. Compact mechanics win fast exchanges.
- **Aim at High-Percentage Targets** - You don’t need winners, you need pressure. Target Opponent’s dominant-side shoulder, hip, feet or the middle (confusion zone). These spots force awkward contact and set up the next shot.
- **Keep a Soft Grip** - A tight grip sends the ball flying. Focus on “Grip pressure: 3 out of 10”, “Absorb, don’t fight”. Soft hands = controlled volleys and fewer pop-ups.
- **Use the Continental Grip** - It’s the most efficient for quick forehand/backhand transitions. Focus on “Hammer grip”, “One grip for everything at the line”. You don’t have time to change grips mid-exchange.
- **Watch the Opponent’s Paddle, Not the Ball** - This is a pro-level habit that beginners can adopt early. Focus on “Read the paddle face”, “See the shot before it happens”. The paddle tells you direction, speed, and intent before the ball does.
- **Don’t Rush the Attack** - Only speed up when the ball is high enough. Focus on “Attack up, not down”, “Choose the right ball”, “Patience wins”. Most errors come from attacking low balls.
- **Reset When You’re Under Pressure** - If you’re off balance or late, soften the ball back into the kitchen. Focus on “Reset to survive”, “Soft hands, open face”. A good reset neutralises the rally and buys time.
- **Stay Calm in the Chaos** - Volley exchanges are fast but your mind shouldn’t be. Focus on “Quiet hands”, “See the ball early”, “One shot at a time.” Calm players make better decisions and fewer errors.

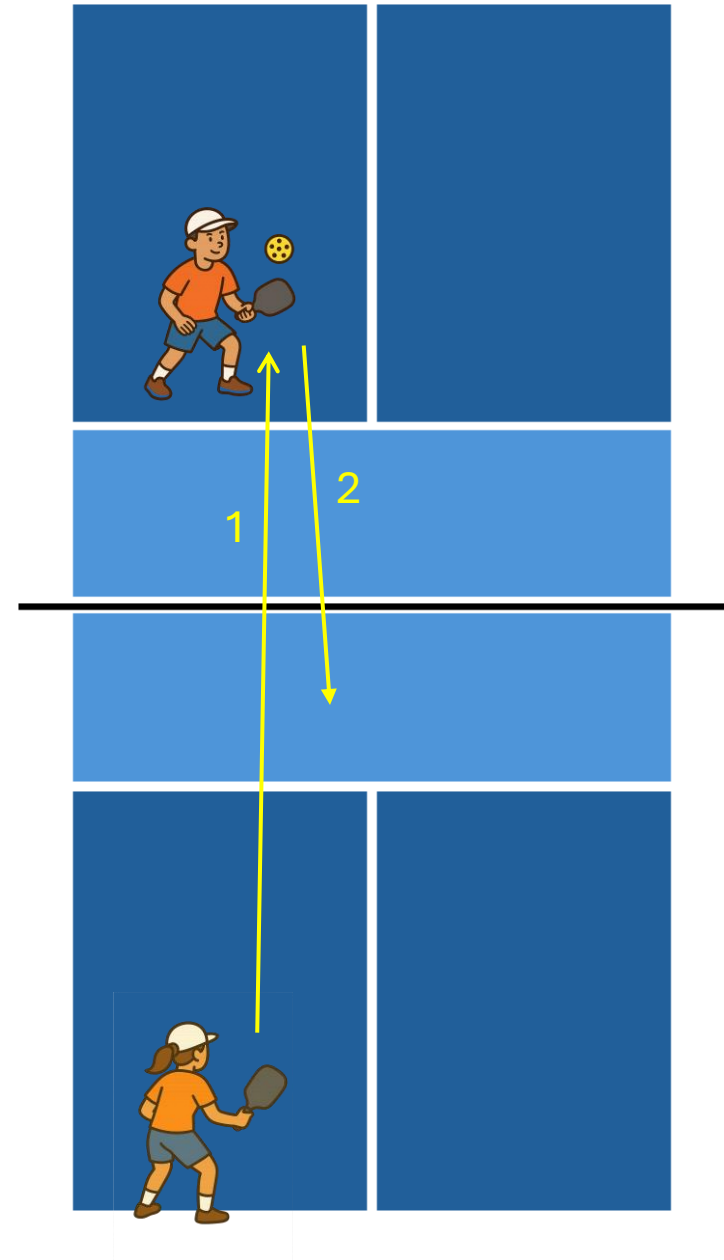


Drill 8 – Dead Blocking

Purpose: Improve touch at the Kitchen line from hard drives

Setup: One player at the baseline driving the ball, the other player at the Kitchen blocking the ball into the Kitchen

Goal: Controlled blocking, focus on soft hands and landing the ball in the Kitchen





Dead Blocking Tips



- **Use an Ultra-Soft Grip** - This is the foundation of a true dead block. Grip pressure around 2 to 3 out of 10, fingers relaxed, wrist loose and Paddle “gives” at impact. Focus on “Hold it like a baby bird”, “Soft hands win”, “Absorb, don’t fight”
- **Keep the Paddle Face Slightly Open** - You’re not pushing the ball, you’re letting it fall off the paddle. In terms of technique paddle should be angled slightly upward, minimal forward motion, let the ball rebound softly. Focus on “Let the ball melt off the paddle”, “Open face, quiet hands”
- **No Swing “Zero”** - The biggest mistake players make is adding motion. In terms of mechanics there should be no backswing, no follow-through, paddle stays in front of your body and contact happens close to your core. Focus on “Freeze the paddle”, “Still paddle, soft touch”, “Less is more”
- **Let the Ball Drop Into Your Window** - Trying to block a ball too high leads to pop-ups. Ideal contact is knee to thigh height, slightly out in front and body behind the ball. Focus on “Let it fall”, “Hit it in your window”, “Don’t reach up”
- **Stay Low and Stable** - Your legs absorb more pace than your arms. In terms of technique bend your knees, widen your stance, keep your chest forward and stay grounded through contact. Focus on “Low equals control”, “Sink into the block”
- **Aim for High-Percentage Targets** - You don’t need perfect placement, you need softness. Best targets include middle of the kitchen, opponent’s backhand side, deep kitchen (soft, not high). Focus on “Middle is safe”, “Soft, not perfect”
- **Reset First, Then Move** - Don’t rush forward after a block unless you’ve earned it. Sequence is dead block, read the reply, advance only if the ball is neutralised. Focus on “Reset before you step”, “Earn your progress”
- **Expect the Speed-Up** - Dead blocks work best when you’re not surprised. Reading cues include opponent leans forward, paddle face closes, wrist loads and dink rhythm changes. Focus on “See it early”, “Read the paddle, not the ball”
- **Keep the Paddle Out Front** - Reaction time is everything. Technique is paddle at chest height, elbows slightly in and short reaction path. Focus on “Paddle out front”, “Compact and ready”
- **Stay Calm in the Chaos** - Dead blocking is a mindset as much as a technique. Mental cues include “Quiet hands”, “Absorb the storm”, “One ball at a time”

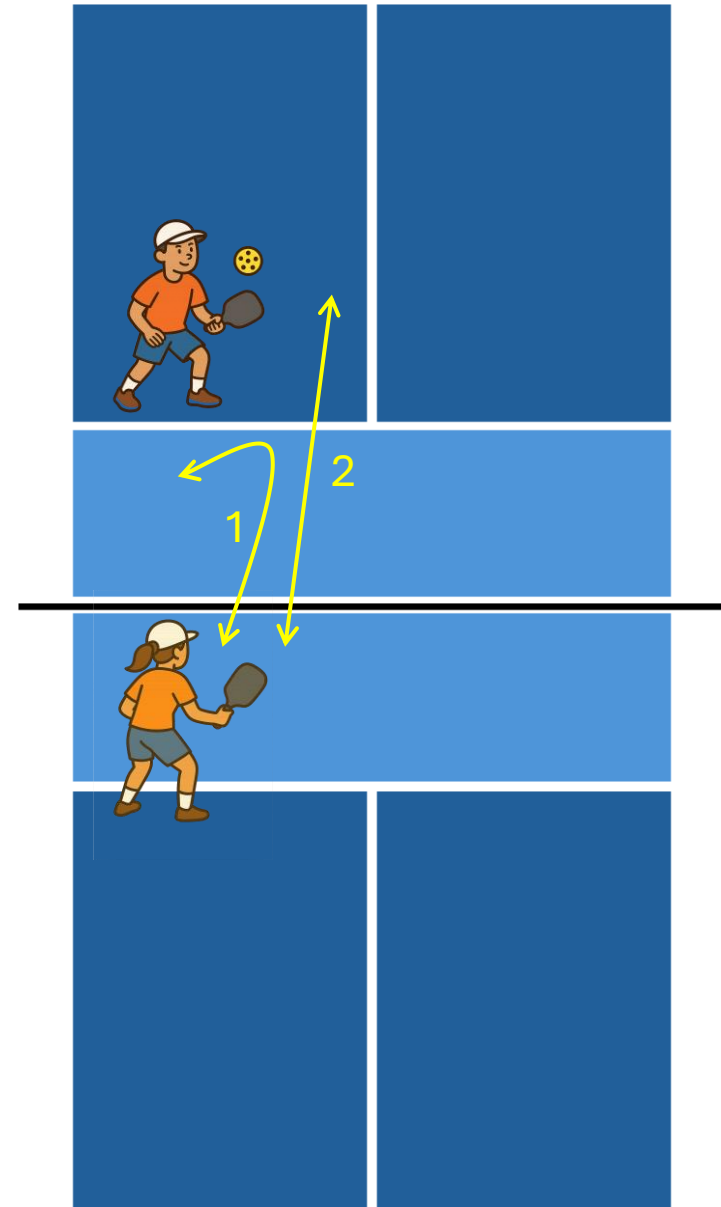


Drill 9 – Speed-Ups

Purpose: Train when to attack and when to dink or block

Setup: Cooperative dinking until one player initiates a speed-up

Goal: Partner must block or counter-attack appropriately





Offensive Speed-Up Tips



- **When to Speed Up** - The biggest mistake players make is attacking the wrong ball. You should only speed up when the ball is above net height, is sitting up or has a high bounce, your opponent is off balance, you've forced a weak dink or pop-up or you've created a pattern and are breaking it intentionally. Focus on "Attack up, not down", "Choose the right ball", "Punish the sitter"
- **Where to Aim** - High-percentage targets win exchanges. Good target areas include dominant-side shoulder (hardest spot to defend), hip (forces awkward contact), body (reduces angles), middle (causes confusion). Focus on "Aim at the chicken wing", "Down the Middle solves the riddle."
- **How to Execute the Speed-Up** - You don't need a big swing you need deception and compact mechanics. Keep the paddle out front, use a short punch or roll volley, Add topspin to dip the ball at their feet and Maintain a balanced stance. Focus on "Small swing, big effect", "Roll, don't slap", "Stay grounded."
- **Set Up the Speed-Up** - Great players don't attack randomly they *build* the attack. Use repetitive cross-court dinks to pull them wide, feed them a slightly faster dink to provoke a high reply and change rhythm or spin to disrupt timing. Focus on "Create the attack, don't chase it", "Patterns create openings".



Defensive Speed-Up Tips



- **Read the Opponent's Paddle** - The paddle tells the truth before the ball does. Watch for closed paddle face, wrist loading or shoulder rotation. Focus on “Read the paddle, not the ball”, “See it before it happens”.
- **Use a Soft Grip** - A tight grip sends the ball flying. Keep grip pressure around 3/10, absorb the pace, block, don't swing. Focus on “Quiet hands”, “Absorb, don't fight”.
- **Block to the Kitchen** - Your goal is not to counterattack immediately it's to *reset*. Slightly open paddle face, use minimal movement and let the ball fall into your strike zone. Focus on “Reset to survive”, “Soft hands win”.
- **Counterattack Only When Appropriate** - If the ball is high enough after their speed-up, *then* you counter. Look for a shoulder-height ball, use a compact counter-punch and Aim at the body or middle. Focus on “Counter up, not down”, “Take the gift”.
- **Stay Balanced and Low** - Speed-ups punish players who stand tall or lean forward. Bend your knees, keep weight centered and stay athletic. Focus on “Low and ready”, “Stable beats fast”.

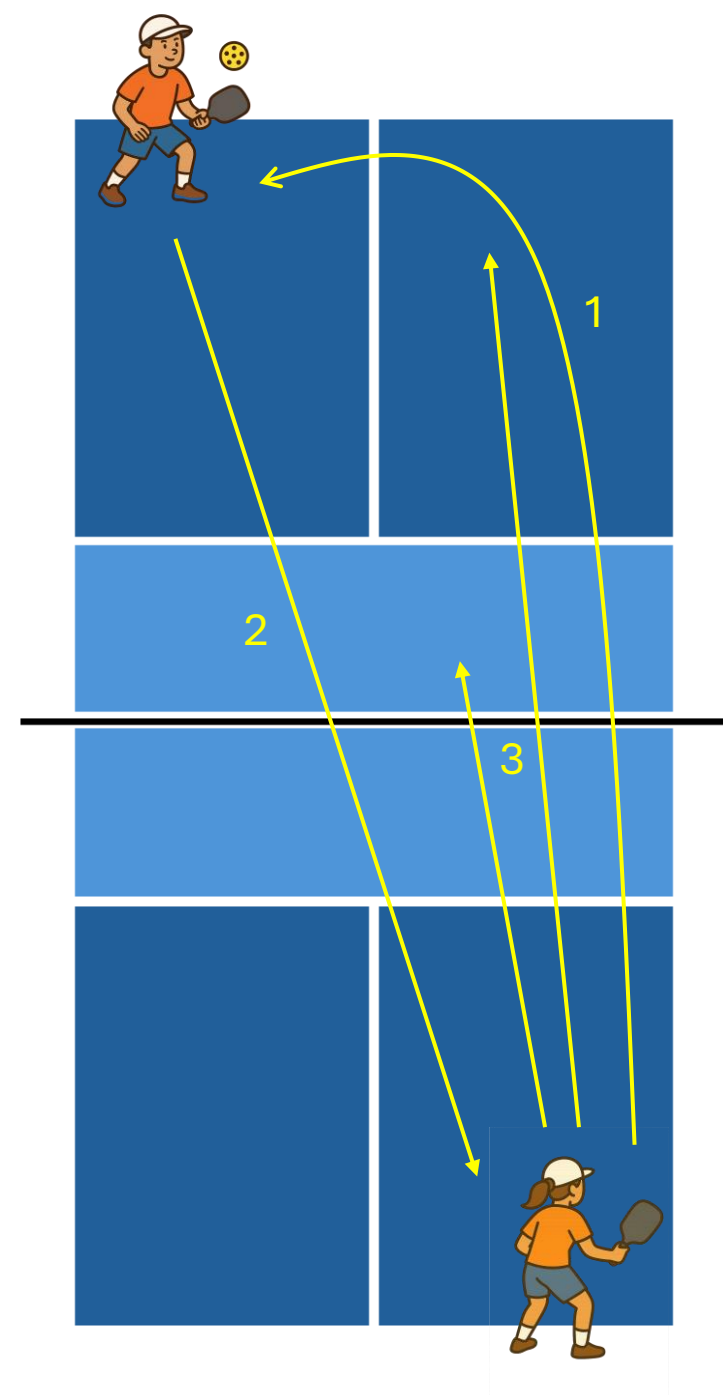


Drill 10 – Serve, Return, Third Shot Patterns

Purpose: Practice the first three shots of every rally

Setup: Player A serves, Player B returns deep, Player A executes drop or drive

Goal: Repeat 10–20 cycles





Serving Pattern Tips



- **Deep, High-Percentage Serve** - The safest and most effective serve for 95% of players. Aim deep to the back third of the court, target the opponent's backhand and use a smooth, consistent motion. Focus on "Depth over power", "Smooth, not fast", "Hit your target, not the line"
- **Body Serve (to jam the returner)** - Useful when the returner has a strong forehand. Serve directly at their torso and force late footwork or awkward contact. Focus on "Jam the hips", "Take away their swing"
- **Wide Serve (pull them off the court)** - Creates space for your third shot. Serve wide to the sideline so that the opponent moves laterally, you then open the middle for your next shot. Focus on "Stretch them early", "Create space before the rally begins"



Return Pattern Tips



- **Deep Return & Run** - The gold standard return pattern. Hit a deep return, aim to the server's backhand, move immediately to the Kitchen. Focus on "Return and run", "Give yourself time", "Depth wins"
- **Cross-Court Return** - Gives you more margin and time. Return diagonally, use the lower part of the net, buy extra seconds to get to the Kitchen line. Focus on "Use the long diagonal", "Lower net, bigger target"
- **Soft, High Return (when under pressure)** - A defensive option that still buys time. Lift the ball high and deep, reset your balance and advance to the Kitchen line. Focus on "Height is time", "Recover first"



Third Shot Pattern Tips



- **Third Shot Drop (default pattern)** - Used when the return is deep and you're under pressure. Soft arc into the opponent's kitchen, move forward behind the drop, establish Kitchen position. Focus on "Lift, don't hit", "Arc, not drive", "Drop then advance"
- **Third Shot Drive (when the return is short or high)** - Used to apply pressure or set up a fifth-shot drop. Drive at the opponent's body or backhand, partner moves forward, prepare for a block or counter. Focus on "Punish the short ball", "Aim at the chicken wing", "Drive with purpose"
- **Drop-Drive Mix (to keep opponents guessing)** - A pattern used by advanced players to disrupt timing. Mix drops and drives unpredictably, use drives to force weak blocks and use drops to neutralise and advance. Focus on "Change the rhythm", "Make them guess"

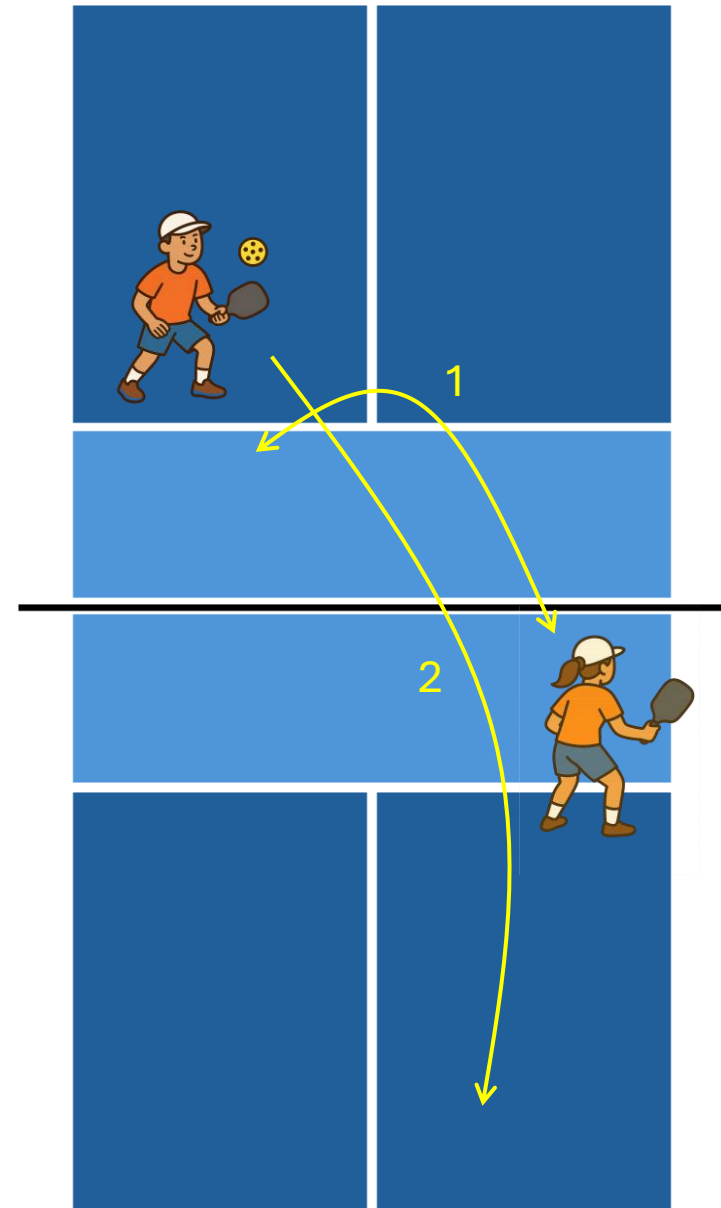


Drill 11 – Cross-Court Roll Volleys

Purpose: Develop top spin roll volleys

Setup: Both players cross-court at the Kitchen

Goal: One player feeds a slightly high dink; the other practices roll volleys



Cross-Court Roll Volley Tips



- **Start With the Right Ball** - The roll volley is a *selective* attack, not every ball is attackable. Look for a dink that sits slightly high, a ball that bounces above net height, a ball with slower pace or a predictable cross-court pattern you can jump on. Focus on “Attack up, not down”, “Choose the right ball”, “Punish the sitter”
- **Use a Semi-Open Paddle Face** - The roll volley needs topspin, not a flat hit. In terms of mechanics, the paddle starts slightly below the ball, the face is semi-open (not fully closed) and brush up the back of the ball. Focus on “Brush, don’t slap”, “Lift with spin”, “Finish high”
- **Keep the Swing Compact** - This is a controlled acceleration, not a big forehand. The elbow stays close to the body, short backswing, smooth upward acceleration and follow-through finishes around shoulder height. Focus on “Small swing, big effect”, “Compact and controlled”
- **Use Your Legs for Power** - The roll volley is a whole-body shot, not just an arm shot. From a technique perspective bend your knees, load your legs and rise slightly as you brush up the ball. Focus on “Legs create lift”, “Rise through the shot”
- **Aim for High-Percentage Targets** - Cross-court gives you more net clearance and more court to work with. Best targets include opponent’s backhand hip, dominant-side shoulder, feet or deep cross-court corner. Focus on “Dip it at the feet”, “Shoulder is the jam point”, “Use the long diagonal”
- **Disguise the Shot** - The best roll volleys look like dinks until the last moment. How to disguise - same setup as a dink, same paddle position, same stance, acceleration happens late. Focus on “Same look, different outcome”, “Sell the dink”
- **Recover Immediately** - A roll volley is an *attack*, not a winner. Expect the ball back. Recovery habits include - paddle returns to ready position, stay low and prepare for a counterattack. Focus on “Attack, recover, defend”, “Paddle up instantly”
- **Don’t Overuse It** - If you roll every ball, opponents will read you easily. Use it to break patterns, apply pressure, force weak replies and set up the next attack. Focus on “Use it as a change-up”, “Make them guess”

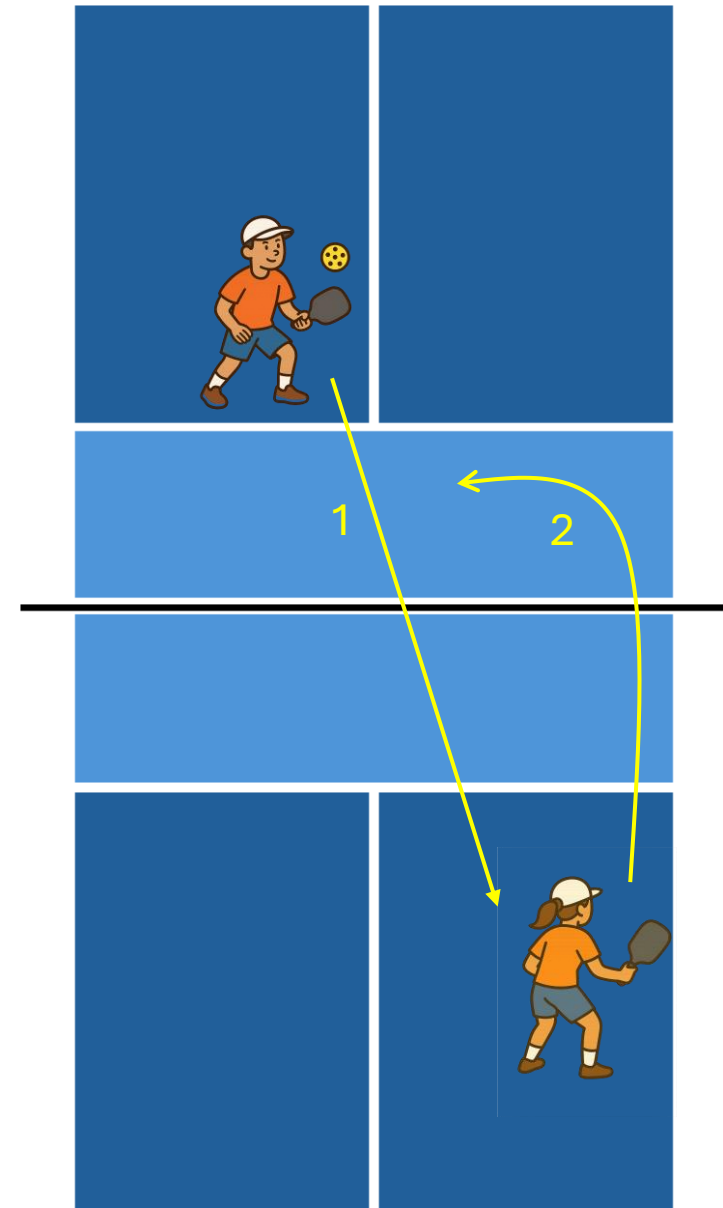


Drill 12 – Defensive Resets

Purpose: Improve softening fast balls

Setup: Player A at Kitchen feeding firm volleys, Player B in transition zone

Goal: Player B resets into the kitchen repeatedly



Defensive Reset Tips



- **Prioritise Balance Before Contact** - Most failed resets happen because players hit while still moving. Key habits include stop your feet before contact, widen your stance, keep your weight centered and stay low through the shot. Focus on “Move, stop, hit”, “Low and balanced”, “Feet still at contact”
- **Use a Soft Grip** - A tight grip sends the ball flying. A soft grip absorbs pace. In terms of grip pressure aim for 3 out of 10, relax your wrist and let the paddle “give” at impact. Focus on “Soft hands”, “Absorb, don’t fight”, “Quiet paddle”
- **Keep the Paddle Face Slightly Open** - This helps lift the ball gently into the kitchen. In terms of mechanics the paddle starts below the ball, face angled slightly upward and minimal forward motion. Focus on “Lift, don’t swing”, “Brush under the ball”, “Arc, not drive”.
- **Let the Ball Drop Into Your Strike Zone** - Trying to reset a ball too high leads to pop-ups. The ideal contact point is around knee height, slightly out in front and with your body behind the ball. Focus on “Let it fall”, “Hit it in your window”, “Don’t rush the contact”
- **Short, Compact Motions** - Big swings create big errors. In terms of technique elbows close to the body, small push or lift, no backswing and no follow-through needed. Focus on “Small motion”, “Quiet hands”, “Control over power”
- **Aim for High-Percentage Targets** - You don’t need perfection you need consistency. Best reset targets include middle of the kitchen, opponent’s backhand side, deep kitchen (soft and safe). Focus on “Middle is safe”, “Soft, not perfect”, “Give yourself time”
- **Reset First, Then Move Forward** - Players often rush forward after a poor reset and get punished. In terms of sequence hit a quality reset, read the opponent’s reply and advance only when safe. Focus on “Earn your next step”, “Reset before you rush”
- **Use Your Legs to Absorb Pace** - Your legs stabilise the shot more than your arms. In terms of technique bend your knees, stay grounded and absorb with your whole body. Focus on “Legs create softness”, “Sink into the shot”
- **Expect the Attack** - Good defenders aren’t surprised, they’re prepared. Reading cues include opponent leans forward, paddle face closes or wrist loads for a speed-up. Focus on “See it early”, “Read the paddle”, “Calm in the chaos”
- **Your Mindset Matters** - Resets require patience and composure. Mental cues include stay calm, don’t panic-swing and trust the technique. Focus on “Survive the moment”, “One good reset changes everything”



BBPC Skills Progress Tracker

Player Name: _____

Date Started: _____

Coach/Reviewer: _____

Section 1: Basics

Skill	Confidence (1-5)	Notes / Focus areas
Ready Position		
Grip Fundamentals		
Serve Technique		
Return of Serve		
Movement & Footwork		



BBPC Skills Progress Tracker

Section 2: Foundational Skills

Skill	Confidence (1-5)	Notes / Focus areas
Dinking		
Third Shot Drop		
Volleys		
Re-setting		
Transition Movement		



BBPC Skills Progress Tracker

Section 3: Intermediate Skills

Skill	Confidence (1-5)	Notes / Focus areas
Speed-Ups		
Roll Volleys		
Defensive Blocks		
Cross-Court Patterns		



BBPC Skills Progress Tracker

Section 4: Advanced Skills

Skill	Confidence (1-5)	Notes / Focus areas
Erne Execution		
ATP Shots		
Doubles Communication		
Strategic Shot Selection		



BBPC Skills Progress Tracker

Section 5: Drills & Coaching Tips

Skill	Confidence (1-5)	Notes / Focus areas
Dink Rally		
Drop & Advance		
Volley Exchanges		
Speed-up recognition		
Serve-Return-Drop		