

12 weeks to more repeatable pickleball

Starting DUPR 3.124 | Drives, drops, resets and hand battles

Your first gains should come from better contact and fewer avoidable errors. This programme develops placement at manageable pace before adding spin, movement and pressure. A rating increase is not guaranteed by a drill score.

Built around your racket-sport background, compact strokes, preference for control and OMNI Setting 1. Since your hand-battle errors tend to go into the net, the plan gives contact height and paddle-face control as much attention as reaction speed. Your observation that Life Time balls helped your drop timing informs the testing setup.

Assumptions: doubles; right-handed (mirror instructions if left-handed); access to a court, a wall and one partner; two 45-minute partner sessions, one 20-minute solo session and 75-90 minutes of rec play per week. No current symptoms that limit normal play. Keep your usual comfortable backhand grip.

Weeks 1-4	Weeks 5-8	Weeks 9-12
Build a repeatable contact point and control height/depth.	Add modest spin and controlled movement.	Keep the same technique against uncertain feeds and in games.

Four cues to carry onto court

Arrive, then strike: make small adjustment steps; be balanced at contact. Recover the paddle promptly.

Support the wrist: keep the face stable through impact with enough grip to prevent wobbling. Allow a natural finish; do not time a deliberate lock-release or snap at contact.

Use manageable pace: drives start near 60-70% of your comfortable maximum. A harder ball counts as progress only if placement and recovery hold up.

Make the next contact low: drops and resets aim into the deeper kitchen. A receiver volleying below net height can still indicate a successful soft shot.

Research and video-check limits

Reviewed 7 October 2026. Sources include USA Pickleball guidance published in 2025 and primary PrimeTime Pickleball lessons featuring Daniel Moore and Tyler Loong. All seven linked YouTube pages opened with matching titles. Their creators' written lessons describe the relevant exercises, but video playback did not load here, so I cannot claim visual playback verification. Exact search fallbacks appear on the final page. D4 is a technique reference; its target routine is my adaptation. Repetitions, targets and progression gates throughout are coaching prescriptions, not published DUPR standards.

Use the weekly roadmap to choose the emphasis; use the drill cards to run practice. Do not attempt every drill in every session.

1. Starting assessment

Split the tests across your first two partner sessions. Warm up for 8 minutes, take 4 unscored familiarisation feeds per test, then count 20 valid feeds. Pause 30 seconds after every 10 attempts and 60 seconds between tests. Repeat a clearly bad feed; count your own errors. Use the same partner, paddle, ball type/condition, court direction and approximate feed pace when retesting.

Equipment: 6-10 similar balls, flat markers/chalk, tape measure and phone notes. Mark two drive boxes, each 2 m wide by 1.5 m deep, centred in each half of the opponent's court. The back edge is 0.5 m inside the baseline. Mark soft-shot stations 3 m, 4.5 m and approximately 6.7 m from the net.

Q = quality soft shot: it reaches the intended half-court and makes the receiver's first comfortable contact below the net tape. The receiver starts at the kitchen line and takes the earliest balanced volley or normal bounce contact; they must not deliberately wait to make a high ball look good. **H** = above-tape opportunity; **E** = net/out/wrong-half error. $Q + H + E = 20$. Record net errors separately. This is a repeatable coaching proxy, not a laboratory measure.

Test	Starting position and feed	Record
Drive	You at baseline. Partner feeds from the opposite kitchen T, clear of your lane, for steady knee-to-waist-high bounces. Hit 10 FH and 10 BH straight ahead into the appropriate deep box at 60-70%. Partner lets drives bounce.	Target hits /20; all in /20; net errors. Keep FH and BH /10.
Basic drop	You at baseline; partner at opposite kitchen line. 10 FH and 10 BH normal drop attempts from comfortable bounced feeds. Aim at the deeper half of the kitchen in the intended half-court.	Q /20, H /20, E /20; net errors.
Topspin drop	You at the 4.5 m station; partner at kitchen line. 20 comfortable forehand feeds; use only modest topspin.	Q /20, H /20, E /20; note contact quality.
Slice drop	Same 4.5 m station. 20 backhand feeds; use gentle slice with your familiar grip.	Q /20, H /20, E /20.
Reset	You at 4.5 m, partner at kitchen line. 10 low balls taken after a bounce, then 10 low volleys; equal FH/BH within each group. Comfortable medium feed pace.	Q /20, H /20, E /20; bounce and volley Q /10.
Hands	Both at kitchen line. Partner starts 20 separate moderate feeds, alternating FH/BH around your hips. Return through a central 1.5 m corridor so partner receives between waist and chest, without a lunge.	Controlled returns /20; net errors. Keep the feed pace fixed.

The first session covers drives, basic drops and hands; the second covers spin drops and resets. If spin is unfamiliar, record that fact and the actual score without trying to manufacture extra wrist speed. Baseline spin tests stay at 4.5 m for all 12 weeks; harder baseline-distance practice is recorded separately.

2. The twelve-week roadmap

Each row changes the main emphasis, not the whole programme. A checkpoint is something to work towards, not a deadline. If a gate is missed, keep the easier drill version while following the calendar.

Wk	Main focus and drills	Measurable checkpoint
1	Complete baseline. D1 compact drive; D2 basic drop; D5 supported reset; D6/D7 slow hands.	Record all six tests and identify the two biggest error categories.
2	D1: same pace, deeper target. D2: closer station if needed. D7: finish every volley ready.	Two scored 10-ball blocks for drives and drops. Try to remove one recurring net error.
3	D2: advance one distance station only when earned. D5: stationary bounce versus volley resets.	Work toward 8/10 at your present soft-shot station; log bounce and volley separately.
4	Retest the original six tests. Keep practice volume about 20% below a normal week.	Core scores: baseline +2/20; spin +1/20 is a useful early goal.
5	D3: modest FH topspin from close range. Keep at least half of drop practice on D2.	Two 10-ball spin checks at one fixed station; seek clean contact and fewer H balls.
6	D4: BH slice without chopping. Alternate basic and spin blocks, not every stroke.	Compare Q and H counts. Retain the spin version only where control matches the task.
7	D5: one small step after a good reset, then stop before the next feed. D7: quicker recovery.	Count 10 two-reset sequences; work toward 6 completed without a pop-up or rushed contact.
8	Retest; use shorter practice blocks and review any plateau.	Core baseline +4/20; spin +2/20. Advance only after the repeatability gate.
9	D1/D2/D5: feeds vary within one step to either side. Keep target size and pace unchanged.	Record 20 random feeds separately. Initial goal: 12/20 good outcomes, then 14/20.
10	D7: predictable figure eight, then random hip placement; brief controlled live exchanges.	In 10 hand-battle starts, aim to make your first two returns in 6 starts. Track net errors.
11	Keep technical practice short. Use one skill intention per rec game; test another ball only in separate blocks.	Log 10 eligible match opportunities for your weakest skill. Repeat the same cue next session.
12	Final original-condition tests. Compare last two checks, then choose the next training priority.	Core baseline +6/20; spin +4/20 are stretch goals, capped at 18/20.

Core = drive target hits, basic-drop Q, reset Q and controlled hands. Spin = topspin-drop Q and slice-drop Q. If baseline is already 18-20, aim to maintain at least 18 while harder practice improves. Small samples fluctuate; no single score decides whether the month worked.

3. Drill cards: contact and depth

D1. Controlled drive to a deep box

Setup/start. Use the baseline target boxes from the assessment. You start behind the baseline in the relevant half; partner feeds from the opposite kitchen T, clear of your target lane. A machine is optional.

Steps. 1. Partner sends a comfortable bounced feed every 4-6 seconds. 2. Turn early, adjust your feet and meet the ball in front with space beside your body. 3. Drive at 60-70%, using a compact forward-and-up swing. Start with roughly 30-60 cm net clearance, adjusting to the contact height and target. 4. Finish naturally, recover and reset before the next feed.

Dose/rest. 4 sets of 8: two FH and two BH. Rest 30 seconds and collect balls after each set; swap roles during the break. Score target hits, all-in balls and net errors.

Common errors. Changing speed every ball; reaching instead of moving; forced wrist snap; trying to clear the net by centimetres. Fix net errors with earlier contact and a little more margin before adding pace.

Harder. After the progression gate, vary the feed one step left/right OR narrow the target to 1.5 m. Only later add a small pace increase. Change one variable at a time.

Video: [Pickleball Ball Machine Drills - Improve Your Groundstrokes, Volleys, Drops, Resets & Overheads](#)
PrimeTime Pickleball. [Matching creator lesson](#). See verification limits and exact search fallback on the final page.

D2. Basic-drop distance ladder

Setup/start. Partner at the opposite kitchen line; you start at 3 m from the net. Use one half-court. Your target is the deeper half of its kitchen, safely inside the sideline.

Steps. 1. Receive an easy bounced ball. 2. Settle your feet; use a gentle forward/up lift with a stable face. 3. Send an arc that descends towards the receiver's feet. Let receiver report Q/H/E. 4. Reset your position; repeat. Start with about 45-75 cm clearance as a feel cue, then use the receiver's contact height to judge the result.

Dose/rest. 4 blocks of 5, 30 seconds between blocks; swap roles. After 8/10 Q across two blocks, try the next station (4.5 m, then baseline). If under 5/10 Q, return one station. Keep the standard baseline test separate.

Common errors. Scooping with the wrist; hitting while still stepping; adding height without controlling depth. A ball merely landing in the kitchen is not automatically a good drop.

Harder. Earn baseline distance, then alternate FH/BH feeds or change straight/cross-court direction. Avoid adding spin and movement in the same progression.

Video: [How To Master Your 3rd Shot Drop From Anywhere On The Court](#)
PrimeTime Pickleball. [Matching creator lesson](#). See verification limits and exact search fallback on the final page.

3. Drill cards: controlled spin

Readiness: make at least 14/20 Q on basic drops from 4.5 m in two practice sessions before devoting substantial time to spin. Until then, use the spin slots for D2. Continue brief, gentle spin familiarisation. Spin should improve the ball's shape without making contact less dependable.

D3. Forehand topspin drop ladder

Setup/start. Partner at kitchen line. Start 3 m from the net on your forehand side with the same deep-kitchen target as D2.

Steps. 1. Partner feeds a comfortable bounce with room below contact for the paddle. 2. Settle, lower the paddle and swing forward/up with a modest brush. 3. Keep enough forward motion to clear the net; use medium-slow speed. 4. Allow the arm and forearm to finish naturally; judge Q/H/E rather than how much spin you feel.

Dose/rest. 3 sets of 8, resting 30-45 seconds; swap roles. At least half of your total drop time stays with the reliable basic version.

Common errors. Brushing almost vertically; closing the face too much; flicking the wrist; trying topspin when stretched or late. Return to a basic drop on those feeds.

Harder. Move to 4.5 m, then baseline after the gate. Next add one-step movement. Keep the original spin test at 4.5 m throughout.

Video: [Topspin Forehand 3rd Shot Drop - How to hit an offensive 3rd shot drop \(Advanced\)](#)

PrimeTime Pickleball. [Matching creator lesson](#). See verification limits and exact search fallback on the final page.

D4. Backhand slice to the same target

Setup/start. Same half-court, partner and 3 m starting station. Use your familiar backhand setup; introduce the slice gently. This is my target-practice adaptation of the linked technique lesson.

Steps. 1. Receive a comfortable backhand bounce. 2. Present a slightly open paddle face. 3. Move mostly forward through contact with a small downward component; use the open face to give the ball lift. 4. Aim into the deeper kitchen and hold your balance while the receiver calls Q/H/E.

Dose/rest. 3 sets of 8; rest 30-45 seconds and swap roles. Use modest backspin. The successful slice may have a lower arc than your basic drop, but it still needs net margin.

Common errors. Chopping steeply; a very open face that floats the ball high; squeezing harder to create spin. Reduce the cut and restore forward contact first.

Harder. Move back to 4.5 m, then baseline after the gate. Later compare 5 basic drops with 5 slice drops to identical feeds. Choose the version producing more Q balls; maximum spin is not the goal.

Video: [Slice vs. Topspin 3rd Shot Drop Explained!](#)

PrimeTime Pickleball. [Matching creator lesson](#). See verification limits and exact search fallback on the final page.

3. Drill cards: resets and solo hands

D5. Stationary reset, then controlled advance

Setup/start. You at the 4.5 m station, partner at the opposite kitchen line. Stand comfortably low with the paddle in front. Partner sends medium-paced balls below waist height, initially without lateral movement.

Steps. 1. Settle as the feeder strikes. 2. Keep the backswing minimal and the face supported. 3. Use the incoming pace with just enough forward/up movement to send a soft ball towards the deeper kitchen. Do not pull the paddle backwards. 4. Recover and let the partner call Q/H/E.

Dose/rest. 4 sets of 6: two bounced-reset sets, then two volley-reset sets, mixing FH/BH equally. Rest 45 seconds and swap. Keep the feeding pace comfortable enough for repeatable low contacts.

Common errors. Punching a reset; rigidly squeezing; dropping the paddle late; moving through contact. A soft grip still needs enough support to stop the face collapsing.

Harder. After the gate, take one small forward step after a Q reset, then settle before the next feed. Hold your position after a high reset. Count two-reset sequences. Later add one-step lateral feeds.

Video: [How To Hit A Reset Shot with Daniel Moore](#)

PrimeTime Pickleball. [Matching creator lesson](#). See verification limits and exact search fallback on the final page.

D6. Wall volleys for accuracy and recovery

Setup/start. Use a clear, safe wall and flat ground. Mark a line 86 cm high and a target about 1 m wide, from 1.1-1.4 m high. Stand 2 m from the wall with the paddle ready in front.

Steps. 1. Feed gently to the wall. 2. Volley the rebound into the rectangle, with contact in front and very little backswing. 3. Recover after every touch. 4. If the ball escapes the lane, stop and restart rather than chasing while swinging.

Dose/rest. 6 rounds of 30 seconds, with 30 seconds rest: two BH, two FH, two alternating. Record valid target hits and best uninterrupted streak; keep the distance and target fixed for comparisons.

Common errors. Standing too close; hitting harder to manufacture speed; letting the paddle drop; flicking downward. For your net-error tendency, prioritise a stable face and recovery.

Harder. After three rounds with 15 consecutive controlled hits, lower the target slightly OR increase pace a little. Do not move closer first. Wall results support training; partner results determine match readiness.

Video: [Fast Hands At The Net | Pickleball Volley Wall Drill](#)

PrimeTime Pickleball. [Matching creator lesson](#). See verification limits and exact search fallback on the final page.

3. Drill card: partner hands

D7. Figure-eight volleys into controlled hand battles

Setup/start. Both players stand just behind their kitchen lines, facing each other within a roughly 1.5 m-wide corridor. Start cooperatively at about half pace. Keep feeds around waist-to-chest height, below the shoulders.

Steps. 1. Player A always volleys straight ahead. 2. Player B always volleys diagonally to the other side of A's body. 3. This alternates forehand/backhand contacts in a figure-eight pattern. 4. Use a short stroke and recover the paddle immediately. Restart after an error; switch straight/diagonal roles each round.

Dose/rest. 6 rounds of 45 seconds with 30 seconds rest. Count the best combined-hit streak and your own net errors. Build streaks of 8, then 12, then 20 before seeking more speed.

Common errors. Trying to win the cooperative drill; big backswing; closed face on a low ball; late contact beside the hip. Slow the feed enough to fix the actual error.

Harder. My progression: after four controlled volleys, feeder may choose either hip at the same pace. In weeks 10-12, play brief half-court points after those four volleys, at no more than about 70% pace. In 10 starts, count how often your first two live returns stay in. Never aim at the head.

Video: [Figure 8 Pickleball Volley Drill with Tyler Loong](#)

PrimeTime Pickleball. [Matching creator lesson](#). See verification limits and exact search fallback on the final page.

When a block breaks down

Pattern	First correction to try
Drives repeatedly in the net	Restore net margin; check that contact is in front and the face is not excessively closed. Keep pace unchanged.
Drives repeatedly long	Reduce pace slightly. Check for a lifting/open face before trying to add more spin.
Drops land short but are attackable	Judge receiver contact, not the landing alone. Reduce unnecessary height and aim a little deeper in the kitchen.
Resets float up	Reduce swing size and grip tension while keeping the face supported. Check whether contact is late.
Hands go into the net	Slow the drill; recover the paddle; meet the ball earlier and avoid closing the face too far. Do not automatically hit harder.

If you miss three consecutive contacts for the same reason, pause for 30 seconds, name one correction and resume at the easier level. A short side-on phone clip of five shots can help identify late contact or a long backswing.

4. Weekly schedule and practice load

Session	Min	What to do
Partner A	45	8 warm-up; 12 D1 drives; 12 D2 drops (later share with D3 or D4); 8 D7 hands; 5 easy finish, collection and notes.
Solo	20	5 easy warm-up; 8 D6 wall rounds and recording; 5 easy wall volleys at reduced pace; 2 notes and easy walk.
Partner B	45	8 warm-up; 12 D5 resets; 10 D2/D3/D4, whichever needs work; 10 D7 and a short hands check; 5 easy finish and notes.
Rec play	75-90	Include the 8-minute warm-up. Choose one focus per game; log 10 eligible opportunities across the session. Play normally between them.

Example: Monday partner A, Wednesday solo, Friday partner B, Sunday rec. These replace some existing play; they are not automatically extra sessions on top of badminton, table tennis or other training. Block times include feeding, role swaps, rests and collecting balls. Stop when time is up; do not cram in unfinished sets.

Busy week: 85-100 minutes total

Partner 30 minutes: 8 warm-up, 6 D1, 6 D2 or current spin variation, 6 D5, 4 D7. **Solo 10 minutes:** 4 easy warm-up, 6 D6. **Rec 45-60 minutes:** include warm-up and one skill focus. Reduce the number of sets; keep the rest breaks. Alternate the spin emphasis each busy week.

Eight-minute court warm-up

0-2 min: brisk walk and gentle side steps. **2-4:** comfortable calf raises, shallow squats, hip turns and arm circles. **4-6:** easy dinks, then short drops. **6-8:** gentle volleys and drives, building gradually to practice pace. Keep all movements within a comfortable range. Dynamic preparation is consistent with Hospital for Special Surgery guidance; the timing here is my prescription.

Manage the week, not just one drill

Keep most technical work around effort 4-6/10. Place a rest or easy day between harder court sessions when possible; count your other sports in the total load.

If the session volume exceeds your current routine, begin with the busy-week version. Increase one block or one difficulty variable at a time. Weeks 4, 8 and 12 use retesting in place of normal blocks, not in addition to them.

In Malaysian heat, use shade, regular drink breaks and shorter blocks. Clear loose balls promptly. Sports eye protection is sensible for faster partner-volley practice.

If technique deteriorates, end the fast work. If soreness is still above your usual level the next day, shorten the next session by about a third. Stop for sharp or increasing pain, swelling, giving-way or a limp; seek assessment if those symptoms occur.

[Warm-up and knee-symptom source: Hospital for Special Surgery](#)

5. Progress targets and scorecard

Use **B** as your starting score for each individual test. The numbers below are adjustable goals, not a prediction or a rating conversion. If your initial baseline was unusually good or bad, repeat it once before making the targets harder.

Checkpoint	Core tests, each /20	Spin tests, each /20
Week 4	B + 2, capped at 18	B + 1, capped at 18
Week 8	B + 4, capped at 18	B + 2, capped at 18
Week 12	B + 6, capped at 18	B + 4, capped at 18

Example: a basic drop score of 9/20 gives working goals of 11, 13 and 15. Starting at 18/20 means maintaining at least 18, while recording harder practice separately. Early improvement may be one fewer net error and tighter misses, before the headline score changes.

Every week: score two 10-ball blocks of the main skill, under the original test conditions, before fatigue. Record other drills at their actual distance and pace; leave untested standard-score cells blank. On weeks 4, 8 and 12, replace normal blocks with all six original tests across two sessions. One-ball changes are noise until repeated.

Move up a level: 16/20 successes in two separate sessions, with comfortable, repeatable contact. Then change only distance, direction, feed uncertainty or pace. If harder work falls below 10/20 for two blocks, step back. The D2 ladder's 8/10 check allows a short trial at the next station; the two-session rule determines whether that level becomes routine.

Testing rule: keep the original test unchanged even when training advances. Log a separate challenge score for random feeds, baseline spin drops or faster hand battles. Use the same ball model and similar condition for formal tests; label LT and Franklin sessions separately.

If a score stalls for two weeks, review five filmed contacts and change one thing: spacing, contact timing, swing size or face angle. Make the feed easier long enough to establish the correction, then rebuild. Do not solve every plateau by increasing repetitions.

5. Weekly scorecard

Record standard-condition tests only. Week 0 = starting assessment. Blank cells mean not tested. Use the same partner, ball and pace when possible. Keep harder-practice and match results in the notes.

Week	Drive /20	Basic Q/20	Topspin Q/20	Slice Q/20	Reset Q/20	Hands /20	Hands net
0							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Week 0 = starting assessment. Blank cells mean not tested. Net errors are part of failed attempts, not an additional penalty. Keep FH/BH and bounce/volley splits in the notes below so one strong side does not hide the other.

Weekly notes: Ball/model/condition _____ Minutes _____ Effort /10 _____
 Main net/high/long pattern _____ Distance/pace in harder work _____
 One cue that helped _____ Next-session comfort _____

Formal retest detail: Date _____
 Drive FH ____/10; BH ____/10. Reset bounce Q ____/10; volley Q ____/10.
 Basic drop: Q ____ H ____ E _____. Topspin: Q ____ H ____ E _____.
 Slice: Q ____ H ____ E _____. Reset: Q ____ H ____ E _____. Each row totals 20.

6. Transfer the work into rec games

Choose one row for a game, then play normally. Across the session, count the first 10 genuinely suitable opportunities, not 10 forced attempts. Note the denominator if fewer occur. Match scores are separate from controlled-test scores because opponents and feeds vary.

Skill	Use it in the rally	What to count
Drive	When balanced with a comfortable ball, use your practised pace towards a generous middle lane. Recover after the shot. A return from the opponent may give you a shorter fifth-shot drop.	In-court drives /attempts and net errors. Do not require a baseline landing against players at the kitchen.
Basic drop	Use your reliable drop on a suitable third or fifth ball. Aim to make the receiver play below the tape, then move only as far as the reply allows.	Low receiver contacts /attempts; net errors.
Topspin drop	Use modest topspin on a balanced FH contact with space to swing below the ball. Use the basic version when rushed.	Q /suitable attempts; note whether misses were net or high.
Slice drop	Use the practised BH slice when you can meet the ball in front without reaching. Keep the same placement intention as your basic drop.	Q /suitable attempts; avoid counting mere visible spin as success.
Reset	On a difficult low transition ball, soften the reply towards the kitchen. Be balanced as the opponent hits; do not charge through the next contact.	Q /reset attempts; separately note whether you were still moving.
Hands	When a hand battle starts, focus on making the first two compact returns and recovering the paddle. A below-net contact usually needs lift or a block, not a downward slap.	Starts in which your first two returns stay in /eligible starts; your net errors.

Simple post-game note

Date _____ Ball _____ Focus _____
 Suitable opportunities ____ Successful outcomes ____ Net errors ____
 Most common miss _____
 Next session: keep/change this one cue _____

How to use the results after week 12

If the controlled scores improve but rec outcomes do not, retain the mechanics and spend more of the next block on varied feeds and live repetitions. If both remain inconsistent, return to the simplest feed and correct the biggest contact error. Keep spin as an option only where it produces a more reliable ball than your basic drop.

The drive-then-drop application is supported by [USA Pickleball: Third Shot Drive, Fifth Shot Drop \(30 April 2025\)](#). The 10-opportunity tracking rule and the personalised targets are my adaptations.

Video links and research notes

Verification status: all seven YouTube pages opened with matching titles. I matched the exercises against the creators' linked written lessons, but playback did not load here; I did not visually verify the videos. Use the exact search phrases below if a link does not play for you. All channels below are **PrimeTime Pickleball**.

D1 [Pickleball Ball Machine Drills - Improve Your Groundstrokes, Volleys, Drops, Resets & Overheads](#)

Baseline groundstrokes; partner feeds replace the machine. Search: PrimeTime Pickleball Ball Machine Drills Groundstrokes Volleys Drops Resets Overheads
[Creator's written lesson](#)

D2 [How To Master Your 3rd Shot Drop From Anywhere On The Court](#)

Progressively moving farther from the net while dropping. Search: PrimeTime Pickleball How To Master Your 3rd Shot Drop From Anywhere On The Court
[Creator's written lesson](#)

D3 [Topspin Forehand 3rd Shot Drop - How to hit an offensive 3rd shot drop \(Advanced\)](#)

Forehand topspin technique and a close-to-far progression. Search: PrimeTime Pickleball Topspin Forehand 3rd Shot Drop Advanced
[Creator's written lesson](#)

D4 [Slice vs. Topspin 3rd Shot Drop Explained!](#)

Technique reference, not a verified demonstration of my exact target routine. Search: PrimeTime Pickleball Slice vs Topspin 3rd Shot Drop Explained
[Creator's written lesson](#)

D5 [How To Hit A Reset Shot with Daniel Moore](#)

Stationary and advancing reset exercises. Search: PrimeTime Pickleball How To Hit A Reset Shot with Daniel Moore
[Creator's written lesson](#)

D6 [Fast Hands At The Net | Pickleball Volley Wall Drill](#)

Solo forehand, backhand and alternating volleys. Search: PrimeTime Pickleball Fast Hands At The Net Pickleball Volley Wall Drill
[Creator's written lesson](#)

D7 [Figure 8 Pickleball Volley Drill with Tyler Loong](#)

Cooperative directional volleys. Random/live extensions are my adaptations. Search: PrimeTime Pickleball Figure 8 Pickleball Volley Drill with Tyler Loong
[Creator's written lesson](#)

What the sources contribute

PrimeTime supplies the close-to-far drop progression, modest topspin approach, slice mechanics, reset exercises, wall work and cooperative figure-eight pattern. D1 substitutes partner feeding for a machine. D4's exact scored drill is not verified in a video; the link is a technique reference. The doses, targets, tests and later random/live progressions are my coaching adaptations.

[USA Pickleball: Mastering the Third Shot \(22 September 2025\)](#) supports treating drive/drop as transition choices. [USA Pickleball: Third Shot Drive, Fifth Shot Drop \(30 April 2025\)](#) supports the linked-shot application. [HSS: Is Pickleball Good for the Knees?](#) informs dynamic warm-up and symptom guidance. Older demonstration videos are used for enduring fundamentals, not represented as newly published.