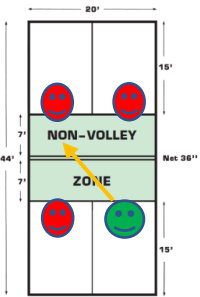




Geoff and Steve's Pickleball Skillz, Drillz, and Killz.

- SIXTH SHOT DRIVE.** 9 points wins. Dink Drill. Any player can attack after 5 initial dinks. Then play it out, full court. **Dink|Attack|Reset|Volley.**



a. GOALS:

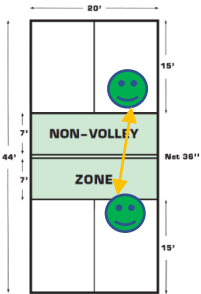
- Non-attackable dinks – low and/or deep in kitchen - spin
- Move opponent – keep them off balance
- Disguise your attacks
- Avoid attacking a non-attackable ball

- b. **2, 3 or 4 players.** For three, play 2 on 1 with the 1 person on half court (skinny)

c. Skills

- Only attack a high dink
- Aim your attack – hitting side hip or shoulder? – chicken wing
- Ready position – arms up, paddle up
- Keep feet quiet – stance open

- TAP DANCE.** No points. Cooperative. How many can you hit in a row? A couple minutes for each stage. **Dink|Block|Volley|Reset.** Once you manage at least 10 in a row, move on to the next stage.



a. Five stages – each more advanced:

- 1) Touch/tap the ball, 2) let it drop to the ground, and then 3) dink to opponent. Opponent taps the ball off the bounce, lets it drop to the ground, and dinks it back.
- 1) Touch/tap the ball, then 2) dink before it hits the ground. Opponent taps the ball off the bounce and then dinks.
- 1) Touch/tap the ball and 2) volley to opponent. Opponent taps and volleys back.
- 1) Touch/tap the ball, 2) let it drop to the ground, then 3) volley to opponent. Opponent taps the ball before it hits the ground, lets it drop to ground and volleys it back.
- 1) Volley to opponent – reasonably hard but cooperative. 2) Opponent blocks and drops the ball into the kitchen. 3) Repeat. Then change roles.

b. **2 players**

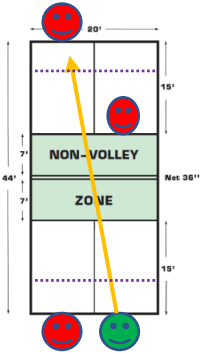
c. Skills

- Ball control – soft hands (3 to 5)
- Paddle awareness – sweet spot
- Return to ready position quickly
- Keep feet quiet – open stance



3. **DEEP, DEEP TROUBLE.** 9 points wins. Try to serve it deep (2 tries) and return it deep. In fact, every shot must be deep. Play it out. **Serve | Return | All Play.** Chalk line 6 feet from baseline will define deep.

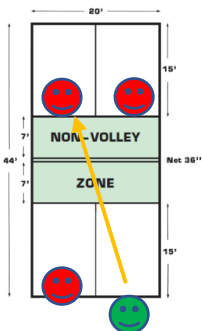
Alternative: 6 points wins. 2 tries on the deep serve – must be deep or serve is lost. Return deep and hard, if possible, because a successful 3rd shot drop into the kitchen by the serving team is the only way to score an actual point. With or without a successful drop, play out the point. **If the serving team wins the point but doesn't execute a successful 3rd shot drop, they hold serve, but don't earn a point.**



- a. GOALS:
- i. Keep ball deep and opponents on defense – don't let players approach NVZ
 - ii. Advanced goal – hit the ball to a vulnerable spot – between opponents or to their weak backhand
- b. **2, 3, or 4 players.** If 2 – play skinny (one-half court). For 3 – Server plays skinny using ½ the court. Serve 5, then rotate server.
- c. Skills
- i. Deep serve
 1. Target opponents backhand
 2. Spin, Location, Velocity
 3. Take the time to setup. Establish a routine. Select a target.
 - ii. Deep return
 1. Target servers feet to their backhand, or center court
 2. Turn your body and step into the return
 3. Strike the ball in front of your body
 4. Cut, top spin
 - iii. Third shot drop
 1. Hit from underneath the ball
 2. Loose grip (3 or 4 on 10 pt scale) – hit it softly
 3. Target two to three feet above the net
 4. Apex should be a few feet before the net

4. **FIREBALL.** 9 points wins. Hard, low serve (2 attempts). Returners at NVZ – blocking the serve. Play it out.

Serve | Block | Reset | All Play

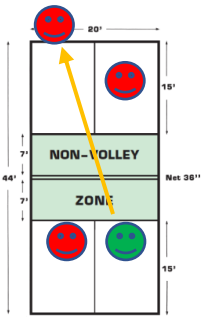


- a. GOALS:
- i. Increase the pace on serves
 - ii. Effectively block opponents who drive (bang) shots
 - iii. Go from being on the defensive to 'resetting' the game into the kitchen
- b. **2, 3, or 4 players.** If 2 – play skinny (one-half court). For 3 – Server plays skinny alone using ½ the court. Serve 5, then rotate server.
- c. Skills
- i. Work on hard, low serves – maybe with spin.
 - ii. Returners work on blocking the ball, dumping into the kitchen or driving to servers feet.
 - iii. To block and dump the hard serve, relax grip, and don't follow through.
 - iv. Hint. Servers partner should move forward several feet to address dumps to kitchen.



5. **TERMINATOR.** 9 points wins. Similar to Fireball - serving team stands at NVZ and sends deep attackable ball from NVZ to baseline. Baseline player drives the ball. Play it out.

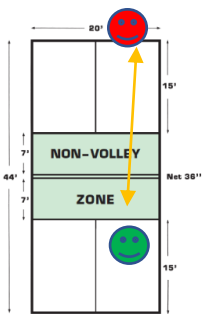
Drive | Block | Reset | All Play



- a. GOALS:
- Improve drive skills – low, fast, with spin
 - Opponent blocks those annoying bangers
- b. **2, 3 or 4 players.** If 2 – play skinny (one-half court). For 3 – Server plays skinny alone using ½ the court. Serve 5, then rotate base line player.
- c. Skills
- To drive the ball, closed stance, step into the shot, keep eye on the ball
 - After the shot, step in – moving to the NVZ. If possible, drop a reset shot to kitchen
 - But split step when your ball hits opponents paddle – ready position
 - NVZ players block the ball (loose grip, no follow thru) to kitchen, or volley/drive to opponents feet

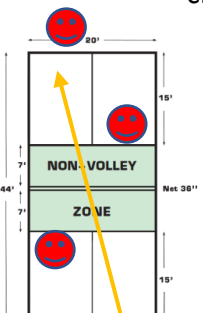
6. **SEESAW.** No points. Cooperative. **3rd shot drop.** For fun, count consecutive ‘successful’ shots into kitchen. Switch roles every couple of minutes. One player at NVZ feeds player at baseline. Baseline player executes a 3rd shot drop and takes one step in. Repeat until player is at the NVZ, then work back (one step at a time) to base line. Player at NVZ should send easy shots to feet of opponent, forehand and backhand.

- a. GOALS:
- Perfect 3rd shot drop – non-attackable into the kitchen
- b. **2 players** playing skinny - straight on, or cross court.
- c. **3 players** one person on baseline hits drops shots, alternating straight ahead and cross court, until they miss – then rotate players. Two players at NVZ hit deep shots to single player.
- d. Skills



- Third Shot Drop
 - Hit from underneath the ball
 - Loose grip (3 to 4 on 10 scale) – hit it softly
 - Target two to three feet above the net
 - Apex should be a few feet before the net
- Feeding player
 - Control return - cooperative
 - When possible, take ball out of the air, before it hits the kitchen, thereby reducing distance and reaction time of opponent

7. **OOPS.** No points. Play a regular game where the serve position is fixed, and all players rotate clockwise after each point. One serve per person. At the end of each point, the person who made an unforced error (if there was one) raises their hand. Each player then raises their hand to show the number of accumulated unforced errors they have.



Examples of unforced errors:

- Any relatively easy shot/serve that goes out or into the net.
- A pop up resulting in your partner eating the ball.
- It is not an error to mishit a difficult shot or serve
- If there is a disagreement, move on. Life is too short!

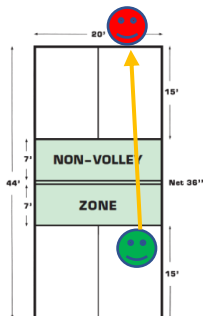
4 players



8. **ZERO TO 60.** 50 points. Cooperative (kind of). **3rd shot drop.** One player is at NVZ, feeding a soft shot to the base line. Base line player hits a 3rd shot drop into the kitchen for one point. Play continues until base line player misses (assuming NVZ person is playing fair and supplying soft shots to the base line). Then switch roles until the next miss.

- a. GOALS:
- i. Perfect 3rd shot drop – non-attackable into the kitchen
 - b. **2 players** playing skinny - straight on, or cross court.

- c. Skills



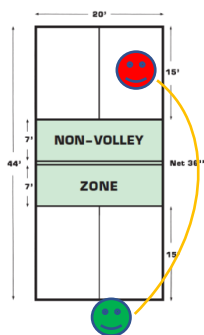
- i. Third Shot Drop
 1. Hit from underneath the ball
 2. Loose grip (3 to 4 on 10 scale) – hit it softly
 3. Target two to three feet above the net
 4. Apex should be a few feet before the net
- ii. Feeding player
 1. Control return – cooperative
 2. When possible, take ball out of the air, before it hits the kitchen, thereby reducing distance and reaction time of opponent

9. **SURVIVOR.** No points. Cooperative. Player at base line feeds shallow lobs to player at NVZ. Player at NVZ hits controlled ‘hard’ shots back to base line player. Baseline player attempts to hit a reset shot into the kitchen. Switch roles every couple of minutes. For fun, try to keep going without a miss. **Drive | Reset | Dig**

- a. GOALS:
- i. Control excitement, don’t panic, stay in control
 - ii. Defend the slam – dig and return a reset shot to the kitchen
- b. **2 players** playing skinny - straight on, or cross court.

- c. Skills

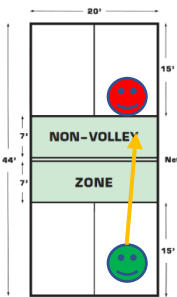
- i. Base line player works on lob control, but remember, this is a ‘bad/short’ lob. Not over the opponents head and deep.
- ii. NVZ player works on controlled slams without going into the kitchen – aiming for opponents feet.
- iii. Ready position is head up, paddle up, eye on the ball.
- iv. Base line player practices digging the slam and resetting the point into the kitchen



10. **MID COURT CRISIS.** 5 points wins – then switch roles. Cooperative (kind of). No man’s land player hits short shot/drop to kitchen. NVZ player tries to add top spin and return to players feet in No man’s land. The entire point should be played with one player in No man’s and one at the NVZ.

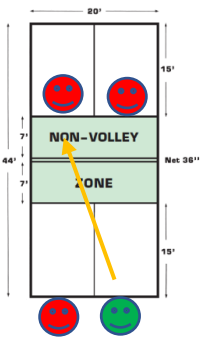
Reset | Dig | Drop

Alternative. After 3 successful drops, play out the point.



- a. GOALS:
 - i. Protect yourself – ready position, arms up, paddle high and in front
 - ii. See skills for Survivor (previous page)
- b. **2 players** playing skinny - straight on, or cross court.
- c. Skills
 - i. No man’s land player works on drop shot ‘reset’ into kitchen. See drop shot skills above.
 - ii. NVZ players works on accuracy, pace, and spin.
 - iii. Ready position is head up, paddle up, eye on the ball.

11. **YOKO OH NO!** 9 points wins. Start with a drop shot from the base line into the kitchen (2 tries). NON cooperative. Opponents are at the NVZ trying to return deep (Note: 2nd shot must be within 6 feet of base line or opponents lose the point). A successful third shot drop into kitchen gives bonus point to serving team. **3rd Shot Drop | Reset | Drive**



- a. GOALS:
 - i. Keep opponents on defense – at the baseline.
 - ii. Use 3rd shot drop to move to the NVZ
- b. **4 players or 2** playing skinny
- c. Skills
 - i. Hit a 3rd shot drop from the base line that lands softly and below the net
 - ii. Returner uses top spin to roll the serve back to the servers feet - deep

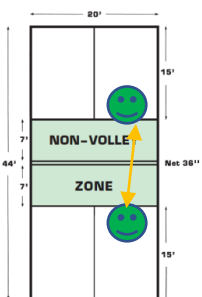
12. **AIR BALL.** No points. **Volley** at NVZ– cooperative. Try to keep ball in the air. First team to twenty wins? If that is too easy, put more pace on the volleys. Try backhand to backhand only.

Alternative - To ramp it up further, both players (assuming **2 players** on the court) move across the court, from one side to the other and back, while volleying. Try to keep volleys low.

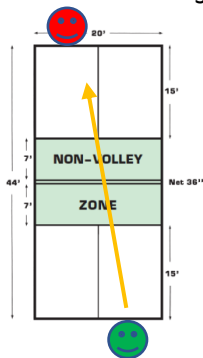
Alternative II – One person stays stationary while the other person moves across the court.

Alternative III – Same drill but start cross court and move to the other side of the court while volleying.

- a. GOALS:
 - i. Fast hands
 - ii. Controlled volleys – if necessary, reset drops
- b. **2, 3 or 4 players.** For three, play 2 on 1 with the 1 person playing skinny (on half the court)
- c. Skills
 - i. Fast hands, soft hands, control
 - ii. Return to ready position quickly – short swing
 - iii. Keep arms up and paddle high – open stance

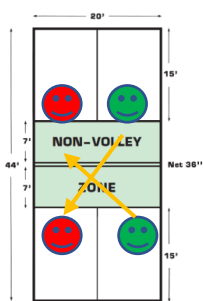


13. **SELF SERVICE.** No Points. Cooperative. **Serve|Return** Drill. One player works on their serve – speed, spin, placement, while the other players returns – slice, spin, deep, speed.



- a. GOALS:
 - i. Consistently in - can't score if you can't serve
 - ii. Strong return – deep – keeping opponents on defense
- b. **2 players.**
- c. Skills
 - i. Work on serve consistency, spin, location, speed
 - ii. For serve - Engage legs, closed stance, step into the serve
 - iii. For return – split step, move, closed stance – don't run through the shot

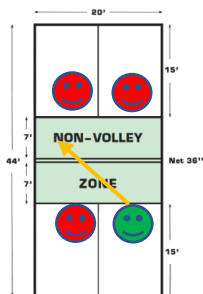
14. **DINGLES.** 5 points wins. Regular game, except two balls are served at the same time. A player on the serving side serves a ball (cross court) at the same time as the player directly across the court serves the second ball (cross court). Two cross court dink games continue until an error (hit the net, out of bounds, miss the ball). Once one of the balls is dead (out of play), all players yell “DINGLE” and the final ball is played full court by all players. If the serving team wins both balls, they score a point.



- a. GOALS:
 - i. Focus on the (your) ball (there will be two in play)
- b. **4 players**
- c. Skills
 - i. Watch the ball come off your opponent's paddle – split step
 - ii. Control your shot – you are playing half court until one ball is dead

15. **DINKY DINKY DOO.** 9 points wins. Deep lobbs allowed after 5 dinks. Deep is within 6 feet of baseline. Return from lob must drop into the kitchen and earns a bonus point – continuing the game. All players start at NVZ. Serve from NVZ like a regular game. **Dink|Lob|Volley**

Alternative – draw a 1 – left back corner of kitchen, 2 – center shallow, 3 – right back corner and challenge players to hit them in sequence as part of the game.



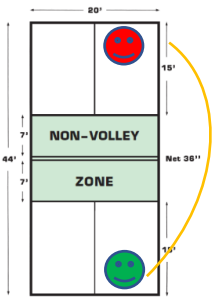
- a. GOALS:
 - i. Non-attackable dinks – low and/or deep in the kitchen - spin
 - ii. Disguised 'deep' lobbs
- b. **2, 3 or 4 players.** For three, play 2 on 1 with 1 person on half court (skinny).
- c. Skills
 - i. Work on spin, location, and height
 - ii. Disguise your lobbs – keep them deep and not too high
 - iii. Keep feet quiet on dinks – stance open



16. **LOBs of DEATH.** No points. Cooperative. One person lobs (deep) from no mans' land or deeper, and opponent fires back at feet. Try for the most lobs and digs (returns) without a miss. Straight on or cross court. **Lob|Dig|Reset.**

Alternative: person receiving lobs can start at the NVZ and run back.

Alternative II: Play with 4 and have both receiving players start at NVZ to take deep lob.



- a. GOALS:
- i. Work on high (but not too high) deep lobs – put opponents in peril
 - ii. Returner should hit controlled overhead drives to opponents feet (cooperate)
- b. 2 players, or 4 if you want to play it out.
- c. Skills
- i. Return lob with eyes up, paddle up in ready position
 - ii. Smash should be in control, preferably at opponents feet

17. **NO HITS, NO ERRORS.** 9 points wins. Best two players on one side (Team A). Regular game. **All Play**

- a. Scoring
- i. Team B has regular scoring
 - ii. Team A loses a point if they commit an error:
 1. Hit it into the net
 2. Hit it out of bounds
 3. Step into the kitchen
- b. 4 players
- c. Skills
- i. Team A is working on their control game
 - ii. Team B can be aggressive

18. **SKINNY SINGLES.** 9 points wins. Play on ½ the court (skinny). **All Play**

- a. Each player is responsible to be on the correct side. The correct side is based on your individual point total.
- i. If your score is zero that is even, therefore you are on the right side of your court.
 - ii. If your opponent's score is three, that is odd, so they are on their left side court.
 - iii. In the above scenario, you are playing head-to-head, not cross court. Get it???
 - iv. Even to odd (score of three to zero) is always head-to-head.
 - v. Even to even or odd to odd (score of 4 to two or three to one) is always cross court.
- b. 2 players.
- c. Skills
- i. Control your shots, the court size has just been halved.

19. **MARSHMALLOW.** 9 points wins. Regular game. Once a ball hits the ground in the kitchen, all future shots must be dinks, except ATP's or ERNE's. Note: you are not required to put a shot into the kitchen. **Dink|All Play**



- a. GOALS:
 - i. Transition to the soft game – in the kitchen
- b. 4 players
- c. Skills
 - i. Drop shot into the kitchen
 - ii. Dink game

20. **HELLS KITCHEN.** 9 points wins. Regular game, except, any ball that drops into the kitchen (hits the ground) wins the point. Other winners are allowed, but a drop into the kitchen wins the point.

3rd Shot Drop | All Play

- a. GOALS:
 - i. Try not to let a 3rd shot drop bounce
 - ii. Keep pressure on opponents
- b. 4 players
- c. Skills
 - i. Reach (lean) for a volley, don't step into the kitchen
 - ii. But don't pop it up either
 - iii. Taking a dink out of the air reduces time for opponent to react



Warm Up your Dinks

Start your warm-up positioned directly across the net from your partner at each of your respective non-volley lines. Collaboratively, dink back and forth to each other – making sure you are **executing each dink with purpose**. Dink some wide and some towards the middle. Make sure you also vary the depths of your dinks. Land some close to the net and others at the feet of your partner.

Progressively Work Back from the Non-Volley Line to the Baseline and Back Up Again

After about 30-60 seconds of straight-on intentional dinking, it's time to warm up the **drop shots** from all areas on the court. With one partner feeding balls from the non-volley line, the other should take a few steps back and progressively work backward from the non-volley line to the baseline – all while hitting drops into your partner's non-volley zone. The person doing the feeding should begin with some "easy" feeds and progress to making the feeds more difficult to handle. How challenging the feeds are simply depends on the skill level of your partner. Once the person hitting the drop shots has reached the baseline they should work their way back up to the non-volley line – all while, once again, hitting drop shots. This should take about 60 seconds for each partner. Remember to split step so that you remain balanced and can move quickly in any direction.

Volley Practice

For the next 60 seconds or so, **volley** the ball back and forth to each other. Do some rapid-fire volleys so that you can adjust to the speed of the volleys during gameplay. Do some block volleys. Make sure you are alternating forehand and backhand volleys so that you get practice on both sides. Also, make sure you are hitting a handful of drop volleys from the transition area and into your partner's non-volley zone.

Overheads & Lobs

Before gameplay begins, you will want to make sure that you are thoroughly stretched out. Have your partner hit you a couple of lobs so that you can hit some overheads and loosen your stomach muscles. Start off hitting the overheads "easy does it." As you get stretched out, begin hitting the overheads with more pace. While you are hitting the overheads, make sure you are aware of the sun and wind conditions. You may even want to quickly change sides with your partner so that you can practice on both sides if the sun and wind are, indeed, factors.

Serves & Returns

Don't forget to practice serves and returns. This is often neglected when I see teams warming up. You can practice these straight on. Alternatively, one of you may want to ask your opponent if they wouldn't mind rotating sides with you so that you can practice the serve cross-court. After one person serves the ball, the partner can, and should, work on their return of serve – focusing on keeping the return deep.



SERVING BASICS

1. The purpose of the serve (at the developing levels) is simply to place the ball in play and is not intended as an offensive weapon.
2. The serve must be hit with an underhand stroke so that contact with the ball is made below the waist, defined as the navel. The arm must be moving in an upward arc and the highest point of the paddle head shall be below the wrist when it strikes the ball. The highest point of the paddle head cannot be above any part of the line formed where the wrist joint bends. (See video below for Underhand Serve)
3. **RULES UPDATE (1/25/2021)** - A new provisional rule allows for a "drop serve." The server has the option of dropping the ball and hitting it after the bounce. The ball can be dropped from any height but cannot be thrown, tossed, or otherwise released with any added force to bounce it.
4. Serve to the diagonally opposite service court from behind the baseline and on or within the imaginary extension of the sidelines and centerline.
5. Placement should be deep and to the center of the diagonally opposite service court to keep the receiver back.
6. Follow through toward target and return to the ready position to be set to receive the service return.
7. Don't continue into the court; remain behind the baseline until after the 3rd shot is hit.

RETURN OF SERVE

1. The main goal is to return the serve deep to keep the serving team at the baseline; power is not as important as control. A short return brings the serving team forward, allowing them to reach the NVZ line and negating the receiving team's advantage.
2. The serve must bounce before being returned.
3. Wait behind the baseline for the serve in order to permit moving forward to hit the return with momentum.
4. The preferred service return stroke is a forehand with a backswing and follow through, stepping forward to meet the ball in front of the body. This allows the receiver to quickly move toward the net by following the natural momentum of the follow through.
5. A shot lofted deep to the opponent's backhand gives the receiver time to reach the NVZ line and keep the serving team back.
6. Follow through, move to the NVZ line and return to the ready position to be set to return the next shot.
7. Watch the ball. If you realize you can't make it all the way to the NVZ line before the ball is hit by the opponent, stop and assume the ready position. Return the ball, then continue to the NVZ line. Stop again if necessary. In tennis this is often referred to as the "split step."

DROP SHOTS

1. The drop is a soft shot hit off a bounce from deep in the court, intended to land in the opponents' NVZ, preferably close to the net.
2. Allows the hitting team to follow the shot to the NVZ line. It is the primary 3rd shot, giving the serving team the opportunity to approach the net after the return of serve, but can also be effective anytime the opponents are at the net.
3. One of the more difficult shots to master.
4. Face the net and hit the ball underhand in front of the body, lofting it in an arc over the net. The ball should arc before reaching the net, so it lands near the opponent's feet within or at their NVZ line.
5. Move toward the net after hitting the ball. If you don't make it all the way to the NVZ line by the time your opponent hits the ball, stop and assume the ready position in preparation for the next shot, then quickly continue to the NVZ line.



DINKS

1. A soft shot hit on a bounce from the NVZ intended to arc over the net and land within the opposing NVZ either straight across or diagonally crosscourt.
2. An effective dink arcs downward as it crosses the net, creating a more difficult shot to return than a power shot.
3. Dinks that land close to the net are the most difficult to return because of the steep angle required to get the ball over the net.
4. Crosscourt dinks are easier because the net is lower in the center and you can force their opponent off the court, potentially opening a hole.
5. Contact the ball in front of the body with the paddle face open, using a gentle lifting (pushing) motion.
6. The shot is soft and controlled with movement from the shoulder, no wrist break and minimal or no backswing to avoid overpowering the ball.
7. Be patient. Continue to dink until the opponent makes a mistake. If the ball is hit too high, there is a good chance for a put-away shot.

Forehand Groundstroke: Typically, the most powerful and most accurate shot; therefore, the most utilized from at or near the baseline.

- Move sideways into correct court position first. Avoid reaching; move the feet instead and prepare to meet the ball from the ready position.
- From the ready position pivot shoulders and hips so the non-paddle shoulder is facing the approaching ball and begin the backswing. Some players extend the opposite arm forward for balance.
- Step forward with the front foot toward the direction the ball is intended to go to create forward momentum. Bring the paddle forward to **contact the ball in front of the body**, preferably before the ball reaches the top of its bounce.
- The paddle head is angled slightly open (tipped back from vertical)
- Keep the wrist firm (not wobbly) but allow it to hinge backward enough to meet the ball squarely.
- Follow through to straighten the body and return to the ready position.

Backhand Groundstroke: Used when a ball is approaching the side opposite the paddle arm. However, many players consider the backhand groundstroke as their “go to” shot and use it for up to 75-percent of their groundstrokes.

- Move into correct court position first. Avoid reaching; move the feet instead.
- From the ready position pivot shoulders and hips sideways so the paddle shoulder is toward a ball that is approaching the non-paddle side of the body.
- Bring the paddle arm across the body and extend the paddle shoulder to head high. Opposite arm may be extended across the body toward where the ball will be hit for balance or held behind the body (depends on what feels natural and “works” for each player.)
- Step forward with the front foot toward the direction the ball is intended to go to create forward momentum. Bring the paddle forward to **contact the ball in front of the body**, preferably before the ball reaches the top of its bounce. Weight on the front foot.
- The paddle head is angled slightly open.
- Wrist and forearm aligned, wrist firm (not wobbly).
- Follow through to straighten the body and return to the ready position.



VOLLEYS

1. A ball hit in the air before it bounces onto the court during a rally.
2. It is often used when at the NVZ line to return a ball hit hard and low over the net.
3. May be hit forehand or backhand; backhand is more common.
4. No backswing -- hit in a blocking motion with the paddle face square (vertical) to “push” the ball over the net.
5. Hit away from your opponent to make him/her reach.
6. To hit the ball deeper, open the paddle face slightly to give the volley a little more loft

LOBS

1. A lofted shot that sends the ball high overhead and deep.
2. Purpose: To catch the opponent off guard or force him/her back to the baseline (offensive). It can also be effective as a defensive shot to buy time to get into position for an offensive shot.
3. Offensive: An unexpected lob from the NVZ line over your opponent at the NVZ line or as he/she is running to the net.
4. Defensive: A lob from the baseline allowing the lobbing team time to move to the NVZ line. However, players must be aware that the opponent may return the lob with an overhead smash (see below). It might be safer to use a drop shot as an approach shot instead.
5. From the baseline, take a backswing and contact the ball in front of the body with paddle face open to lift the ball and send it high, then follow through fully (paddle at least head high).
6. The trajectory should carry the ball over the opponent’s outstretched paddle and land inbounds near the baseline.
7. Lobbing over the opponent when dinking can create the advantage of surprise.

OVERHEAD SMASH

1. A hard, overhand shot directed downward into the opponent’s court, usually as a return of an opponent’s lob, high return, or high bounce.
2. The paddle is extended over the head at maximum height with elbow straight.
3. Aim at an open spot on the opponent’s court or at the feet of an opponent, not at the body.
4. Never back up to position for an overhead. Shuffle sideways or turn around and run into position. Backpedaling is a dangerous maneuver.
5. Look up and point toward the ball with non-paddle hand.
6. Contact the ball as high as possible and in front of you, shifting weight from the back foot to the front foot as the ball is contacted with a downward swing and often a wrist flex (snap).
7. The backhand overhead smash may require flexing the wrist backwards.

