



Beginner/Learn to Play Pickleball Clinic – 2-hour format

Intended Player Level: Designed for individuals that have never picked up a pickleball paddle or that have limited pickleball playing time. This clinic will give a player the opportunity to build their game from the ground up before developing bad habits or poor stroke mechanics. This clinic is essential for all new players that want to have more fun learning and playing pickleball the right way. All equipment will be provided during the clinic including paddles (feel free to bring your own paddle if you have one), nets, and balls. All you need to do is register, show up, preferably wear tennis shoes (not running/walking shoes), and be prepared to have fun and learn!

Objectives: Introduction to pickleball game and rules, terms, paddle grips, basic strokes and shots, scoring, positioning, and play.

Introduction to the game of Pickleball

- Background of the game

- Equipment overview

- Review parts and dimensions of the court

- Safety aspects of game

- Paddle review and grip styles

Dynamic stretching/activity warmup

Ball progressions and ready position

- Weight transfer and balance

Ground strokes – forehand and backhand

- Form, footwork, and practice

Basics of serving

- Rule review, cross-court practice for accuracy

Returning serves

- Positioning and follow through

Basics of hitting volleys

- Form, footwork, NVZ impact and practice

Game rules, court positioning, and basics of scoring

Putting it all together in game play



Beyond Beginner, Improver Pickleball Clinic – 2-hour format

Intended Player Level: Designed for 2.5 and 3.0 rated players that want to take their game to the next level. You should be able to maintain rallies, be able to serve accurately, know how to keep score, and have played pickleball doubles in game situations. This clinic is designed to advance your knowledge and play level by introducing you to new shots and strategies while gaining practical experience and confidence to execute the shots in game play.

Objectives: getting beyond the basics, learn how and when to use different shots, introduction to dinking, different types of volleys, game strategy and play.

Dynamic stretching/activity warmup

Beyond serve accuracy, serving deep and returning deep
Review swing mechanics and positioning. Practice with Point game

Developing and trusting your backhand

Transitioning from baseline to NVZ
Split step practice

Properly hitting volleys
Full and half volleys. Block, punch, swing, and overhead volleys. How and when to use them

Defending the lob shot
Proper defense and how not to get hurt

Dinking
Footwork, positioning, and swing mechanics. Dinking game to reinforce concepts

Basic doubles game strategy
Review and practice
Partner communications

Putting it all together in game play



Intermediate Pickleball Clinic – 2-hour format

Intended Player Level: Designed for 3.0 and 3.5 rated players that want to take their game to the next level. If you have never taken a lesson, or need a tune up, or have questions regarding court awareness, stroke development (drive, drop and dink), shot selection, or game strategy, this clinic is for you.

Objectives: Getting into advanced shots and game strategy, learn how to create and take advantages of opponent mistakes, cut down on your mistakes, move from defense to offense, develop your peripheral vision, and game play.

Dynamic stretching/activity warmup

Third shot drop and drive

- Swing mechanics, practice and when to use
- Game to reinforce

Advanced dinking

- Offensive dinking, moving your opponent around (placement)
- Around the Post (ATP) and Erne shots. How and when to execute
- Game to reinforce

Overhead smashes

- Proper footwork and swing mechanics to get angle shots

Lob Shots

- Offensive and defensive strategy and execution

Poaching shots

Reset shots

- Dealing with bangers
- Moving from defense to offense

Adding spin to shots

- Top spin, back spin, side spin, roll volleys and when to use

Putting it all together in game play