

Learn “the fastest growing sport in America” with the only IPTPA Certified Level II Teaching Instructor in the San Gabriel Valley

What is Pickleball?

Pickleball is a paddle sport that combines elements of tennis, badminton and ping-pong using a paddle and plastic ball with holes. The rules for Pickleball are simple, making it a great introductory sport that is appropriate for players of all ages and skill levels. With more experience, Pickleball can also become extremely challenging, fast-paced and competitive.

Why is Pickleball so popular?

1. **Pickleball offers something for everyone.** It’s easy to learn how to play the game, so for beginners who want to learn a new sport, or seasoned players seeking the thrill of competitive play, Pickleball is ideal for all skill levels.
2. **Pickleball is a Social Activity.** Because of the smaller court size (one tennis court can be converted into four Pickleball courts), the game allows for more conversations and bonding while also offering a fun workout.
3. **Pickleball is a Healthy Activity.** Pickleball players get great exercise while working on balance, agility, reflexes and hand-eye coordination without putting excessive stress on their bodies, especially for those with hip, shoulder, knee, or other joint issues.

Certified Pro PB Instruction * 257 Santa Anita Ct, Sierra Madre, CA * CoachJPickle@gmail.com
“Pickleball is the only sport where my whole family - from my kids to my parents - can play together and have an absolute blast.”

- Dave (Age 54), Senior Pickleball Pro

Pickleball Instruction

BEGINNERS (Paddles are available, if necessary)

Introduction to Pickleball - Starting with an overview of the rules of Pickleball, Students will also learn the basics of the game as well as balance, footwork, movement and injury prevention. Through eye-hand coordination and paddle drills they will learn paddle and ball interaction, along with instruction on basic serves, returns and ground strokes to prepare them for rec play.

ADVANCED BEGINNERS (Paddles are available, if necessary)

Focus on PB Strokes - Students will be taught how to practice and drill on their own through a series of progressive drills including the 3 D’s of Pickleball (Drives, Drops and Dinks), as well as

Serve and Return strategies and developing forehand and backhand shots for transitioning through the court from the baseline to the Non Volley Zone (NVZ, aka “the Kitchen”)

INTERMEDIATE (Bring your own paddle)

1. **Non Volley Zone (NVZ) Concepts** - Improve NVZ shots using a games-based drill and play format. Instruction on creating open space, ball pace, moving opponents, ideal strike zone, paddle angles, and ball pathways to achieve a variety of shots for successful play
2. **Full Court Concepts** - Teaching the deep forehand and backhand groundstrokes needed in the serve and return of serve, with focus on transitioning to the NVZ using a variety of drives and/or drops shots via games-based drills and play
3. **Strategic Partner Play Concepts** - Using the NVZ and Full Court techniques, Students will incorporate shot selection, ball placement, partner positioning, communication and smart court strategies into their game.

TOURNAMENT PREP

Get ready for competition - Whether it's a Round Robin, local, or nationally sanctioned bracket-style tournament, you'll feel more prepared and confident with strategic game play intended to assess partner/teams to accentuate strengths while minimizing weaknesses,

TESTIMONIALS

“The perfect start for me. JP provides a good balance of the basic rules, strong technique and strategy. He is patient and knowledgeable. Starting a new sport with a good foundation is important to me and JP offers an ideal introduction to Pickleball.”

- Melinda Nix, avid tennis and beginner Pickleball player

“JP has a great knowledge of PB and was able to quickly assess my skill level and dive right into effective communication and direction to immediately improve my game. Thank you, JP!” - Zach Cox, competitive tennis and Intermediate Pickleballer

“JP helped me accelerate my tactical and strategic PB skills in a short time. He is equally engaging and fun.”

- Hunt Turner, former college and lifelong competitive tennis player, now determined Pickleballer

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