

Skills & Drills Session Descriptions

Serve & Serve Return, Ground strokes – Introduction to standard serve and drop serve technique, second shot technique and strategy. Putting strategies into practice to gain advantage when serving as well as returning the serve. Drills and in-game coaching will focus on developing these basic concepts.

Drops & Fourth Shots – Join us for an introduction/review to drops including discussion of purpose, body, and paddle positioning as well as technique. Drive versus drop, how and when to transition to the non-Volley Zone. Purpose of the 4th shot and technique. Drills to practice skills and in game coaching.

Tournament Prep Clinic 2.5/3.0/3.5/4.0 – Are you planning on playing in any tournaments this summer? How about the Club Championships in August? Are you new to tournament play or haven't competed for a long time and wish to get 'back into it?'

This session is for players new to competitive play and those wanting a 'refresher'. Learn how to prep for the tournament, game day routine, decisions to be made before going on the court, what to expect during matches and how to handle on the court challenges during play.

A 'mini tournament' will take place during the session. During play coaching will focus on providing feedback related to the session concepts.

Transitional Skills and Dinking: Some of the hardest concepts and skills to master in pickleball are transitional skills and dinking. Learn/review dinking purpose, paddle, and body positioning/technique. This session will focus on making your way to the non-volley zone successfully! Drops, punch volleys, counter-attack volleys, resets and blocks are all part of the arsenal needed to get into an offensive position at the NVZ line. Learn fun games to play that build dinking skills. More advanced players will be introduced to the ERNE. In Game coaching will focus on the concepts presented during this session

Court Position & Team Play – Unless you are playing 'Singles', the game of Pickleball is all about teamwork. This session will focus on the development of skills that are critical to working with your partner successfully! Like any relationship, good communication is essential. When this combined with proper court position, team movement and some smart tactics, the game becomes an enjoyable collaboration. Advanced players may be introduced to Stacking as a concept to work more efficiently as a team. Ample opportunity will be provided during the session for some 'In Play Coaching' focusing on Teamwork!

Lobs & Overheads 2.5/3.0 – Introduction to Lobs and Overheads purpose. Technique to lob and return a lob. Drills and in-game coaching.

Lobs & Overheads 3.5/4.0 – Offensive Lobs purpose and timing as well as technique review. Returning lobs: tracking as well as team decisions related to court positioning. Practice of technique required to hit an effective overhead. Drills and in-game coaching.

In-Play Coaching 2.0/2.5/3.0/3.5/4.0 – Here is your opportunity to get some valuable feedback! Coaches will review critical game skills with the group and then focus on watching you play. Facilitators will share their observations with participants regarding positioning, shot selection, team play, strategy, etc. Your coach will watch you play with others in your rating level. Focus will be on providing feedback regarding positioning, shot selection and strategy.

Blocking and Volleying – Sometimes a good drop shot won't get you all the way to an offensive position at the non-volleyball zone line. You may be forced to stop in the transition zone to block, volley or reset a ball. As well, at the kitchen you may be forced to block, volley, or reset the ball in an effort to slow down the play so that you can gain control of the game, this session will focus on building these skills.