

AUGUST Pickleball SKILLS & DRILLS CLINICS

TUESDAYS 1-2 pm

FRIDAYS 10-11 am

PRE-REGISTRATION REQUIRED

Online or at front desk; up to a month in advance

\$5 Watauga Residents

\$7.50 Out of County Residents

These are not beginner clinics. Beginner clinics are held on Tuesdays from 2:30 to 3:45 pm, and Saturdays from 9 to 10:15 am.

These clinics are for 2.0 to 3.5 level players. We will do our best to divide players into courts with other people who are roughly the same skill level.

FRIDAY 8/2/2024 10:00-11:00

NEW: Working the Backcourt

How *consistent* are your shots from the baseline? We'll drill serve/returns as well as consecutive forehand and backhand drives from the backcourt (including backcourt figure 8s!).

TUESDAY 8/6/2024 1:00-2:00

Topspin Serves

From grip to form to stance, we'll work on topspin serves & return of topspin serves. (**This clinic will work better for people who are **not** new to pickleball.*)

FRIDAY 8/9/2024 10:00-11:00

Players Choice

What do you most need work on? We'll be setting up drills to help you practice!

TUESDAY 8/13/2024 1:00-2:00

Building Reaction Speed and Reflexes

Want faster hands on the court? In this clinic we'll do drills to improve your reflexes and reaction speeds, including blind drop/toss drills, volley drills, and attack-resets.

FRIDAY 8/16/2024 10:00-11:00

NEW: 5 Powerful Dink Strategies

We'll drill dink volleys, paddle/foot tracking, tethering, calling shots, & recovery to ready/center, then we'll close with kitchen games.

TUESDAY 8/20/2024 1:00-2:00

Gold Standard Drill Set

This is the set you *must* have to get better as a pickleballer. Dinks, volleys, drops, serve-returns, and transitions. Let's do it!

FRIDAY 8/23/2024 10:00-11:00

Midcourt Mastery

We will drill resets and drives from midcourt (with the F/drive, B/drop drill), and transitions.

TUESDAY 8/27/2024 1:00-2:00

Working as a Team (Partner Work)

Come drill moving together at NVZ, calling shots in a serve/return + one, and moving together in the transition drill.

FRIDAY 8/30/2024 10:00-11:00

NEW: 4th Shot Strategies & Drills

The 4th shot may be pickleball's most ignored weapon. Come learn the best 4th shot strategies, including overhead smashes, "making room" at the NVZ for driving, & digging out a low, deep volley.

Got Requests? Let me (Coach Lisa) know!

LisaCreechBledsoe@gmail.com