

JUNE 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.

TUESDAY 6/11/2024 1:00-2:00

Serves, Serves, Serves

Your serve is critical. We'll work on best form for power and spin, take serve percentages, then practice deep, targeted, & angled serves.

FRIDAY 6/14/2024 10:00-11:00

Successful Transitions to the Net

If you do NO other drills, you should do this one. After practicing drops from the baseline, we'll work 2 and 4 person transition drills.

TUESDAY 6/18/2024 1:00-2:00

Building Reaction Speed & Reflexes

Want faster hands on the pickleball 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 6/21/2024 10:00-11:00

Poaching

We will practice recognizing and committing to the 3rd shot poach (both backhand and forehand), then we'll try poaching in short games.

TUESDAY 6/25/2024 1:00-2:00

Accurate Aiming & Shot Placement

We'll drill placement with targeted dinking, targeted groundstrokes at midcourt, and targeted serves.

FRIDAY 6/28/2024 10:00-11:00

Serve, Return, Plus 1

You want to be able to start the game well, and this is the textbook opening set of moves. Come practice each skill, then put them all together. (Are you building a topspin serve, come practice it!)

Got Requests? Let me (Coach Lisa) know!

LisaCreechBledsoe@gmail.com

TUESDAY 6/4/2024 1:00-2:00

Developing a Softer Touch

We'll do a tap+hit drill, work on backcourt drops, and play single pts w/ req'd 3rd drop & kitchen work.

FRIDAY 6/7/2024 10:00-11:00

NEW: Switching Up Your Shots

We often get in the habit of hitting the same shots several times in a row, or (worse) hitting directly to our opponents. Today we'll do Figure 8s @ the Kitchen, 4 Dinks 4 Volleys, and Accordions. If time, a B/Drop & F/Drive drill, too.