

JULY 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 7/2/2024 1:00-2:00

Player's Choice

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

FRIDAY 7/5/2024 10:00-11:00

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.

TUESDAY 7/9/2024 1:00-2:00

Backhands

Come practice backhands at the NVZ, at midcourt, and at the baseline (including backhand returns)

FRIDAY 7/12/2024 10:00-11:00

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!

TUESDAY 7/16/2024 1:00-2:00

3 Tricks for Defeating Better Players

We'll work on hitting unattackable dinks, we'll practice deep, high returns in the beat-the-catch game, and practice resetting hard drives.

FRIDAY 7/19/2024 10:00-11:00

How to Neutralize Being Targeted

What can you do when you or your partner is being relentlessly targeted? Let's even up the playing field! We'll work transitions, shadowing, and 60%-40% game play.

TUESDAY 7/23/2024 1:00-2:00

Resetting Drives and Smashes

Come drill resets from mids, resets from the NVZ, and practice returning smashes.

FRIDAY 7/26/2024 10:00-11:00

Third Shot Strategies & Practice

We will drill drives & drops, including when and where each choice is appropriate, as well as transitions to the NVZ.

TUESDAY 7/30/2024 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.*)

Got Requests? Let me (Coach Lisa) know!

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