

PICKLEBALL CLINIC

BULLET POINTS

Warm Up! This is critical to ensure lack of injury and prepared physically for play.

SERVING	<p>Serve Options:</p> <ul style="list-style-type: none">• Drop Serve -with both feet behind baseline at impact or,• Volley Serve.• Ensure consistent depth with height.
RETURNING	<ul style="list-style-type: none">• CRITICAL shot which must go into court.• Ready position, paddle up neutral, facing front, read the serve (direction, depth and pace), and react.• Move forwards to Non-Volley Zone (NVZ) line as soon as possible.
FOREHAND AND BACKHAND DRIVES	<ul style="list-style-type: none">• Played from rear of court using "Ready Set Send" base.
PLAY AT THE NVZ LINE	<ul style="list-style-type: none">• Ready position, athletic stance, paddle at or just above net height, balanced with soft grip.• Pendulum action from shoulder - NOT wrist/elbow movement. <p>Types of Dink:</p> <ul style="list-style-type: none">* lift (impact under ball)* slice (spin keeps low)* push (impact behind ball)* topspin (aggressive)* volley (controlled soft grip)* reset (counter an attack)
THE PUNCH VOLLEY	<ul style="list-style-type: none">• Aim is to keep opponent at the rear of court.• Punch volley action - short fast forward movement with paddle parallel to net, go to ball.
THIRD SHOT OPTIONS	<ul style="list-style-type: none">• If deep return - third shot options: drive, lift drop, lob to rear.• Lift Drop is long dink.
TRANSITION ZONE PLAY	<ul style="list-style-type: none">• Options - reset, drive, lob, all to be played from stable position.• Do not rush to get to NVZ Line, watch partners shot to determine position/shot.

REMINDERS for TACTICAL COURT POSITIONING

- Serving Team - BOTH BACK Serve and Stay
- Receiving Team - ONE UP & ONE BACK
- If receiving player - Play and Run to NVZ Line
- Third Shot Target receiving Player who may be still moving or lacking stability
- When advancing to NVZ line - move as a pair with patience and control
- When all at NVZ Line be PATIENT
- **ENJOYMENT IS PRIMARY OBJECTIVE**