



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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WINTER 2020 PICKLEBALL DRILL CLINICS

Pickleball Drill Clinics are **meant for Advanced Beginner and Intermediate players** who want to improve their game play with the intention of practicing new techniques and moving up to the next level. **Anyone taking this clinic must know how to play, the basic strokes, sustaining rallies, court positioning and scoring.**

Clinics will be held at the Hamilton Area YMCA Sawmill Branch at 185 Sawmill Road, Hamilton, NJ. Registration for each lesson opens the Tuesday prior to the clinic and can be done online or at the desk. **Pre-Registration is required as space is limited. Registration opens at 7:00 a.m. on the Wednesday prior to the clinic.**

[CLICK HERE TO REGISTER ONLINE!](#)

Week 1 January 7	Ground Strokes The grip and basics of Pickleball strokes vs. other paddle sports. Learning to control distance, targeting, follow-thru.
Week 2 January 21	Serve and Return Execute a proper Pickleball serve. Develop a pre-serve strategy and an alternate serve. Proper return of serve
Week 3 January 28	Third Shot Drop The most critical shot in Pickleball. Set the speed, angle, and placement of the stroke after the serve and return.
Week 4 February 11	Third Shot Drop #2 Leads to dinking and offensive lobs. How to defend a lob. Neutralizing the opponents.
Week 5 February 18	The Dink The shot unique to Pickleball. A transition shot. Use the dink to slow down the game, open up a hole, attack, win the point.
Week 6 February 25	Volleying & Overheads Techniques and positioning for the volley. Volleying at the NVZ line, mid-court. Tracking the ball. Paddles-up.
Week 7 March 10	Court Positioning & Footwork Moving on court for efficiency. Defending the lob. Working with doubles partner. Split step.
Week 8 March 17	Game Strategy Offensive play and defending successfully. Weakest shots. Poaching. Patience!

Hamilton Area YMCA - Sawmill Branch
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