

Clinic Topics:

I love coming up with new clinics and am open to new ideas and suggestions. These are clinics that I have found to be popular and they address critical parts of the game in small, bite-sized portions which makes learning easier and fun.

Dink 'Em To Death: We will learn stroke mechanics and footwork that will increase your dinking consistency and discuss how and when to use the 'lift dink' and the 'press dink.' This clinic will cover how to use dinks to move your opponents and the "when, where and why" of moving them. We will learn the 'Spanish Fighting Drill,' 'Dingle,' 'Guard the Cone,' and 'Kitchen Game' drills to reinforce dink consistency, accurate placement, and how to keep your dinks unattackable. We will also discuss partner motion and position while at the non-volley zone, keeping "Texas" covered, and the diagonal rule.

Beat the Banger: Tired of having the ball hit hard straight at you and not quite knowing what to do with it? Frustrated from giving your opponents "attackable balls" that they just smack right back at you as hard as they can? This clinic will work on both sides of the 'banger game.' We will address how to defend the attack and we will learn how to NOT give your opponents balls that they can bang back at you. The primary shots that we will focus on will be reset volleys, block volleys, and third shot drops and we will learn how to use those soft shots to gently beat your banger buddies into submission as you move forward to the NVZ line.

Much Ado about Lobbing: This class will discuss the good, bad and the ugly of using the lob in your game. We will go over lobbing stroke mechanics and we will discuss when, where, and how to lob offensively and when NOT to lob. Running backwards on the court is the cause of many injuries. We will go over lob retrieval techniques that promote safe and efficient court coverage, discuss who should get which lobs in different scenarios, and best shot choices after successfully chasing down a lob. Also, a short discussion on lob etiquette, yes it's a thing.

To Drop or Not to Drop: This clinic will focus on the 'drop shot' and the 'drive.' We will learn the stroke mechanics and foot work required to develop a consistent and reliable drop shot that lands in the kitchen and also work on developing a drive that flies low and fast over the net and stays in. We will discuss the third shot scenarios and when it's smart to use the drop shot versus when to use the drive. We will play 'Stalk the Net,' 'Slinky,' and 'Drop-Drive' mini-games to focus on honing these important skills. To drop or not to drop.... After this clinic there should be no question!

The Mid-Court Crisis (aka Navigating Divorce Alley with The 6-Foot Ball and Chain): This clinic will focus on court coverage, partner motion, and strategy in navigating the transition zone. We will discuss the pros and cons of the 'diagonal rule,' how to cover 'Texas,' successfully navigating 'divorce alley,' and how the '6-foot ball and chain' can keep you out of

trouble as you move in towards the NVZ line. Learn about the 'easiest shot in pickleball' and how to NOT give that to your opponents, and how to force your opponents to make low percentage shots (aka hit Rhode Island). We will use drills and mini-games to focus on the partner skills and specific shots needed to successfully navigate the transition zone and make it to the NVZ line together as a team!

Deep and Deeper: Think you know what the most important shot in pickleball is? Hint: It's not the 3rd shot drop... This clinic will discuss the serve and the return of serve. Both the serve and return of serve should be as deep as possible! We will learn good stroke mechanics and how to use your lower body and weight transfer to generate a powerful, deep hit with topspin with minimal wear and tear on your arm. We will talk about why a deep serve and a deep return sets you and your partner up to dominate the point and how to monopolize on these shots. We will use mini-games and drills to increase the depth, loft, and consistency of these shots which will help you to use them in your game. After this clinic you will know what the most important shot in pickleball is, and more importantly... why and how to use it!

Beginner Clinic 0-0-1: The goal of this clinic is to get students playing and loving pickleball as quickly as possible. In this clinic we cover the bare minimum needed to get you out on the court and having a ball asap! Topics include: general terminology, holding the paddle, dinking, ground strokes, serving, kitchen rules, basic game rules, where to stand on court, and how to score. By the end of the 1.5 hour class you will be playing a game with your friends!

Beginner Clinic 0-0-2: Ready for a little bit more? We will review and then build upon the basic intro in clinic one. Topic will include: Dinking, volleys, ground strokes, serving, court motion, getting to the non-volley zone, and partner strategy. The more you learn, the more fun you will have! Pre-req Beginner Clinic 0-0-1 or 2.5 level player.

Junior Pickleball Clinics:

This Sunday (June 11th) I am completing the training and certification through the IPTPA for their Junior Pickleball Instructor Certification. I have enjoyed working with kids over many years teaching them music and art and have raised three of my own. I can run pickleball clinics for kids ages 8 and up at all levels of play.

Certified Ratings Specialist (IPTPA CRS): I recently completed the CRS certification through the IPTPA. This allows me to run official ratings testing (2.5-4.0) and clinics designed to help people pass the ratings tests.