

The Mitten Pickleball Academy Program ©

The Complete guide to Pickleball

Entry Level

Intermediate Level

***LIMITED Availability only 24 spots per level for a 5-week progressive coaching course. Members take priority**

Where: Adrianna – Old Schoolhouse Courts.

When: Mondays and Wednesdays (Rain make-up day Friday)

Time:

2-3pm Entry Level

3-4pm Intermediate Level

Fee: \$35 per person for each one-hour session. \$350 Total Academy

How to Register: Sign up on the Rec Center website or take check to the Rec Center Front Desk. (Note: the Rec software does not have the capacity for one box to check for all 10 sessions.) It will add to your finger dexterity.

How long is the Program?

This is a five-week, ten session progressive comprehensive Pickleball Academy Program. You can sign up for individual sessions or complete the full academy program. If a player completes all of the sessions, they will receive a certificate and T shirt in recognition that they have successfully graduated from the Academy.

Philosophy

There are three parts to a point. The foundation, transition, and no volley zone (aka kitchen). Most recreational players even at a higher level do not make it to the third stage of the point or understand how to get there on 'good terms'. I will take each of these stages and work intensively and deliberately on the how, why, and when. How we hit the shot? Why we hit the shot? And when we hit the shot?

All participants will all be coached based on how you best process information, according to what style is most encouraging to you, and your goals.

The Foundation - Learning the critical art of starting the point positively.

Serve and Returns

1. Learning about the foundation of the point
2. Techniques
3. Psychology of the serve and return
4. Consistency
5. Direction
6. Depth.

Serves and Returns

1. Add in spins
2. Stacking (learning to always be in your team's favorite position at the start of the point.
3. Switching - signals
4. 2 handed backhand

Friday - Rain Day makeup

Anticipating the serve and return– know where the ball will land, where the ball is going, and what your opponent will do.

1. Court position after the serve as a team
2. Court position after the return as a team

TRANSITION to the No Volley Zone

1. Learning about the transitional part of the point. Your role and your partners
2. The big 3 shots. (Drop, drive, lob)
3. The third shot drop – technique
4. Direction of the drop.
5. Movement of you and your partner on a successful drop.
6. Movement of you and your partner on an unsuccessful drop

Friday - Rain Day makeup

The Drive- Technique

1. Learn when to play this shot
2. Learn where to play this shot
3. How does this affect your partner's court position, and your position?

Page 3.

Lob - Technique

1. Who to play the lob over?
2. What makes a player choose this shot as a 3rd shot over the drive or drop?
3. What are your court position and your partners when you have hit the lob?
4. The psychology and strategy of lobbing on the third shot. Playing for the 5th shot when you are out of position. Weather induced etc.

Friday Rain Day make up

Play 'Connect Four' the first four shots of the point with each shot you have learned.

1. Deep, deep, feet, feet
2. Deep, deep, lob, feet
3. Deep, deep, drive, feet

NO VOLLEY ZONE

Learn what to do when you have set the foundation, transitioned to the NVZ and are deep into the point with all four players at the NVZ (Kitchen)

De-escalation (slowing down) of a point vs. escalating (speeding up and panicking)

1. Technique of how to reset
2. Recognizing when to reset
3. NVZ point play with focus on re-setting the point (when the point is getting out of your control)

Friday Rain Day make up

Cooperative dinking

Techniques of:

1. The 'root canal' dink
 2. The Ernie
 3. The Mitten (flicker)
 4. The slider
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1. When to attack
 2. Where to attack
 3. How to attack (disguise, misdirect, spins)
 4. Offense defense recognition

Friday Rain Day Make up