



PICKLEBALL

with Coach Mark

Pickleball Basics I: Learn the basics of pickleball!

Learn how to hold the paddle, the lines, the rules and basic nuances of the game, including that pesky kitchen!
Let's get you playing pickleball!

Pickleball Basics II

More basic pickleball knowledge, plus more for those who have mastered Pickleball Basics I.
Learn about the ready position, protecting your bubble, and leading with your paddle.
Eliminate "paddle droop."

Understanding Court Positioning, and Movement

Learn basic court positioning and a huge tip on how to know where to be on the court.
Where you stand matters!

Dinking for Success I - Consistent Dinking

Learn the proper techniques for dinking with better consistency.

Dinking for Success II - Competitive Dinking

Pressure your opponents with your dinks you learned in the Dinking for Success I class.
Learn the different types of dinks, how to use them, and how to target your opponents' weaknesses.

Drop Shots - Why and How?

Learn this game changing shot which will bring your game to the next level.
This is the shot that propels your skill rating and level of play.

Surfing The Transition Zone (Mid-Court Area)

Learn how to manage the transition zone and get your team to the non-volley zone!
Differentiate the transition from a server or receiver position.

Understanding Offense/Neutral/Defense

Learn how to recognize whether you are on offense, neutral or defense.
Understand shot selection in this strategic cycle to make better decisions on the court.

Resets

Learn how to take the power out of a shot to help control the point and get the point back to neutral.

Dealing With Bangers

Learn how to handle an opponent who loves to hit the ball hard!

Speed-ups - The Attack from the Kitchen

Learn the skills to attack from the kitchen.
Learn how to be selective with attackable vs. non-attackable balls.
Learn the triangular effect and how to take advantage of it.

Fast Hands

Need faster hands for your firefights at the kitchen? Look no further than this class!



Register and pay at www.litchfieldpickle.com!