



WELCOME TO YOUR ACTIVE AWAY PICKLEBALL CLINIC!
EXPERIENCE THIS FANTASTIC SPORT AND LEAVE THE DAY FEELING THOROUGHLY ENTHUSED
ABOUT YOUR PICKLEBALL JOURNEY!



TIME	TOPIC	CONTENT
11:45	Arrive and meet the group.	
12:00 - 12:15	Introduction to Pickleball	Learn to understand the “two bounce” rule, the court area “the Non Volley Zone”, the unique scoring system, and the fairness and fun that the sport guarantees!
12:15 - 12:45	Serve and Return	Critical to any racket sport this section provides the knowledge to capitalise on the “two bounce rule” and ensure you have the best opportunity to succeed in the point.
12:45 - 13:30	Dink – the shot unique to Pickleball	Learn to play the dink shot in fun drills and recognise the various dink options (there are 6!) and how to counter them.
13:30 - 14:00	At the Line Volleys	Work on your technique to master the push and drop volley whilst at the “Kitchen” line. Beat the “bangers” and do not lose your nerve against the drive.
15:00 - 16:00	Lunch Break	Lunch is available in the on-site Café. There is a selection of Hot + Cold food/drinks.
15:00 - 16:00	The 3rd and 4th Shots	How to neutralise the opponents and move forwards on the court with control and stability. Playing through the transition zone and reaching the Non Volley Zone line.
16:00 - 17:00	Match Strategy and Game Play	Get your positioning right, where do I need to be and when, moving as a pair and not two individuals.



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