

# Pickleball Academy Program ©

By Sarah Mitten

The Complete guide to Pickleball

Go

Grow

Know

Pro

**\*LIMITED Availability of 24 spots per level for a 10-week progressive coaching course. 10% discount for pre-paid 10 sessions. Members take priority**

**Where:** Adrianna – Old Schoolhouse Courts. (Currently our only dedicated Rec Pickleball courts)

**When:** Monday and Wednesday (Rain make-up day Friday)

**Time:**

**1-2pm Level 2.5-3.0 Go**

**2-3pm Level 3.0-3.5 Grow**

**3-4pm Level 3.5-4.0 Know**

**4-5pm Level 4.0 to Pro**

**Fee:** \$35 per person for each one-hour session. \$315 (10% discount) for all 10 sessions if paid in advance.

**How to Register:** [www.islandrec.activityreg.com](http://www.islandrec.activityreg.com)

This program is designed as a progressive coaching course. It is recommended to commit to the full 10 session course; however, you can sign up for an individual session.

**If you are not sure of your rating, go to:**

<https://usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/>

**Details about the Program**

This is a 10-session comprehensive Pickleball Academy Program where HHIPC members can sign up for as many clinics as you want or the complete academy program. If a player completes all of the sessions, they will receive a certificate that shows they have completed the full academy program and a T-Shirt.

The program will repeat so if you miss a session you can sign up the next time it is offered.

## **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 HHIPC members will all be coached based on how you best process information, according to what style is most encouraging to you, and your goals.

This is my **PLEDGE** to Hilton Head Island, starting with the Rec Center. HHIPC members are approximately 650 strong. We have the collective power to inspire and effectuate a positive and supportive environment and lead by example for what a true pickleball community can be. The whole town of Hilton Head will want to be a part of our family because we will raise each other up and support each other to be our best self on and off the court every day.

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

### Session 1 – Monday January 8th

- Serve and Returns
- Learning about the foundation of the point
- Techniques
- Psychology of the serve and return
- Consistency
- Direction
- Depth

### Session 2 – Wednesday January 10th

1. Serves and Returns
2. Add in spins
3. Stacking (learning to always be in your team's favorite position at the start of the point.
4. Switching - signals
5. 2 handed backhand

## [Friday January 12<sup>th</sup> - Rain Day makeup](#)

### [Session 3 – Monday January 15<sup>th</sup>](#)

1. Anticipating the serve and return– know where the ball will land, where the ball is going, and what your opponent will do.
2. Court position after the serve as a team
3. Court position after the return as a team

## **TRANSITION to the No Volley Zone**

### [Session 4 – Wednesday January 17<sup>th</sup>](#)

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 January 19<sup>th</sup>- Rain Day make-up](#)

### [Session 5 – Monday January 22<sup>nd</sup>](#)

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

### [Session 6 – Wednesday January 24<sup>th</sup>](#)

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

- [Friday January 26<sup>th</sup> Rain Day make up](#)

### Session 7 – Monday January 29th

1. Play 'Connect Four' the first four shots of the point with each shot you have learned.
2. Deep, deep, feet, feet
3. Deep, deep, lob, feet
4. 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)

### Session 8 – Wednesday January 31st

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 February 2nd Rain Day make up](#)

### Session 9 – Monday February 5<sup>th</sup>

Cooperative dinking

Techniques of:

1. The 'root canal' dink
2. The Ernie
3. The Mitten (flicker)
4. The slider

### Session 10 – Wednesday February 7<sup>th</sup>

1. When to attack
2. Where to attack
3. How to attack (disguise, misdirect, spins)
4. Offense defense recognition

- [Friday February 9th– Rain Day Make up](#)

Program will be held again with new dates in the Spring.