



LESSON OBJECTIVES

Topic	Introduction	Beginner	Beginner Plus	Intermediate	Intermediate Plus	Advance
	LTP	2.0	2.5	3.0	3.5	4.0
Pickleball 101	Court Equipment Traditional Game Scoring, Server Rotation	Rally Scoring and Server Rotation	Skinny Singles	MLP team format and game scoring and server rotation	Singles Format	
Team Formations		Intro: Offensive, Defensive and Neutral	Intro to Court Coverage	Horizontal/Vertical and Wall vs Stagger	Stacking	
Serving	Intro: Service Box, Drop and Volley Rules	Deep, consistent set-up, Proper mechanics	Serve Targets	Serve Strategy, serving patterns	Sidespin, Opponent specific strategy (lefty, weak forehand return), serve pattern adjustments	Topspin and Lob
Returning	Intro: position to receive	Deep & Middle, move up to NVZ	Return targets	Return Strategies	Facing strong serves	Slice return/lob return/Top spin returns
The 3rd Shot	Intro: Window, moving forward to NVZ	Window, moving forward to NVZ	Window, moving forward to NVZ	3rd shot drop from transition zone, moving forward	3rd shot drop from baseline	3rd shot drive to target, 3rd shot drop through transition zone, 3rd shot lob topspin drive, topspin drops
Forehand		Pendulum Swing, set up	Direction CC and DTL	Can control pace and alter pace, height	Slice	Top Spin, Inside/Out
Backhand		Pendulum Swing, set up	Direction CC and DTL	Can control pace and alter pace, height, intro to two-hand backhand	Two hand backhand	Slice and Top spin
4th Shot		Block Volley	Punch Volley	Punch Volley Deep with Direction	Swing Volley/Roll Volley Deep	topspin Volley with pace and direction
Transitioning To the NVZ				Shot targets	Shot selection	Shot Patterns
Dinking		Intro: Dinking/NVZ play	Dink Targets, CC & DTL	Dink Types: Spin v Dead	Dink Strategy & Patterns, Dink with pace	Speed ups and Resets
Volleying				Volleying at the NVZ	Volleying in Transition	
Attacking		Red/Yellow and Green Zones	Attacking Pop-ups/Overheads	Attacking from the net	Attacking attacking the third shot drives and drops	Attacking the poor service returns, Attacking poor fourth shots through transition
Defending				Defending Hard Hitters	Defending from the baseline	Defending in Transition & at the NVZ
Lobbing				Running down Lobs with drop	Defensive Lob	Offensive Lob from NVZ
Stacking					Intro to Stacking	Stacking strategy
Poaching					Intro to Poaching	Shake & Bake, Defending Poachers
Specialty Shots					ATP and defending ATP, Ernie and Defending Ernie	Misdirection and defending Misdirection