



## **Arnie Waddell - Pickleball Coach and Instructor**

**4.5 DUPR**

**Certified Level 1 - NCCP**

**Director - Manitoba Pickleball**

**Teaching Pro - Winnipeg Winter Club**

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I have been involved in competitive sports including hockey, soccer, and volleyball as a player and coach for over 40 years. I began my pickleball career 4 years ago after deciding to take up a new sport to learn and challenge myself, and commit to be the best player I can be. My vision for sport is I believe athletes at any stage of their life can learn a new sport and flourish in the sport through practice, training and dedication. The goal for me is to develop a player's skill set where the objective is make them enjoy the game and play and achieve the highest level possible. Pickleball is a journey that is about meeting new people, playing the game you love, and enjoying the competition whether you win or lose.

Instruction will be divided into three levels:

### **Level 1 (2.0-3.0) - Introduction to Pickleball**

At this level basic skills will be taught to develop your game to transition Level 2

- Rules of the game
- Serve/Return of serve
- Basic 3<sup>rd</sup> shot drop
- Forehand/backhand directional technique
- Volleys
- Court positioning

### **Level 2 (3.0-3.75) - Learning to Compete**

At this level players will begin to learn more advanced shots to compete at the 3.5+ level

- 3<sup>rd</sup> shot drop, topspin and slice
- 3<sup>rd</sup> shot drive
- Advanced dinking – topspin, slice, directional changes
- Topspin, slice and punch volley
- Offensive and defensive lobs

### **Level 3 (3.75+) - Advanced Skills and Techniques for High Level Players**

This is for players that want to take their game to the highest level and compete in 4.0+ tournaments

- Misdirect
- 2 handed backhand
- Flick shot
- Topspin speedup
- Poaching

Private, Semi-Private and Group lessons - Call or email for pricing and availability.