

NOVICE CLINIC

This clinic is designed for players who already have a basic understanding of pickleball and are ready to refine their skills, improve consistency, and learn how to play more strategically. Participants should have completed a Learn to Play clinic **or** have at least three months of playing experience before enrolling. This ensures everyone enters with a solid foundation to build on.

What to Expect

Our instructors will introduce and demonstrate essential next-level skills, including dinking, volleys, and the third-shot drop. You'll learn how to position your body for more controlled strokes, how to use effective grips, and how to move efficiently around the court.

The clinic also covers foundational doubles concepts such as transitioning from the baseline to the non-volley zone, working effectively with a partner, and positioning during rallies. Instructors will provide live demonstrations of shot selection, situational play, and strategic court positioning to help participants understand how rallies develop and how to make smarter decisions on the court.

With a maximum of 8 participants per clinic, you'll benefit from personalized feedback, targeted coaching, and plenty of guided practice.

What You'll Learn

Players will build confidence and consistency through focused instruction in:

- **Serve & Return Placement** – Using strategic placement to gain an early advantage in rallies.
- **Body Position** – Developing balanced, athletic posture for improved control and readiness.
- **Grips** – Learning grip variations that support different strokes and increase ball control.
- **Footwork** – Building movement patterns that enhance agility and court coverage.
- **Court Positions** – Understanding ideal positioning for offense, defense, and transitions.
- **Strokes** – Strengthening technique for dinks, volleys, drives, and third-shot drops.

- **Basic Strategies** – Applying high-percentage plays and working effectively as a doubles team.

By the end of the clinic, participants will be able to control ball placement more consistently, sustain longer rallies, and apply smart strategies during doubles play. You'll leave with improved movement, communication, and confidence in your overall game—ready for more structured, competitive pickleball.

Note: Participants must be a member of Pickleball Manitoba prior to the clinic