

# YOUTH CLINICS

This introductory clinic is designed for new players who want to learn the fundamentals of pickleball in a fun, supportive environment. Whether you're brand new to the sport or looking to build confidence before joining regular play, this session will give you the foundation you need to get started.

## What to Expect

Our instructors will guide participants through the basic rules of pickleball, proper paddle grip, and the essential skills needed to begin playing. You'll learn how to keep score, make a legal serve, and return the ball with control. The clinic includes demonstrations of simple rallies, safe footwork techniques, and correct court positioning to help you understand how a point develops from start to finish.

We place a strong emphasis on actual play, allowing you to practice each skill in real time. With a maximum of 8 participants per clinic, you'll receive individualized instruction and plenty of hands-on guidance.

## What You'll Learn

Participants will gain confidence in the core elements of beginner-level pickleball, including:

- **Rules & Scoring** – Basic game rules, the two-bounce rule, faults, and how to keep score.
- **Serves & Returns** – How to execute a legal serve and return with consistency and control.
- **Creating & Maintaining a Rally** – Building simple rallies, proper movement, and maintaining ball control.
- **Fundamental Strokes** – Introduction to forehand, backhand, and overhead strokes.
- **Game Flow & Court Awareness** – Understanding the court layout, positioning, and essential etiquette.

By the end of the clinic, you'll have the skills and confidence needed to join friendly games and continue developing your abilities. This session will leave you comfortable, prepared, and excited to enjoy the great sport of pickleball

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