

WEYMOUTH CLUB PICKLEBALL PROGRAM DESCRIPTIONS

Pickleball Beginner Clinics (1.0 - 2.5 Players)

This clinic is designed for the beginner player with very little pickleball experience, but a desire to learn the game and develop a better idea what the sport is truly about. You will be taught the core strokes of the game centered around dinks, groundstrokes, volleys, overhands and serves. Basic point play strategies and court positioning will be emphasized as each weekly clinic dives deeper into the game. The goal is for players to connect the concepts taught each week and apply them in a competitive setting. Proper rules and etiquette will be taught in order for players to fully grasp guidelines and restrictions and enforce them when competition begins. Players at this level do not yet know how to keep score or have a limited understanding of the score keeping process. This is an active, social, fun and wildly popular way to learn the game that continues to only show growth among beginner players of all ages. No previous pickleball, paddle or racquet experience is required prior to participate in the clinic.

Duration of Time: 90 minutes (1 hour 30 min) per clinic

If you are new to Pickleball or are ever unsure of your level please contact Director of Pickleball Jacob Zapatka at jzapatka@weymouthclub.com or at 781-682-5844.

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Intermediate Pickleball Clinics (3.0 - 3.5 Players)

This clinic is designed for players that have had previous pickleball experience and are looking to take their game to the next level. The basic fundamentals and skill development from each stroke can be demonstrated at an intermediate level. Dinks are capable of landing in the front half of the No Volley Zone, groundstrokes have the ability to land in the back half of the court, volley ready position is established while all volleys are struck in front of the body, overheads are struck with relatively consistent power while being placed accurately, serves can be consistently placed in both sides of the court with an emphasis on depth and players are aware of their court position when engaging in competition. Players at this level understand how to effectively keep score and have a firm grasp of all three numbers when announcing the score as a server or receiver. Paddle skills and strategic tactics are beginning to become more refined and a more competitive component is being added into the mix. The majority of the clinics are comprised of drills that become more complex with each week based around common pickleball competition scenarios. Each drill has a clear focus that is identified and thoroughly explained. Simulated match scenarios provided by our certified pickleball professionals challenge players to adapt and adjust to new strategies. This is a more complex, competitive, goal driven, and strategic / tactic-based clinic for intermediate players of all ages with the intention of becoming involved in structured competition or sanctioned events. Previous pickleball, paddle or racquet experience is highly recommended before registering.

Duration of Time: 90 minutes (1 hour 30 min) per clinic

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Advanced Clinics (4.0 - 4.5 Players)

This clinic targets the serious and committed pickleball player that plays at least twice a week and is match ready. Players remain in a competitive mindset and are constantly looking for ways to improve their game with a mission to engage opponents at the highest level. Flat and topspin dinks consistency land in the No Volley zone, groundstrokes can be used offensively to split opponents, various types of volleys are implemented to keep opponents off balance, variation is incorporated in the game properly demonstrating flat, slice, topspin and sidespin, the third shot drop is a staple of the game, overheads are struck with consistent power while being placed accurately, serves can be consistently placed in both sides of the court with pace, direction, height and length. Players are aware of their court position and look to implement changes or shifts during competition. There are very few discrepancies in score keeping and strategies are a core component of advanced match play. Players enrolled in this clinic either hold a current ranking with a governing body of pickleball or have participated in at least one of the following; Sanctioned singles or doubles elimination tournaments, leagues, round robin events, social events, or in-house tournaments. Clinics consist of advanced drills and competitive match play scenarios that directly correlate to the themes emphasized during play. Key points during the training exercises will be communicated to players teaching them new and successful patterns of play. Simulated match play scenarios take players outside of their comfort zones and alter strategies based on the pattern that is executed from the opposing side of the court. This format is structured to cater to the needs of players of all ages aiming to compete in tournaments and sanctioned events. We urge players at this level to train frequently outside of the scheduled clinic time with another player or group of similar level and apply the various methods and strategies covered. Previous pickleball, paddle or racquet experience is required before registering.

Duration of Time: 90 minutes (1 hour 30 min) per clinic

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Leveled Pickleball Drop-in

Leveled Pickleball Drop-ins are weekly scheduled time slots that players can register for online with the Weymouth Club App, through the Weymouth Club website or by calling the front desk staff over the phone. Drop-in times are separated based on the level of the players. Monday and Wednesday times are designated for Advanced Beginner Players & Up, while Tuesday and Thursday times are designated for Intermediate Players & Up.

Friday is the only exception where players of all levels are welcome to register and participate. Play is organized by the players attending on the particular day with the Pickleball Drop-in board found on the inside wall of the pickleball courts to facilitate the rotating of teams throughout the two hours. Drop-in matches will only be played to 11 points, win by 2, except if the Drop-in is filled to capacity. If the Drop-in is filled to capacity (14 players), the match will only be played to 7 points, win by 2.

Players are required to make their own decisive and honest line calls as no official line judges or certified pickleball professionals will be present during Drop-in time. A minimum of 2 players need to be registered in order for a Pickleball Drop-in to take place. It is essential for all players registered for any Advanced Beginner & Up and Intermediate Drop-in to effectively maintain the proper score throughout the match and comprehend the basic components of court positioning as a server and receiver. If you are unsure of your level please contact Director of Pickleball Jacob Zapatka at jzapatka@weymouthclub.com or at 781-682-5844.

Duration of Time: 120 minutes (2 hours) per Drop-in

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Round Robin Clinics

Round Robin Clinics are designed for players in search of more match play experience, live ball point play and to refine strategies that have been taught in past lessons and clinics. Set in a more competitive environment this two-hour time frame tests the match readiness of players with a drive to challenge new players to games to 7, 11 and 21. We place a focus on the strategic element as our Certified Pickleball Professionals provide feedback before and after points. Our Pickleball Professionals monitor unforced errors, forced errors, winners, shot selection, shot placement and court positioning. There are a significant amount of movement and actions that players execute during point play that our professionals keep a close eye on. The dynamic of a cohesive doubles team and the teamwork that is required for a team to play together effortlessly takes time to develop and the coaching advice that is provided aids to strengthen that process. The instruction our certified coaches provide is valuable to players with a competitive mindset consistently looking for more opportunities to be involved. If there is an odd number of players registered our certified coaches, ensure that everyone has an opportunity to play with or against the pickleball professional leading the clinic. We strive to provide the best and most appropriate guidance to players to help them adjust and make changes in their respective games to evolve during competition. Tactics and minor corrections coaches will also be providing might require immediate attention of players during point play in order to give them the tools necessary to turn the tables in the match and create new opportunities. It is highly recommended for players registered for any Round Robin Clinic to effectively maintain the proper score throughout the match and comprehend the basic components of court positioning as both the serving and receiving team.

Duration of Time: 120 minutes (2 hours) per clinic

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Cardio Pickleball Clinics

Prepare to sweat with this this hour long upbeat, high tempo cardio clinic, which is a fun group activity that will keep you constantly moving! Featuring drills and game-based situations designed to give players of all abilities an ultimate, high-energy workout. Cardio specific music will be playing throughout the clinic fueling the hard work and motivation that players consistently demonstrate. If you are looking for an engaging way to get in shape and burn calories, then this is the clinic for you. Comprehensive drills and point play scenarios are developed by the Certified Pickleball Professional leading the clinic to challenge all players registered to improvise and move to create opportunities when playing with and against new players. The goal of each drill or live ball situation is clearly identified prior to the beginning of the activity. The wide array of heart pumping exercises that our certified coaches have at our disposal keep everyone on the court active with a consistent focus placed on the theme of each drill. Cardio Pickleball Clinics do not include work on stroke production or basic fundamental instruction. Coaches will prioritize court awareness and shot selection while instructing players where to best anticipate a returning ball. A minimum of 4 players is required for a Cardio Pickleball Clinic to take place and a maximum of 8 players will be allowed to register per clinic. Players of all levels are always welcome, but previous pickleball, paddle or racquet experience is recommended.

Duration of Time: 60 minutes (1 hour) per clinic

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Shot of the Week Clinics

The Shot of the Week Clinic is designed for the player determined to improve a specific stroke or strategy commonly used in the game of Pickleball. The theme of the week is predetermined by the leading Certified Pickleball Professional. Dinks, groundstrokes, volleys, overheads, third shot drops (Long Dinks), serves, returns, court positioning, patterns of play, differing levels of strategies/tactics, and variations of speed, spin, depth, direction, height, arc and placement and switching before and during point play are only some of the many themes that are practiced across different levels. Players will develop an enhanced mindset with goals to fine tune certain areas of their game over the course of a month. Making the necessary improvements gives players the coaching methodologies to apply the tools they have been made aware of. Changes and slight adjustments might need to be made in order to change preexisting habits. Discussions on the shot that was selected for the week emphasizes the importance that it will play in a match scenario. We stress the magnitude of executing the correct shot at the right time and as Certified Pickleball Professionals we strive to coach technically sound fundamentals that withstand the test of pressure and live ball match play. Players of all levels are always welcome, but previous pickleball, paddle or racquet experience is recommended.

Duration of Time: 90 minutes (1 hour 30 min) per clinic

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