

Pickleball Lessons & Clinics

All lessons and clinics are taught by Doug Hastings, a 5.0 IPTPA Certified Instructor. To contact him, send an email to Doug Hastings at tennisdoug@hotmail.com

Want to give your pickleball game a jump start? Try any of the following options:



1. **Hit with the Pro:** \$25 per hour.

Just call up Doug to play singles, get him to be your fourth for doubles, and play with a Pro. Doug will give you some advice here and there but mostly you can treat yourself to seeing what it is like to be on the same court with a 5.0 player.

2. **Private and Semi-Private Lessons:** \$40 per hour for one person then \$10 for each additional person.

If you want to spend the maximum time with Doug, then sign up for a private lesson. This allows you the opportunity to work on specific skills with a lot of attention from Doug.

3. **Video analysis:** \$80 for two hours.

Have Doug record your play and then watch it with him as he breaks down your game and shows you what you want to keep doing, do differently, and stop doing. Play for one hour and then watch the video as he breaks down your game. This can be done individually or with a group of four.

4. **Two-hour clinic:** \$120 for four people.

Include lots of active hitting, great player to coach ratio, jam packed drills with tested and tried pickleball content. Find three other pickleball players with similar skill ability and then contact Doug and he will arrange a time and date. Include the following: names of the four students and which class (101, 201, 301 see below) you wish to do. Remember your group will get the most out of the clinic if you are all at a similar skill level.

101 class. This class is designed for 2.0-3.0 players.

Overview of the basics

- A. Grip “continental”
- B. Athletic stance “stay low
- C. Objectives of the game
 - 1. Tennis vs. pickleball
 - 2. Play smart, respect the net, minimize errors
- D. Basic Strokes
 - 1. Dinking, lobbing, 3rd shot drop
 - 2. Volley, blocking, smashes
 - 3. Overhead, serve and return
- E. Doubles play
 - 1. Court positioning

2. Scoring and basic rules

201 class. This class is designed for 3.0 and above.

Fine tuning your strokes to be an all-around player.

- A. Shots at the kitchen line
 - 1. Dinking, offensive lob, blocking, volleying.
- B. Transition game
 - 1. Third shot drop, drives, lobs
- C. Putting it all together

301 Class. This class is designed for high level 3.5 and above players.

This class works best for players that have solid foundational skills, so they can hit their shots without thinking

about them, so their mind can start learning to process other bits of critical information such as:

- 1. Doubles court positioning, exploiting opponents, isolating to a player & court movement
- 2. How to defend against being exploited....stacking, signals and switching.
- 3. Shot Selection-Percentages: high risk vs. low risk shots
- 4. Predictability, How to read the shot