



**Parks
Make
Life
Better!**



Doug Koch, Instructor

Pickleball Camp

May 21-25 Mon-Fri 9am-Noon

Skill Building



Strategy

Teamwork



Games



Mini-Tournaments

La Sierra CC - Johnson Gymnasium
Resident fee: \$150
Non-Resident: \$157
www.carmichaelpark.com
sports@carmichaelpark.com
916-483-7826

Tentative Schedule Carmichael Pickleball Camp May 21-25

Monday May 21 9am-Noon:

Lesson 1: Dinks – Improve lateral movement and Dink stroke to increase consistency & lower recovery time

Game: Singles Kitchenball Mini-Tournament - Compete to be the “Dink Queen” or “Dink King”

Lesson 2: Volleys - Improve accuracy, lower recovery time, & control the pace of the ball (Banger Defense)

Game: Volley “Around The World” – Can you go “Around The World” in 9 shots?

Tuesday May 22 9am-Noon:

Lesson 3: Drives & Drops – Improve your consistency for the all important 3rd shot

Game: Drops In A Row Contest

Lesson 4: Transition Shots - controlled volleys & half-volleys to transition from “No-Man’s Land” to net

Game: Transition Doubles Mini-Tournament

Wednesday May 23 9am-Noon:

Lesson 5: Serves – Start the rally right, increase speed, depth, & accuracy

Lesson 6: Returns – Where to place return depending on opponent positions

Lesson 7: Groundstrokes – Improve depth & accuracy of Forehand & Backhand Down The Line & Crosscourt

Game: Diagonal Stay-back Singles Mini-Tournament

Thursday May 24 9am-Noon:

Lesson 8: Lobs - How to get it over their heads and land near baseline, disguising lobs, & when to use

Lesson 9: Overheads – How to get back fast, hit hard, & place for winners

Game: Lob/Overhead Diagonal Singles Mini-Tournament

Lesson 10: Attacking From The Kitchenline

Game: Aggressive Kitchenball

Friday May 25 9am-Noon:

Lesson 11: Doubles Communication & Teamwork – Moving together, Switching, Calling Balls

Game: Dingles Mini-Tournament

Game: Doubles Mini-Tournament