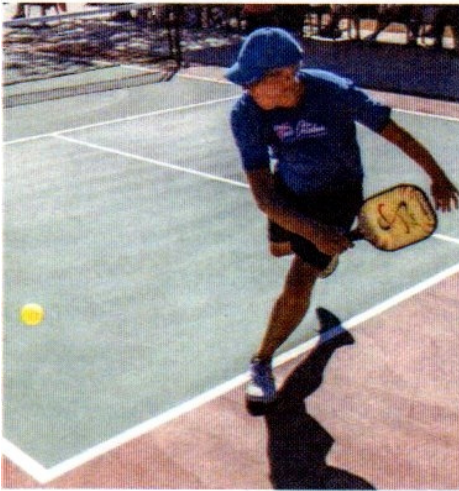


Location:
Folsom Sports
Complex

Pickleball Camp



With Doug Koch

Looking for some extra Pickleball practice, lessons, and techniques? This camp will focus on all facets of Pickleball. Skills and drills will be played everyday as well as introducing new games and tournament play.

Doug Koch

aka

The Pickleball Pimp

Ages: 18+

250814-01 8/7-8/11 9:00am-Noon

Fee: \$160/\$150 Resident Discount



"Pimp my game!"

Folsom Pickleball Camp Schedule Aug 7-Aug 11 9am-Noon

Tentative Schedule:

Monday:

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:

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:

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:

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:

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

Game: Doubles Kitchenball Mini-Tournament

Game: Doubles Mini-Tournament

To Register Call 916-984-2850 or stop by FSC