



## PICKLEBALL INSTRUCTIONAL PROGRAM: WINTER 2020 SCHEDULE

January 6 - April 3

Lesson Time: 10AM-11:50AM

Check In: 9:50AM

	MON	TUES	WED	THUR	FRI	SAT
<b>PB100 Classroom</b>	1st & 2nd Monday at 10AM Bridgeport 259-6590	<u>11AM Start Time</u> <u>10:50AM Check In</u>  Burnsed 674-8430				
	3rd and 4th Monday at 10AM Bradenton 674-8380					
<b>PB100 On-Court</b>		Saddlebrook 259-5377	Captiva 259-7422	Burnsed 674-8430	Riverbend 674-8455	
<b>PB100 Drills</b>		Odell 750-2700			Manatee 674-8411	
<b>Skills Clinics</b> (Should be taken in order)	<b>1. NVZ Concepts</b> Bacall 350-2281		<b>2. Full Court Concepts</b> Truman 751-2650	<b>3. Game Play Concepts</b> Bradenton 674-8380	<b>1. NVZ Concepts</b> Big Cypress 674-8385	

### SIGN UP PROCESS FOR PB100 CLASSROOM, PB100 DRILLS, and SKILLS CLINICS

Registration begins at 8:30am, 6 days prior to the clinic. Example, if the lesson is on Tuesday, registration begins the previous Wednesday. At 7:30am "tickets" will be handed out at the listed center. At 8:30am recreation staff will register those present with a "ticket" before they register anyone via phone. You'll need to provide a phone number and your Villages ID. You may only sign up yourself and one other person, but you must have their information with you. Guests may register with resident, but residents have priority. You may only sign up for PB100 Drills once you have completed PB100 Classroom and PB100 On-Court and your PB100 on court instructor recommends you move on to PB100 Drills.

### SIGN UP PROCESS FOR PB100 ON-COURT

Participants of PB100 Classroom will sign up for a PB100 On-Court lesson in person at the conclusion of their Classroom session. It is highly encouraged that participants sign up for a PB100 On-Court lesson during the same week that they take PB100 Classroom.

### DISCLAIMER

If classes are canceled due to inclement weather, or if resident calls to cancel, the resident will need to sign up again for a future class following the same registration process detailed above. The Recreation Department will not cancel lessons until 60 minutes prior to class unless deemed necessary for the public, health, and safety of all participants. Please check with listed center for cancellations.

[www.pickleballcommunity.com](http://www.pickleballcommunity.com)

GIVES INFORMATION ON ALL PICKLEBALL ACTIVITIES IN THE VILLAGES

SIGN UP FOR EMAIL UPDATES AT...[pickleballcommunity@gmail.com](mailto:pickleballcommunity@gmail.com)

Any further questions about the program should be directed to the Recreation Office at your local center. Feel free to visit [www.districtgov.org](http://www.districtgov.org) for more detailed information on Recreation.

BEGINNER (BEG) and ADVANCED BEGINNER [ADV BEG] OPEN PLAY SESSIONS (Players of your level) NO SIGN UP IS REQUIRED FOR THESE SESSIONS.

	MON	TUE	WED	THUR	FRI	SAT/SUN
<b>BEG PLAYERS</b>	Bradenton 10-11:50 Colony Cottage 10-11:50 Eisenhower 10-11:50 Mulberry 10-11:50 [4] Everglades 10-11:50 [6]	Canal 10-11:50 Rohan 10-11:50 Colony Cottage 12-1:50 Riverbend 10-11:50	Big Cypress 10-11:50 Saddlebrook 10-11:50 Colony Cottage 12-1:50 Manatee 2-3:50 Everglades 10-11:50 [6]	Big Cypress 10-11:50 Chula Vista 10-11:50 Rohan 10-11:50 Paradise 10-11:50 Canal 10-11:50 Manatee 2-3:50	Eisenhower 10-11:50 Fishhawk 10-11:50 Moyer 10-11:50 Everglades 12-1:50 [6]	Bacall SA 10-11:50 Rohan SA 10-11:50 Coconut Cove SA 12-1:50 Mulberry SU 10-11:50 [4] Big Cypress SU 10-11:50 Odell SU 10-11:50 Coconut Cove SU 12-1:50 Captiva SU 12-1:50
<b>ADV BEG PLAYERS</b>	Big Cypress 10-11:50 Captiva 10-11:50 Laurel Manor 4-5:50	Colony Cottage 10-11:50 Coconut Cove 10-11:50 Bradenton 12-1:50 Sterling Heights 4-5:50	Eisenhower 10-11:50 SeaBreeze 10-11:50 Fishhawk 10-11:50 Chula Vista 10-11:50	Eisenhower 10-11:50 Odell 10-11:50 Coconut Cove 2-3:50 Riverbend 10-11:50	Chula Vista 10-11:50 Spanish Moss 10-11:50 Colony 4-5:50	Bradenton SA 10-11:50 Truman SA 10-11:50 El Santiago SU 10-11:50 Coconut Cove SU 10-11:50 Eisenhower SU 12-1:50 Colony Cottage SU 4-5:50

**STUDENTS ARE ENCOURAGED TO PLAY AT APPROPRIATE COURTS SUITABLE TO BEGINNER LEVEL**

**Open Play at courts from 7-10am throughout The Villages is not recommended for students.**

**Description of Classes & Clinics**

<b>PB100 Classroom</b>	<b>Introduction to Pickleball:</b> Using PowerPoint visuals, videos, and demonstrations, instructors will cover fitness, balance, safety, court etiquette, rules, serve sequence, scoring and equipment. The class is designed to help residents decide if they would like to take the second half of the course, which is a two hour on court lesson with trained, experienced instructors.
<b>PB100 On Court</b>	<b>Prerequisite is PB 100 Classroom:</b> Students will learn the physical demands of the game, as well as balance, footwork, and movement. Through eye-hand coordination drills & paddle drills they will learn paddle & ball interaction. Learning basic serves, ground strokes and dinks will prepare them to play. Instructors will advise students when they are ready to move on to PB100 Drills.
<b>PB100 Drills</b>	<b>Strokes - Prerequisite is PB 100 On-Court:</b> Students will be taught how to practice and drill on their own through a series of drills. Focusing on the strokes learned in PB100 On-Court, the students will dink, serve, and hit both forehand and backhand ground strokes. Some students, with advanced skills, may be taught additional strokes. Instructors will advise students when they are ready to move on to Skills Clinics.
Skills Clinics listed below are for Beginner and above players which includes those graduates of the past PB101/102/103 series or graduates of the new PB 100 series after a recommendation from your PB100 Drills instructor. Those experienced players not trained in The Villages but meeting the requirements of Beginner players may also sign up for Skills Clinics. Before signing up for the Game Play Skills Clinic you must have completed both the NVZ and Full Court Concepts clinics. <b>Please see Pickleballcommunity.com for all rating descriptions.</b>	
<b>Skills Clinic</b>	<b>Non Volley Zone Concepts:</b> Through a games-based approach to learning, participants will develop the techniques and tactics for successful play in the non-volley zone. Tactical aspects include creating open space, ball-pace variations, and moving opponents to be off-balance. Technical emphasis will include ideal strike zone, angle of the paddle face, and pathway of the paddle so as to achieve a variety of shots. <b>Full Court Concepts:</b> This course helps to develop transitional play from the baseline to the non-volley zone as well as deep court play. Emphasizing the tactics of play and supported by a variety of stroke techniques, participants will learn ideal serve and return options, the drop shot, and hitting groundstrokes with depth. Individuals will be actively engaged in this games-based session. <b>Game Play Concepts:</b> In an effort to help participants with their problem-solving and decision-making skills, this course is designed to integrate gameplay play situations. Individuals will be paired with another participant and play against another team. Coaches will offer feedback that emphasizes strategies, mental toughness techniques, and the importance of developing and executing a game plan.

At all levels of instruction, we are recommending that students practice what they have learned. Look in the Recreation News or check the schedule above for Beginner Play. That is court time set aside for students so they can feel comfortable to develop their game with players at a similar level.

**BEGINNER TOURNAMENTS**

- ▶ Beginner tournaments are held at Burnsed Recreation Center
- ▶ Sign up for Beginner Tournaments at any Regional Recreation Center
- ▶ It is highly recommended that you complete PB100 On-Court prior to playing in a Beginner Tournament
- ▶ Beginners do NOT need to be rated or MUST be rated at 2.5 or lower level

<u>Tournament Date/Time</u>	<u>Sign-up Dates</u>
February 26 at 9am	Jan. 30 - Feb. 21
December 16 at 8am	Nov. 19 - Dec. 11