



LAKE WALES PICKLEBALL
WITH
DEB HARRISON



DATE: MARCH 8, 2017 WEDNESDAY
TIME: 11:00am to 3:00pm
Where: Kirkland Gym- 409 N 3rd Street, Lake Wales, Fl 33853
Cash/Check: To Deb Harrison \$15.00 FEE PER SESSION
Register at: picklepongdeb@gmail.com
Deadline: Sunday March 5th

Sessions will be divided by hourly segments. You may sign up for more than one session. Maximum # on the courts will be 12.

REGISTRATION FORM

Name _____

Phone _____ Email _____

CHOOSE YOUR SELECTIONS
(please check)

Wednesday 11:00am-12:00pm **NON VOLLEY ZONE** _____
posture, ready position, footwork, direct, diagonal, angles, pushes, short hops, loops, curls, triangulation concept

Wednesday 12:00pm-1:00pm **SERVE AND RETURN** _____
legality, topspin, roll, twist, positioning, underspin, short hop, split step, and triangulation

Wednesday 1:00pm-2:00pm **LOBS AND OVERHEADS** _____
lobs off the dink, bump lobs, defensive lobs, balance lobs, topspin lobs, trophy smash, shuffle step overhead angles, disguise drop.

Wednesday 2:00pm-3:00pm **EARNING THE NET** _____
volleys, push, punch, swing, blocks, block drops, blasts, 3rd shot, 5th shot, short hop drop