



Pickleball Sisters

Sweatspot Clinics

2.0 Skill Level (Beginner Level)

Focusing On: Consistent Basic Strokes, Grips, Footwork, Doubles Positioning, Moving as a team, Placement of balls

Grill It: Pickleball Game in Action ~ Live Ball Games that emphasize skills

2.5 Skill Level (Advanced Beginner Level)

Focusing On: Development of Consistency and Placement of shots, Overhead Smash, Dink Shots, Court Coverage, Poaching

Grill It: Pickleball Game in Action ~ Live Ball Games that emphasize skills

3.0 Skill Level (Intermediate Level)

Focusing On: Stroke Placement/Direction/Depth on Medium Paced Balls, Deep Serves and Deep Returns, Lobs and Lob Recovery, Learning the Soft 3rd Shot Drop, Dinks, and Moving as a Team

Grill It: Pickleball Game in Action ~ Live Ball Games that emphasize skills

3.5 Skill Level (Advanced Intermediate)

Focusing On: Developing Placement, Pace, Power with Control on all Strokes, Tactics of Strategy, Aggressive Teamwork, Developing the Complete “Soft Game”, Consistent Dinks, Lobs and Lob Recovery

Grill It: Pickleball Game in Action ~ Live Ball Games that emphasize skills

4.0 Skill Level (Advanced)

Focusing On: Any Specialty Shot – Spin Serves, Lobs and Lob Recovery, Overhead Smash utilizing different grips, Drop Volleys, Soft 3rd Shots, Top Spin/Underspin Groundstrokes, Ernie Shot, Around the Net Post

Grill It: Pickleball Game in Action ~ Live Ball Games that emphasize skills

Sweatspot Pickleball Sessions

continued -

Group of 4 players = \$20 per player per 1 ½ Hours
Group of 6 Players = \$20 per player 2 Hours
Private Lesson = \$40 per Hour
Semi-Private = \$25 per player per Hour

HEALTH BENEFITS

FUN – FITNESS – FRIENDS

PICKLEBALL



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