



# **FALL** Beginner Pickleball Clinics !

Sponsored by West Milford Community Services and Recreation

A perfect opportunity for beginner Pickleball players to get a better understanding of the basics and fundamentals. This clinic will focus on learning Pickleball rules, movement on the court, court positions, skills, different strategies and safety.

- 1) How to take proper position on the court
- 2) Position on court relative to your partner
- 3) Get to the non-volley zone
- 4) Use of the split step
- 5) Introduce dinking straight and diagonal
- 6) When to attack and when not to attack
- 7) How not to get caught in NO MANS LAND
- 8) Time permitting, the drop shot
- 9) How to defend against a LOB

**DATES:** **Monday** **DAYS** September 23, 30, October 7, 21 (no class Oct 14)  
From **10:15 am - 12:15 pm**

**OR**

**Tuesday** **NIGHTS** September 24, October 1, 8, 15  
From **6:30 – 8:30 pm**

**LIMIT:** 10 students

**Instructor:** Ed Bogin, PPR certified instructor

**FEE:** \$60.00

**Where:** West Milford Recreation Center, 66 Cahill Cross Road, WM

**To Register:**

Go online to [www.westmilford.org](http://www.westmilford.org). Click on Community Services and Recreation. Then click on “**REGISTER HERE FOR PROGRAMS**”, look for 2024 FALL Programs.

For assistance call the Recreation Office at 973-728-2860 Monday-Friday from 8:30 am–4:30 pm