



WINTER Beginner DAY

Pickleball Clinic

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

DATE: Tuesdays **DAY** March 7, 14, 28, April 4 (Make-up April 11)

TIME: 12:30 pm – 2:30 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. Click on Community Services and Recreation. Then click on “**REGISTER HERE FOR PROGRAMS**”, look for 2023 WINTER Programs.

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