

WANT TO MASTER A SPECIFIC SKILL? TAKE A PRIVATE LESSON WITH A COACH!

HOP Coaches are qualified to help you elevate your pickleball game! Our one or two hour private lessons are designed to give you the training you want, on a personal level. Need help deciding what to work on during your time with your Coach? Check out some ideas below and call the HOP to get a lesson scheduled!

PRIVATE LESSON IDEAS

FOREHAND (TOP-SPIN)

Objective: Deep, powerful serves help set the tone for each point, learn how to get more power, depth and even spin on your serves.

BACKHAND (SLICE OR 2-HAND)

Objective: Once you get the basics down, it's time to explore spin and power. Learn the technique to hit harder, better shots on your return of serves and 3rd shot drives.

REDUCING POP-UPS

Objective: Understand why pop ups happen and what you can do to minimize them at the non-volley zone (Kitchen).

FAST GAME - OVERHAND & PLACING ATTACKS

Objective: Learn proper form when hitting overhands as well as the importance of aiming your shots.

BRING IT - BACKHAND ROLLS & FLICKS

Objective: Level up your game with this offensive weapon. Learn how to identify when you should hit each shot as well as the proper technique for each.

THE FIRST 5 SHOTS

Objective: Pattern recognition is an important part of becoming a higher level player. Your coach will break down each shot, what patterns you should watch for and how to react to each scenario.

THE ART OF THE LOB

Objective: Lobs can be seen as 'controversial', but until they outlaw them, you should learn when and how to execute them to benefit your game.

SKINNY SINGLES (LEARN/PLAY/GROWN)

Objective: The best game you can play to practice all aspects of Pickleball! Grab a friend, come learn how to play, get some expert tips and start playing!

BALL MACHINE WITH A COACH

Objective: A ball machine is a great way to practice! Grab a coach to hone in on your forehand, backhand, volleys and more!

D60 (DRILL FOR 60 MINUTES)

Objective: Drill with a HOP Coach for 60 minutes. Prior to your lesson, tell your coach the skill(s) you want to learn and show up prepared to work!