PICKLEBALL COACHING

PCI

INTERNATIONAL

WHAT IS PICKLEBALL COACHING INTERNATIONAL?

PICKLEBALL COACHING INTERNATIONAL
WE MAKE GOOD COACHES
EVEN BETTER.

PCI IS AN INDUSTRY LEADER IN PB COACH EDUCATION & CERTIFICATION

GLOBAL PICKLEBALL
FEDERATION

CAP
CONFEDERATION OF AFRICAN
PICKLEBALL

USA
PICKLEBALL™

PICKLEBALL COACHING
PCI
INTERNATIONAL

PCI Certified Coach

Andrew Buskey

Prescott Valley, AZ

Connect

PCI Certified Coach

Corinne Jackson

Evergreen, CO

Connect

PCI Certified Coach

Hooshang Zeyghami

Weston, WI

Connect

PCI Certified Coach

Will Davison

Roseville, MN

Connect

PCI Certified Coach

Debbie Brown

County Dublin

Connect

PCI Certified Coach

Huynh Pak

Mission Viejo, CA

Connect

PCI Certified Coach

Dennis Kaufman

Lodi, CA

Connect

PCI Certified Coach

COWBOY Pickleball

Grahm Harsh

Henderson, NV

Connect

PCI Certified Coach

Bobby Popp

Arden Hills, MN

Connect

PCI Certified Coach

Sean Koh

North

Connect

PCI Certified Coach

Shelley Rowlands

Kingston Se South Australia

Connect

PCI Certified Coach

Maryann VonEgypt

Hopewell Junction, NY

Connect

PICKLEBALL COACHING INTERNATIONAL PCI

HOW DO WE IMPROVE THE QUALITY OF COACHES IN A WAY THAT MAKES SENSE?

PROVIDE GREAT TRAINING THAT IS 100% ONLINE

SELKIRK
PICKLEBALL COACHING INTERNATIONAL
PCI

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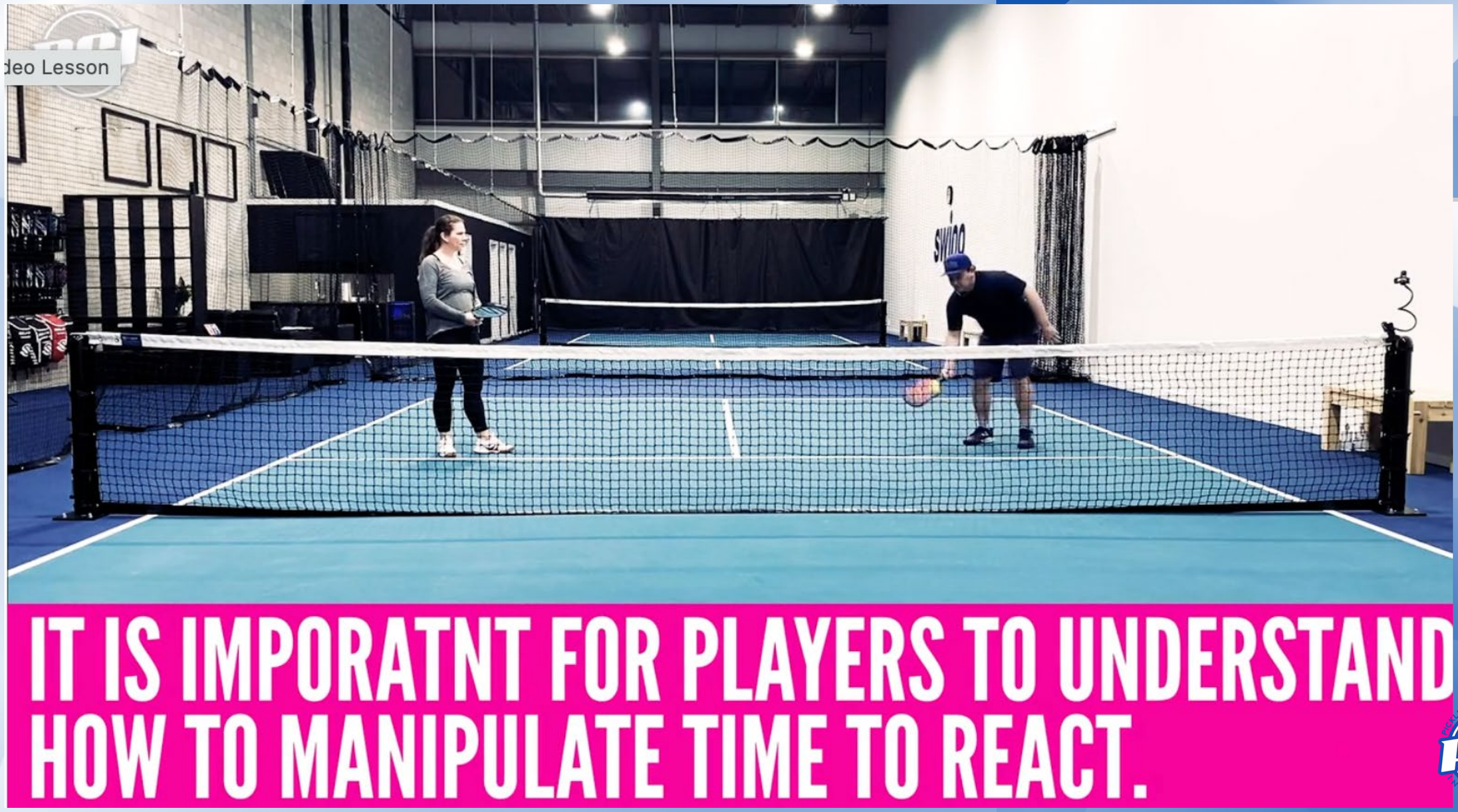
from pci's free intro instructor training program



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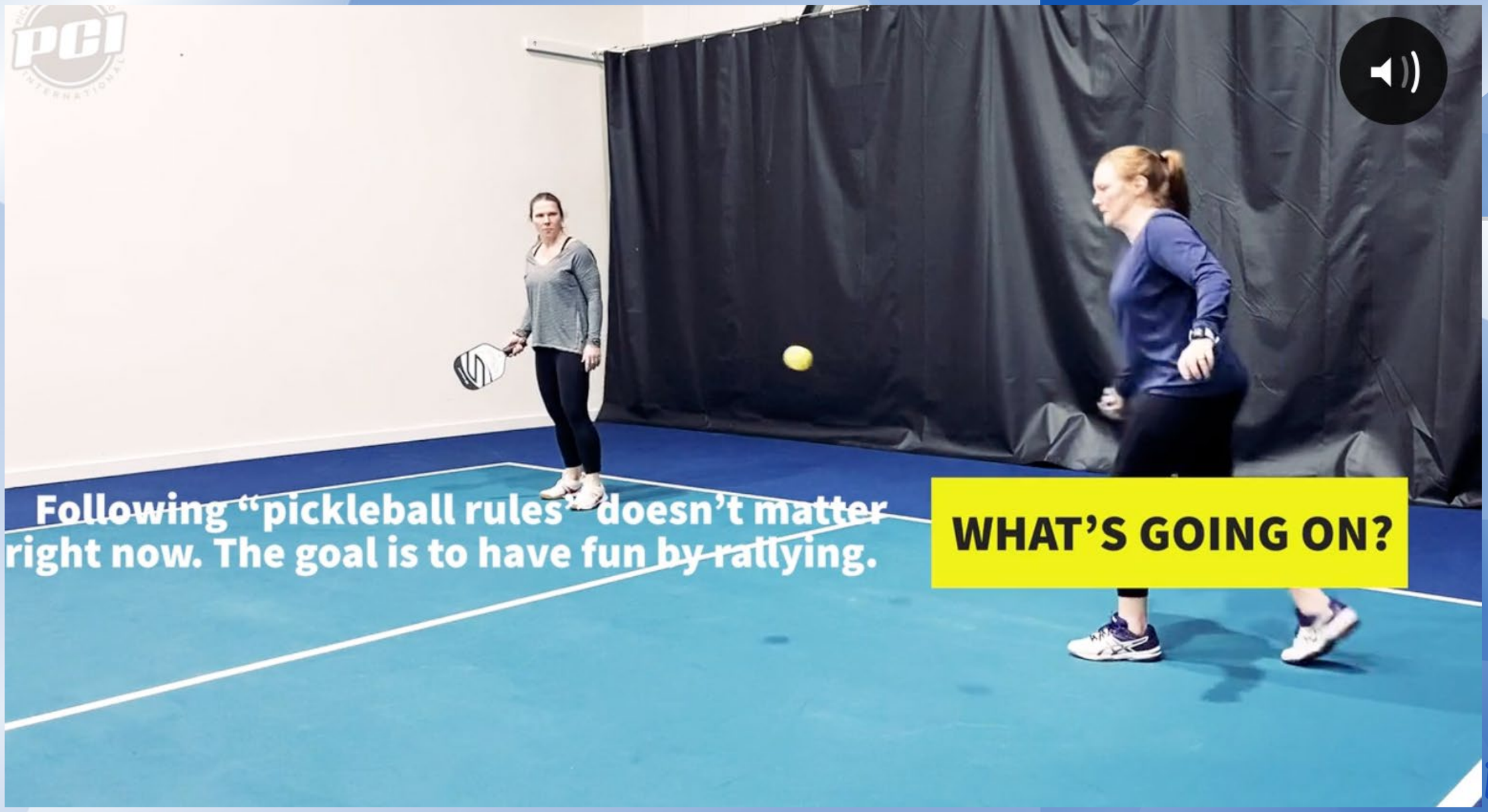

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CASE STUDIES

ABOUT

SERVE AND WANDER

DROP AND RUSH

SERVING: TOO MANY SEGMENTS

FHS THAT SHOULD BE BHS

NET REVERSAL

RETURN MOVEMENT

POOR BH GRIP (RETURNS)

BOWLING SERVE

POOR BH GRIP VOLLEY

POP UP DINKS

POOR OVERHEAD MOVEMENT

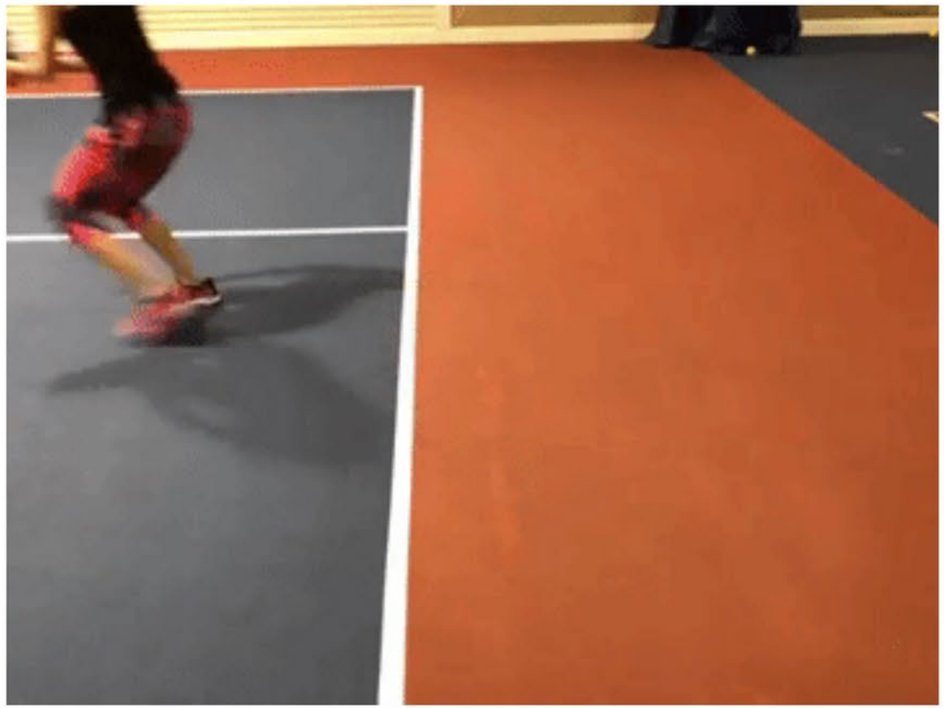
WEAK OVERHEAD SMASHES

POP UP DROPS

BALLS AT FEET (NVZ)

ABOUT PCI CASE STUDIES

There are certain issues that are likely to pop up again and again during your coaching career -- specific shots or situations that many of your students will find challenging. *Case Studies* is one way to identify these most common problems and to understand some of the solutions you can apply.



from pci's free intro instructor training program

Pickleball Coaching International

Introductory Instructor Training Program

0%

Introductory Instructor Training Program

MUST ALLOW PARTNER TO PLAY FROM ON OR BEHIND THE BASELINE

The following lesson plan is what was used in the *Introductory Lesson Sample*. This plan uses a 65-minute timeline -- if the instructor has more or less time, or students who develop the skills more or less quickly, the duration of the activities could be adjusted.

Time	Activity	Details	Teaching Points	Comments
0:00 - 0:02	Meet & Greet	Learn names Set expectations Outline goals	General safety rules.	
0:02-0:05	Try to Rally	Group of 4 tries to rally cooperatively	Work together to keep the ball in play.	Promote effort and safety.
0:05-0:12	Throw Pickleball	Toss and catch from near the nvz	Receiving the ball well really matters. Thigh-high impact point. 'Set' and sideways when catching.	Can move players laterally for more challenge.
0:12-0:28	Rally Progression	Self-rally (gs/volleys) Partner toss/hit	GS: Thigh-high impact point. 'Set' and sideways when catching. Volleys: Chest high impact point. Facing net.	Practice with both FH and BH.
0:28-0:31	Try to Rally	Apply new technical skills to group rally	Work to receive the ball well. Send 'friendly' balls to improve consistency.	
0:31-0:41	Friendly, Friendly, Play	Shots 1 & 2 must be friendly and allowed to bounce. Then play to win.	Reinforce set-up and impact point.	
0:41-0:50	Learn to Serve	Experiment with drop serve and traditional.	Crosscourt to service box. Behind the baseline.	Practice from both the left and right side.
0:50-0:57	Return and Run	Returners must run to net after the return of serve.	Volleying takes time from opponents. Returners have the first chance to volley.	Players are "scary" when near the net. Introduce server's partner positioning.
0:58-1:03	Real Points	Play real points with rally scoring.	No new teaching points. Reinforce prior ones.	Praise and encourage. Finish on a high note.
1:03-1:05	Wrap-Up	Transition from rally scoring to regular scoring.	Congratulate players. Review key points.	Explain next steps.

LESSON PLANS

DRILL GUIDES

DIGITAL RESOURCES

ALSO PROVIDE IN-PERSON TRAINING

PCI(中国)匹克球培训中心导师储备培训
PCI(CHINA) PICKLEBALL TRAINING CENTER INSTRUCTOR RESERVE TRAINING
PICKLEBALL COACHING
PCI
INTERNATIONAL
PCI（中国）

Lynnwood
PAM
PICKLEBALL
POACH
PICKLEBALL COACHING
PCI
INTERNATIONAL

HOW DO FACILITIES BENEFIT FROM PCI?

INTRODUCING THE PCI FACILITY CREDIT PROGRAM

BROUGHT TO YOU BY **PCI** AND **SELKIRK SPORT** IN PARTNERSHIP WITH **IAPPF**.

SUPPORT YOUR COACHES. BUILD STRONGER PROGRAMS. GET ACCESS TO PRACTICAL, PROVEN EDUCATION.

HOW IT WORKS

- EARN CREDITS TO GET GREAT RESOURCES FOR YOUR FACILITY

- LESSON PLANS; COACHING TOOLS; CERT. COURSE ENROLLMENT; SELKIRK GEAR; PROGRAM SUPPORT

GENERAL COMMENTS

Hitting hard is a part of pickleball. Players who use power are looking to take away your time so that you have trouble sending an effective shot. Being able to handle these fast shots is a vital skill if you want to excel.

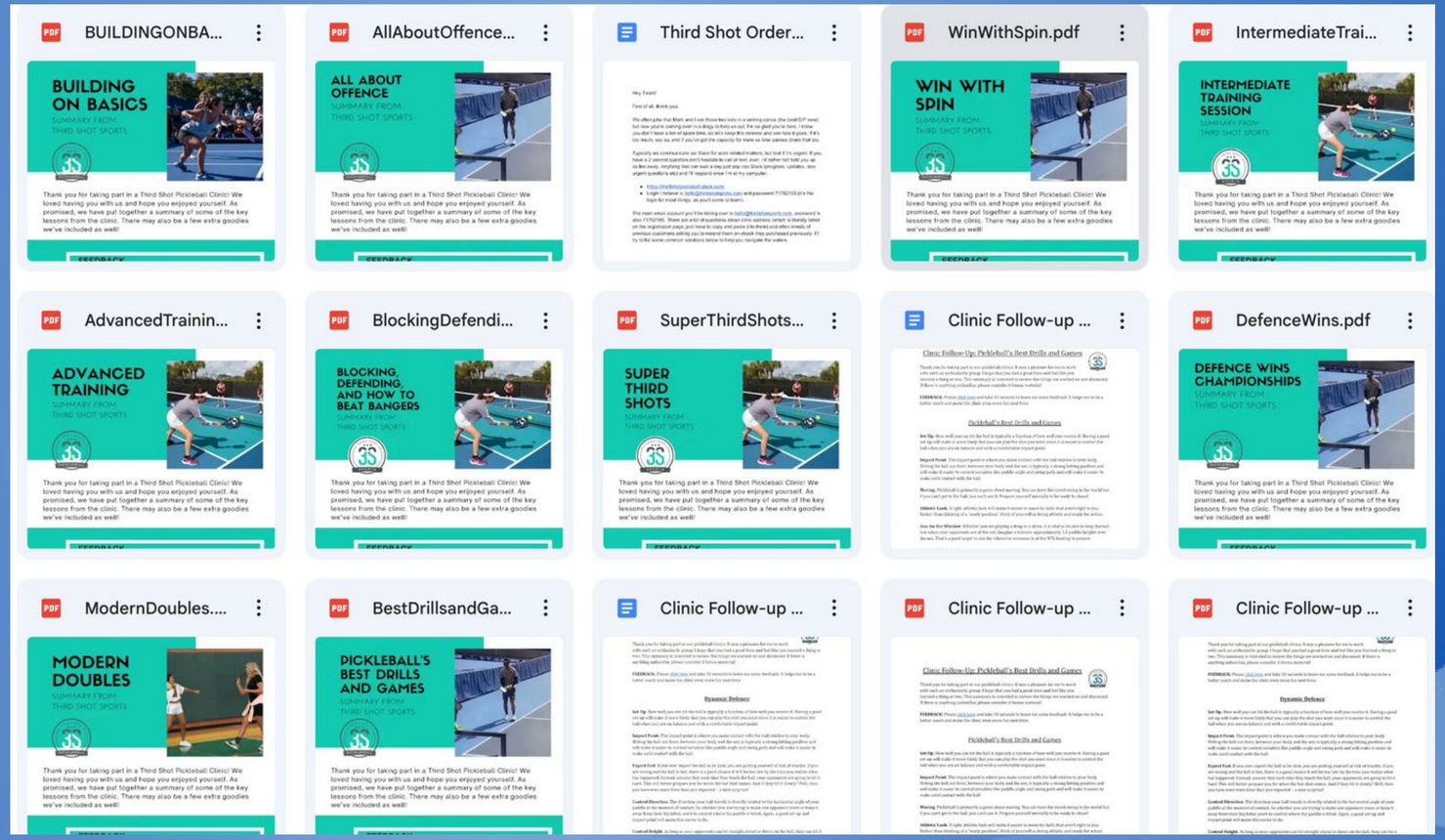
TACTICAL COMMENTS

- **Expect the Fast Ball --** Always. There's no telling what your opponents might do. It will serve you well to expect that a fast shot will come at you each time the ball is hit. That way, if you are right and it does, you are ready. And if they don't hit to you or hit a slow ball, you'll have even more time than you expected.

- **Return Deep.** You can't stop people from hitting hard, but by making them hit from far away you make their fast shots less effective. Use your return of serve to pin the opponents behind the baseline. This will allow you more time to judge their oncoming shot.

- **Against Baseline Drives.** When you are at the net and your opponents hit hard, they are hoping that you miss outright or pop up something you can pounce on. Your goal should be to do the opposite of what they want.

- **Against Fast Net Exchanges.** If you think you can out-hit your opponent, look to counter with a fast volley of your own. Otherwise, try to play a low ball that forces them to hit upwards. This will minimize their ability to hit hard while keeping the ball in play.

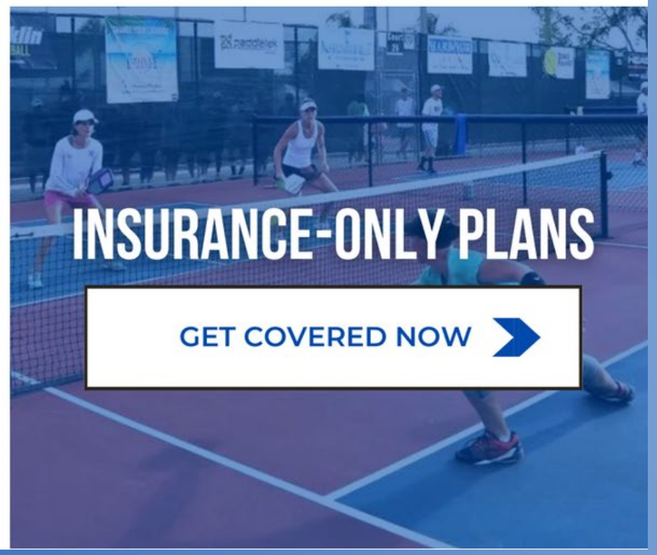


WHAT'S IN THE FREE STARTER KIT?

- PRINTED CREDIT GUIDE
- SELKIRK PLAYBOOK
- INTRO LESSON PLANS
- JUNIOR LESSON PLANS

AND BECAUSE YOU ARE HERE IN BOSTON…

EACH FACILITY WILL RECEIVE 1 FREE ENROLLMENT IN PCI'S LEVEL 1 INSTRUCTOR CERTIFICATION PROGRAM



EARN YOUR CERTIFICATION

OUR EXPERT PCI EVALUATORS WILL CAREFULLY REVIEW YOUR VIDEOS. IF YOU MEET THE PCI STANDARDS, YOU'LL EARN YOUR CERTIFICATION AND BE PROVIDED WITH YOUR RESULTS. IF YOU DON'T MEET STANDARD, YOU'LL RECEIVE CLEAR FEEDBACK HIGHLIGHTING THE AREAS YOU NEED TO IMPROVE.

GET FEATURED IN OUR DIRECTORY

CERTIFIED COACHES ARE HIGHLIGHTED IN THE PCI MEMBER DIRECTORY WITH A GREEN BADGE AND TOP PLACEMENT IN SEARCH RESULTS.

CHOOSE YOUR PLAN

INTERNATIONAL LEVEL 1

- RESOURCE LIBRARY ACCESS
- $40 ANNUAL RENEWAL
- NO LIABILITY INSURANCE

$239

USA LEVEL 1

- RESOURCE LIBRARY ACCESS
- $149 ANNUAL RENEWAL
- LIABILITY INSURANCE COVERAGE

$299

QUESTIONS? LET'S TALK IN PERSON OR…

MARK RENNESON

INFO@PICKLEBALLCOACHINGINTERNATIONAL.COM

TEXT/WHATSAPP: 705 -606 -2737

THANK YOU