

THE PICKLEBALL PATHWAY

PERFORMANCE PLAYER

ADVANCED • TOURNAMENT PLAYERS

GOAL

Weekly Guide

- 1 x Advanced Training Session
- 2 x Competitive Match Play
- Regular competition

Typical Sessions

- Advanced Squad Training
- Invite-only match play
- Tournaments and leagues

DUPR CLUB NIGHTS

High-level drills & strategy

Competitive match play

Leagues & tournaments

DEVELOPING PLAYER

INTERMEDIATES • LEAGUE CURIOUS PLAYERS

Weekly Guide

- 1 x Coaching Session
- 1 to 2 x Match Play Sessions
- Optional open play

Typical Sessions

- Thursday Intermediate Coaching
- Sunday Morning Intermediate Match Play
- League or ladder play

Regular match play & tactics

Shot selection & teamwork

Structured training & consistency

DUPR RATING

ENTRY LEVEL

JUNIORS • ADULT BEGINNERS • SOCIAL

ENTRY

Taster sessions & beginner coaching

Rules, scoring, & basic positioning

Building confidence & rallying

Weekly Guide

- 1 x Beginner Coaching Session
- 1 x Social Play Session
- Optional open play

Typical Sessions

- Beginner Intro
- Learn to Play
- Social Pickleball

