

Foundations - One Step Forward Clinic

The objective of this Clinic is to develop consistency in stroke technique

Our Foundations program is geared towards players who have completed Beginner level or they are **rated 2.0-3.0**. Players interested in this program should know the basic rules, exhibit the proper ready position, and are beginning to demonstrate the ability to control ground strokes and dinking. The objective of Foundations clinics is to develop consistency in stroke technique and also implement fundamental game strategies, as advancing to the NVZ line.

Participants will learn:

- ~proper and enhanced dinking technique
- ~introduction to 3rd shot drop
- ~footwork
- ~game play team strategies

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