



# News BLAST

Port Townsend Pickleball Club

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## MOTHS Season's End

Unfortunately another year of Advanced and Intermediate Monarch of the Holey Sphere (MOTHS) competitions is drawing to a close.

Throughout the summer Jeannie Ramsey has done a spectacular job organizing these friendly but competitive events for testing our skills.

The PTPC Board of Directors would like to thank Jeannie for lending the club her energy and enthusiasm to Port Townsend pickleball and organizing a second year of these popular events. We hope you will do it again next summer!

## Organized Drills

With winter weather arriving and many members migrating south the club's organized drill sessions will also be ending. Again, Jeannie Ramsey deserves much of the credit for emphasizing the value of drilling and making these sessions happen. We also want to thank everyone who helped facilitate drills, including Shar Shirona, Libbey Lincoln, Hope Borsato, Steve Smolinski, Don Bryson, Mary Critchlow, Lynn Pierle, Steve Stratton, and Josh Sage. As we would all hope and expect, Jeannie has some words of wisdom regarding drilling and working on our games over the winter!

*"Drilling is incredibly important if a player wants to improve their game. One often hears "I want to play up so I can get better." However, this is not the best strategy for improving your game and is often frustrating to both levels of players. Drilling can help make the transition with less frustration for all involved.*

*Drilling with purpose is important as well. It takes hundreds of shot repetitions for the shot to be embedded into muscle memory. Guided drills offer players suggestions on improving their game by having an observer help correct shot making, foot work, court positioning and*

*other specific areas of the game. You definitely do not want to drill a shot incorrectly!*

*Like any competitive athlete, practice is the mainstay of performance. Professional teams and individual athletes practice both prior to and during their seasons and almost daily when they are not in a competition.*

*You can find many drills online that are fun, challenging, and will help to improve your game. Check out Pickleball websites (Pickleball Forum, the Dink, or your favorite teaching pro) for drills that will help improve your game. Even drilling for only 15-20 minutes before playing will make a difference. Be sure to practice all aspects of your game - dinks across, dinks diagonal, volleys, resets, transition zone defense, and third shot drops. Don't forget long shots and serves, as well.*

*So gather two or three like-minded players of approximately your skill set and set aside time to drill. You will be amazed at how much better your game will be. Try these:*

- With one ball and all four players at the net, dink with purpose 10 times, then lob diagonally over your crosscourt opponent. In this drill there is no need to run back for the ball.*
- To help counteract a banger opponent, try a reset drill. Start with the feeder partner dinking to the reset partner; the reset partner dinks back; and then the feeder partner hits the ball with pace between the knees and shoulders of the reset partner, but not so hard the reset partner cannot return it. The objective is for the reset partner to slow down the pace and place the return into the kitchen.*

*Pickle on! --Jeannie”*

## **Please Remember to Cancel**

As a friendly reminder, please remember to cancel your reservation at the YMCA, if you are on the list but can no longer play. Doing so allows wait listed players know that they can play and helps to maximize utilization of limited indoor playing opportunities.



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