

GVPC
2018-19 Improve Your Game

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|----------------|---|
| Oct 1, Monday | 2.0/2.5 Paddle control/dinking (Carol) |
| Oct 8, Monday | 3.5 Dink volley/receiving team getting to NVZ (Carol) |
| Oct 15, Monday | 3.0 Zones-choose the right shot (Kathy) |
| Oct 22, Monday | 2.5/3.0 Dink volley/receiving team getting to NVZ (Carol) |
| Oct 29, Monday | 2.0 Volley-paddle ready position (Carol) |
| Nov 5, Monday | 3.5 Volley & target (Carol) |
| Nov 12, Monday | 2.5 Zones-choose the right shot (Kathy) |
| Nov 19, Monday | 3.0 Volley-paddle ready position & target (Carol) |
| Nov 26, Monday | 2.0/2.5 Serve & return (Carol) |
| Dec 3, Monday | 3.5 Third shot drop/drive (Carol) |
| Dec 10, Monday | 2.5/3.0 Third shot drop (Carol) |
| Dec 17, Monday | 3.5 Strategy (Kathy) |
| Jan 7, Monday | 3.0 Serve, return and drop (Carol) |
| Jan 14, Monday | 3.5 Dink volley & lob from NVZ (Carol) |
| Jan 21, Monday | 2.5 Strategy (Kathy) |
| Jan 28, Monday | 3.0 Women's doubles strategies-getting to the net (Donna) |
| Feb 4, Monday | 2.0 Volley-paddle ready position (Carol) |
| Feb 11, Monday | 3.0 Women's doubles strategies-covering the lob (Donna) |

Feb 18, Monday 3.5 Mixed partners-Stacking-understanding the stack (Kathy)

Feb 25, Monday 2.5/3.0 Team positioning-who has middle (Carol)

March 4, Monday **GVR Senior Games**

March 11, Monday 3.5 Back spin return & target (Carol)

March 18, Monday 3.0 Strategy (Kathy)

March 25, Monday 3.5 Women's doubles strategies-poaching (Donna)

April 1, Monday 2.0/2.5 Dinking & paddle control (Carol)

April 8, Monday 3.5 Competitive drills to improve performance (Carol)

April 15, Monday 2.5 Court position (Kathy)

April 22, Monday 3.0 Women's doubles strategies-poaching (Donna)

April 29 Monday 2.0 Volley & paddle ready position, posture (Carol)

May 6, Monday 2.5/3.0 Serve & return (Carol)

May 13, Monday 3.5 Backspin return & target (Carol)

May 20, Monday 3.0 Court position (Kathy)

May 27, Monday 2.0/2.5 Ground strokes-forehand/backhand (Carol)