

## **Bespoke Kenya Pickleball Safari -- Pickleball Itinerary**

**Day 1:** Travel Day/arrivals/getting settled.

**Day 2:** Internal Travel Day. 30 min overview of Pickleball activities/programming and questions

**Day 3:** 9.45-11.45am - Pickleball Fundamentals (Dinking, Serve & Return) + Liveball games

**Day 4:** 9.45-11 – Positioning & Movement (Stacking, scoring tips and working with your partner)

**Day 5:** 9.45-11.45am – Transition Zone (Why, How and execution)

**Day 6:** 9-11am – The Drop (working on third, fifth, seventh ball drops and drives and when to use each)

**Day 7:** 9-11am – Offence Vs Defense (When to use both and how to neutralize)

**Day 8:** 2.30-4.30pm – Kitchen Line Domination (when to speed up off the bounce and attack out of the air)

**Day 9:** 2.30-4.30pm – Team Tournament (singles and doubles, MLP format)

**Day 10:** 7.30-9.30am – Final of Team Tournament

\*In Addition to the scheduled pickleball activities, there will be alternative times that can be scheduled with the instructor for specific strategy/technique or point play scenarios.