



Boasting an unrivalled range of tennis facilities together with a team
of experienced coaching professionals

SHORT TENNIS BREAK PROGRAMME MONDAY - WEDNESDAY

MONDAY (Day 1)

09.15 Forehand - concentrating on control, spins, grips etc. with drills and games to underpin and practice the skills taught. Forehand and backhand to be videoed for analysis during break

10.45 Coffee break and analysis of forehand and backhand

11.45 Backhand - concentrating on control, spins grips etc. working from video analysis and leading to drills and games to underpin and practice the skills taught.

13.00 Lunch

14.15 Rallying session - concentrating on both defence and attack leading to drills and games to reinforce and enhance the skills learnt in the morning sessions (forehand and back hand)

15.45 Finish - Free time

TUESDAY (Day 2)

09.15 Serve - concentrating on technique, grips, and power etc. Serve to be videoed for analysis during coffee break.

10.45 Coffee break and analysis of serve

11.45 Serve Variations - spins, differential of first and second serve leading to direction and attack for match play

13.00 Lunch

14.15 Doubles Tactics - consolidating the skills learnt to date into doubles match play and developing an awareness and insight into the tactics to win

15.45 Finish - Free time

WEDNESDAY (Day 3)

09.15 Volley - Volleying technique, volleying from different areas of the court. Attacking from different areas leading to first volley after serve. When to intercept. Volley to be videoed for analysis during coffee break.

10.45 Coffee break and analysis of volley

11.45 Smash - Leading on from the volley session, how and when to use the smash. Practice to consolidate skills learnt leading to match play.

13.00 Lunch

14.15 End of break fun American Doubles Tournament

15.45 Finish and prize giving