



ACTIVEAWAY

ACTIVE PEOPLE, ACTIVE PASSIONS, ACTIVE PLACES.

Crete tennis holiday :

example coaching programme for Royal Mare Village

General coaching format :

Day 1 (am)	All courts	'An introduction to clay' 1) Warming up & stretching for tennis 2) Movement on clay – Learning to slide 3) Reading the ball – Positioning on clay 4) Use of Spins & height over the net – Making the court work for you
Day 1 (pm)	Courts 1-6	Organised cub afternoon
Day 2 (am)	Courts 1-4	Doubles coaching & Drills – Approaching the net, dominating the net,
	Court 5	Quick fix technical clinic - Groundshots
	Court 6	Quick fix technical clinic - Groundshots
Day 2 (pm)	Courts 1-6	Organised cub afternoon
Day 3 (am)	Courts 1-4	Doubles coaching & Drills - Crossing, Lobbing, Defence & attack
	Court 5	Quick fix technical clinic - Volleys
	Court 6	Quick fix technical clinic - Volleys

Day 3 (pm)	Courts 1-6	Organised cub afternoon
Day 4		Day off - optional day trips
Day 5 (am)	Courts 1-4	Doubles coaching & Drills – Serve & Volley – Chip & Charge
	Court 5	Quick fix technical clinic - Serve
	Court 6	Quick fix technical clinic - Serve
Day 5 (pm)	Courts 1-6	Organised cub afternoon
Day 6(am)	Courts 1-4	Doubles tactics and matchplay Working as a team
	Court 5	Drills till you drop
	Court 6	Drills till you drop
Day 7 (pm)	Champagne tournament	– Mixed American individual scoring