

David Lloyd Finchley

Itinerary: Sunday - 2019

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Session	Time	Topic	Content
1	09:45	Arrive and meet the group.	
2	10:00 - 10:20	Warm Up/Level Finder.	General Physical/Racket warm up, with coaches assessing standards for groups.
3	10:20	Split into groups	No more than 1 coach to 6 players per court.
4	10:20- 11:00	Quality Rallying.	Perception/Anticipation skills.
5	11:00 - 11:45	Doubles Positioning.	Where to stand/move in Doubles
6	11:45 -12:30	Movement forwards.	How to take the net in Doubles and Singles.
7	12:30 - 13:30	Lunch Break	Lunch Break - Hot Food Available from DL Finchley Restaurant
8	13:30 - 14:30	Serve - Video Analysis.	Serve Technique and how to work with your Doubles Partner
9	14:30 -14:45	Communication with Partner	How to work with your Doubles Partner!
10	14:45 - 15:30	Stress Buster Drills	Fast paced doubles drills with clear teaching points
11	15:30 - 16:00	Drills/Coached Point Play	Can you put everything into practice?

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Tennis Clinics

