

DL West Bridgford, Nottingham

Itinerary: Saturday - 2018/19

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Session	Time	Topic	Content
1	10:45	Arrive and meet the group.	
2	11:00	Warm Up/Level Finder.	General Physical/Racket warm up, with coaches assessing standards for groups.
3	11:20	Split into groups (No more than 1 coach to 6 players).	No more than 1 coach to 6 players per court.
4	11:20- 12:30	Quality Rallying.	Perception/Anticipation skills.
5	12:30 -13:30	Doubles Positioning and Attacking/Intercepting/Defending.	Where to stand and move in Doubles.
6	13:30 - 14:30	Break/Relaxed point play.	Choose to relax or play some points.
7	14:30 - 15:30	Serve/Return. – Video Analysis.	Serve Technique - Have your technique analysed by one of the team
8	15:30 - 16:30	Stress Buster Doubles Drills	Fast paced doubles drills with clear teaching points
9	16:30 - 17:00	Drills/Coached Point Play	Can you put everything into practice?
10	19:30	Evening Meal - Local Restaurant	Join us for an evening meal if you'd like to!

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Tennis Clinics

