

DL West Bridgford, Nottingham

Itinerary: Sunday 18 November

activeaway

Session	Time	Topic	Content
1	11:15	Arrive and meet the group.	
2	11:30	Warm Up/Level Finder.	General Physical/Racket warm up, with coaches assessing standards for groups.
3	11:50	Split into groups	No more than 1 coach to 6 players per court.
4	11:50 - 13:00	Quality Rallying.	Perception/Anticipation skills.
5	13:00 - 14:00	Movement forwards.	How to take the net in Doubles and Singles.
6	14:00 - 15:00	Break/Relaxed point play.	Choose to relax or play some points.
7	15:00 - 16:00	Volley. Communication with Partner – Video Analysis.	Volley Technique and how to work with your Doubles Partner
8	16:00 - 17:00	Stress Buster Drills	Fast paced doubles drills with clear teaching points - Different drills to the Saturday
9	17:00 - 17:30	Drills/Coached Point Play	Can you put everything into practice?

