

DL West Bridgford, Nottingham

Itinerary: Sunday- 2018/19

activeaway

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 per court.
4	11:20- 12:30	Quality Rallying.	Perception/Anticipation skills.
5	12:30 -13:30	Movement forwards.	How to take the net in Doubles and Singles.
6	13:30 - 14:30	Break/Relaxed point play.	Choose to relax or play some points.
7	14:30 - 15:30	Volley. Communication with Partner – Video Analysis.	Volley Technique and how to work with your Doubles Partner
8	15:30 - 16:30	Stress Buster Drills	Fast paced doubles drills with clear teaching points - Different drills to the Saturday
9	16:30 - 17:00	Drills/Coached Point Play	Can you put everything into practice?

