

# NTC, Roehampton

## Itinerary: Saturday - 2018/19

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Session	Time	Topic	Content
1	09:45	<b>Arrive and meet the group.</b>	
2	10:00	<b>Warm Up/Level Finder.</b>	General Physical/Racket warm up, with coaches assessing standards for groups.
3	10:20	<b>Split into groups (No more than 1 coach to 6 players).</b>	No more than 1 coach to 6 players per court.
4	10:20- 11:30	<b>Quality Rallying.</b>	Perception/Anticipation skills.
5	11:30 -12:30	<b>Doubles Positioning and Attacking/Intercepting/Defending.</b>	Where to stand and move in Doubles.
6	12:30 - 13:30	<b>Break/Relaxed point play.</b>	Choose to relax or play some points.
7	13:30 - 14:30	<b>Serve/Return. – Video Analysis.</b>	Serve Technique - Have your technique analysed by one of the team
8	14:30 - 15:30	<b>Stress Buster Doubles Drills</b>	Fast paced doubles drills with clear teaching points
9	15:30 - 16:00	<b>Drills/Coached Point Play</b>	Can you put everything into practice?
9	19:30	<b>Evening Meal - Olympic Cinema, Barnes</b>	Join us for an evening meal if you'd like to!



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Tennis Clinics