

# NTC, Roehampton

Itinerary: Sunday - 2018/19

*activeaway*

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

