activeaway®

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Example Itinerary

Sunday

Time	Topic
10:45am	**Arrive and Meet the Group.**
11:00 - 11:10	**Physical Warm Up** - Get your heart rate up and meet the other players.
11:10 - 11:15	**Split into Groups** - No more than 1 coach to 6 players per court. Groups will be rotated and you will have opportunities to play both up and down.
11:15 - 11:35	**Spanish Drills: Train Like the Pros - Warm Up** - Here you will work on split step timing, quick reactions at the net, and building consistency from the baseline, helping you stay balanced, improve control, and sustain longer rallies.
11:35 - 12:20	**Spanish Drills: Train Like the Pros - Dominate from the back** - Here you will work on consistency and control from the baseline, reducing errors, using your strengths, and developing the confidence to stay aggressive and dominate rallies.
12:25 - 12:55	**Spanish Drills: Train Like the Pros - The 4 Quadrants** - Here you will work on developing your volleys, learning to control height and direction, adapt your contact point, and use effective positioning to keep opponents back and take control at the net.
13:00 - 13:30	**Spanish Drills: Bullet Proof** - Here you will learn how to be a bullet proof team at the net
13:30 - 14:30	**Lunch Break** - Lunch is available in the on-site Café. There is a selection of hot and cold food/drinks.* (at an additional cost)
14:30 - 14:40	**Doubles Disruption: Warm Up** - Here you will build consistency and control through cooperative and competitive rallies, improving touch at the net, sustaining longer exchanges, and developing focus and intensity as you progress into point play.
14:45 - 15:30	**Doubles Disruption: Fake & Poach (Mid-Rally)** - Here you will work on using fakes and poaches to disrupt opponents, improving movement, decision-making, and creativity at the net to create pressure and take control of doubles rallies.
15:35 - 16:20	**Doubles Disruption: Returners Partner Cross** - Here you will work on return and volley teamwork, learning to drive the return, move and switch effectively, and intercept early to take control and build confidence in competitive point play.
16:25 - 17:00	**Matchplay** - Now it's time to put it all into practice.