activeaway®

David Lloyd West Bridgford

Example Itinerary

Saturday

Time	Topic
11:15 AM	**Arrive and Meet the Group.**
11:30 - 11:40	**Physical Warm Up** - Get your heart rate up and meet the other players.
11:40 - 11:45	**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.
11:45 - 12:05	**Rally Rhythm: Green Zone Warm Up** - Here you will work on three simple drills to help you prepare early, track the ball effectively, stay relaxed through breathing, and improve coordination and body rotation during rallies.
12:05 - 12:55	**Rally Rhythm: Green Zone: Inside Outside** - Here you will work on two simple drills to improve decision-making, recognising ball height and speed, and reacting quickly by calling the correct response before the bounce to build awareness and consistency.
12:55 - 13:10	**Rally Rhythm: Green Zone: Zone 1,2,3** - Here you will work on calling Zones 1, 2 or 3 before the bounce, helping you read the ball early, improve anticipation, and make quicker, more accurate decisions during rallies.
13:10 - 13:40	**Doubles DNA: Understand your positioning**
13:40 - 14:00	**Beat the Coach**
14:00 - 15:00	**Lunch Break** - Lunch is available in the on-site Café. There is a selection of hot and cold food/drinks.* (at an additional cost)
15:00 - 15:10	**Rally Rhythm: Touch, Push, Hit** - Here you will progress from touch to push to hit, developing feel, control and accuracy, building from short rallies to full court play with targets to improve consistency and placement.
15:15 - 15:45	**Spanish Drills: Train Like the Pros** - Here you will work on movement and court positioning, learning to move efficiently using the correct footwork patterns, helping you stay balanced, recover quickly, and maintain consistent rally rhythm.
15:50 - 16:25	**Transition Triumph: Weak 2nd Serve** - Here you will work on attacking a weak second serve, learning when to drop or drive, moving forward with purpose, and building confidence to take control and compete in point play situations.
16:25 - 17:00	**Transition Triumph: Lob & Ghost** - Here you will work on communication and teamwork, track lobs, recover effectively, and transition into attacking play while building confidence in competitive point situations.

Saturday (continued)

Time	Topic
17:00 - 17:30	**Matchplay** - Now it's time to put it all into practice.

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Example Itinerary

Sunday

Time	Topic
11:15 AM	**Arrive and Meet the Group.**
11:30 - 11:40	**Physical Warm Up** - Get your heart rate up and meet the other players.
11:40 - 11:45	**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.
11:45 - 12:05	**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.
12:05 - 12:50	**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.
12:55 - 13:25	**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.
13:30 - 14:00	**Spanish Drills: Bullet Proof** - Here you will learn how to be a bullet proof team at the net
14:00 - 15:00	**Lunch Break** - Lunch is available in the on-site Café. There is a selection of hot and cold food/drinks.* (at an additional cost)
15:00 - 15:10	**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.
15:15 - 16:00	**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.
16:05 - 16:50	**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.
16:55 - 17:30	**Matchplay** - Now it's time to put it all into practice.