

Saturday

Time	Topic
11:45am	Arrive and Meet the Group.
12:00 - 12:10	Physical Warm Up - Prepare for five hours of tennis with a focused physical warm up. Get moving, raise your heart rate and work on the balance and compact movement needed on natural grass.
12:10 - 12:15	Split into Groups - Move onto four side-by-side natural grass courts. There will be no more than one coach to six players per court.
12:15 - 12:35	Rally Rhythm: Green Zone Warm Up - Find your timing in the Green Zone and adapt to the lower bounce and quicker exchanges commonly associated with grass.
12:35 - 13:25	Rally Rhythm: Green Zone: Inside Outside - Learn how to control space from inside and outside the Green Zone through purposeful movement and compact swings.
13:25 - 13:40	Rally Rhythm: Green Zone: Zone 1, 2, 3 - Use three court zones to improve your positioning, early preparation and shot selection.
13:45 - 14:15	Doubles DNA: Understand Your Positioning - Understand where to stand, when to move and how to work with your partner.
14:15 - 14:30	Beat the Coach - Put the morning's lessons into action against the coach.
14:30 - 15:30	Lunch Break - Lunch and drinks are not included. You can buy food at the club or bring a packed lunch.
15:30 - 15:40	Rally Rhythm: Touch, Push, Hit - Restart with a progression through touch, push and hit, adjusting racket speed and control.
15:45 - 16:15	Spanish Drills: Train Like the Pros - Use purposeful repetition to sharpen movement, preparation and control.
16:20 - 16:55	Transition Triumph: Weak 2nd Serve - Recognise a vulnerable second serve, take the ball early and move forward with intent.
16:55 - 17:30	Transition Triumph: Lob and Ghost - Use the lob to change the point, then move intelligently as your opponents recover.
17:30 - 18:00	Matchplay - Apply your Rally Rhythm, Transition Triumph and Doubles DNA skills on the natural grass.

Sunday

Time	Topic
11:45am	Arrive and Meet the Group.
12:00 - 12:10	Physical Warm Up - Prepare for five hours of tennis with a focused physical warm up.
12:10 - 12:15	Split into Groups - Move onto four side-by-side natural grass courts. There will be no more than one coach to six players per court.
12:15 - 12:35	Spanish Drills: Train Like the Pros - Warm Up - Sharpen your footwork, preparation and consistency before the main baseline session.
12:35 - 13:20	Spanish Drills: Train Like the Pros - Dominate from the Back - Build a more commanding baseline game through direction, depth and disciplined movement.
13:25 - 13:55	Spanish Drills: Train Like the Pros - The 4 Quadrants - Train across four quadrants to develop court coverage, recovery and control.
14:00 - 14:30	Spanish Drills: Bullet Proof - Put consistency under pressure and strengthen movement, control and decision-making.
14:30 - 15:30	Lunch Break - Lunch and drinks are not included. You can buy food at the club or bring a packed lunch.
15:30 - 15:40	Doubles Disruption: Warm Up - Prepare to disrupt opponents through sharper positioning and confident net decisions.
15:45 - 16:30	Doubles Disruption: Fake and Poach (Mid-Rally) - Practise reading the ball and timing your movement without leaving your partner exposed.
16:35 - 17:20	Doubles Disruption: Returner's Partner Cross - Focus on timing, communication and decisive movement to apply pressure at the net.
17:25 - 18:00	Matchplay - Bring the day's Spanish Drills and Doubles Disruption tactics into realistic grass-court points.