activeaway®

St George's Hill

Example Itinerary

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.