



**WELCOME TO YOUR ACTIVE AWAY TENNIS CLINIC!**  
OUR AIM IS TO MAKE YOU MORE CONFIDENT & MORE COMPETENT ON A DOUBLES COURT  
THROUGH A PROGRAMME DESIGNED BY LOUIS CAYER.



TIME	TOPIC	CONTENT
11:45	Arrive and meet the group.	
12:00	Win Your Warm Up	How to be competent at 'winning a warm up. Includes both a racket based and physical warm up.
12:20	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.
12:20 - 13:30	Dominating from the Back	Different ways of dominating from the baseline.
13:30 - 14:30	The Louis Cayer Doubles DNA	Key doubles positioning - where to stand and where to move as a Serving Team.
14:30 - 15:30	Lunch Break	Lunch is available in the on-site Café. There is a selection of Hot + Cold food/drinks.
15:30 - 16:10	Power Position #1 - Dealing with a Drop Shot	How to deal with a drop shot in doubles.
16:10 - 16:50	Power Position #2 - Being Bulletproof	How to be bulletproof as a team at the net.
16:50 - 17:30	Power Position #3- Drive Volley	How to play a drive volley and be effective.
17:30 - 18:00	a) Coached Point Play or b) Coaches Challenge	a) An opportunity to put everything into practice or b) Challenge the coaching team.



SWIMMING POOL  
AVAILABLE TO USE



PARKING AVAILABLE  
FREE OF CHARGE



SHOWER & CHANGING  
ROOMS AVAILABLE