



**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
11:15	Arrive and meet the group.	
11:30	Win Your Warm Up	How to be competent at 'winning a warm up. Includes both a racket based and physical warm up.
11:50	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.
11:50 - 13:00	Dominating from the Back	Different ways of dominating from the baseline.
13:00 - 14:00	The Louis Cayer Doubles DNA	Key doubles positioning - where to stand and where to move as a Serving Team.
14:00 - 15:00	Lunch Break	Lunch is available in the on-site Café. There is a selection of Hot + Cold food/drinks.
15:00 - 15:40	Power Position #1 - Dealing with a Drop Shot	How to deal with a drop shot in doubles.
15:40 - 16:20	Power Position #2 - Being Bulletproof	How to be bulletproof as a team at the net.
16:20 - 17:00	Power Position #3- Drive Volley	How to play a drive volley and be effective.
17:00 - 17:30	a) Coached Point Play or b) Coaches Challenge	a) An opportunity to put everything into practice or b) Challenge the coaching team.



PARKING AVAILABLE  
FREE OF CHARGE



SHOWER & CHANGING  
ROOMS AVAILABLE