



WELCOME TO YOUR ACTIVE AWAY TENNIS CLINIC!
OUR AIM IS TO MAKE YOU MORE SKILLED & SELF ASSURED DOUBLES PLAYER
THROUGH A PROGRAMME DESIGNED BY JAMIE MURRAY OBE



TIME	TOPIC	CONTENT
11:45	Arrive and meet the group.	
12:00 - 12:10	Physical Warm Up	Get your heart rate up and meet the other players.
12:10	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.
12:15 - 12:35	Racket Warm Up Set Up/Timing/Rhythm	3 simple teaching points to help you be more consistent.
12:35 - 13:00	Consistent Contact through Space & Move	Help you develop better space from the ball when rallying from the baseline.
13:00 - 13:45	Technical Interventions	3 simple technical teaching points to help you with your ground-strokes.
13:45 - 13:55	Dynamic Doubles: Club I Formation Masterclass	Learn what I formation is and how it can be used at club level.
13:55 - 14:30	Dynamic Doubles: Club I Formation	Your chance to play like a pro and really learn how to dominate the net.
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 - 15:40	Racket Warm Up	Back on to court and warm yourself up ready to go.
15:45 - 16:20	Triple Threat: Serve & Return	This is all about controlling direction on your serves and returns.
16:20 - 16:55	Triple Threat: The Chip Lob	What happens when a ball is hit hard at you as a volleyer.
16:55 - 17:30	Triple Threat: The Angled Return	Key positioning as a volleyer and making great decisions.
17:30 - 18:00	Matchplay / Fun drills with the coaches	Now it's time to put it all in to practise.



PARKING AVAILABLE
FREE OF CHARGE



SHOWER & CHANGING
ROOMS AVAILABLE