



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