



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 MBE



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 - Consistent Contact	How to dominate the rally from the back through consistency.
11:35 - 12:25	Winning the battle: Avoid the V & Own the V	Learn how to avoid your opponents territory and dominate your own.
12:25 - 12:40	Poaching Vs Intercepting Masterclass	Learn what the differences are between poaching and intercepting.
12:45 - 13:30	Dynamic Doubles: The Planned Poach	Learn why, when and where you should be to poach effectively.
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	Net Mastery: Poaching Through Anticipation	Learn what signals you are looking for to poach effectively.
15:20 - 15:55	Net Mastery: Fake & Stay	Discover how to lure your opponent in to hitting down your line.
15:55 - 16:30	Net Mastery: Only Overheads	Improve your overhead and your decision making skills.
16:30 - 17:00	Matchplay / Fun drills with the coaches	Put it all in to practise



PARKING AVAILABLE
 FREE OF CHARGE



SHOWER & CHANGING
 ROOMS AVAILABLE