



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
09:45	Arrive and meet the group.	
10:00 - 10:10	Physical Warm Up	Get your heart rate up and meet the other players.
10:10	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.
10:15 - 10:35	Racket Warm Up - Consistent Contact	How to dominate the rally from the back through consistency.
10:35 - 11:25	Winning the battle: Avoid the V & Own the V	Learn how to avoid your opponents territory and dominate your own.
11:25 - 11:40	Poaching Vs Intercepting Masterclass	Learn what the differences are between poaching and intercepting.
11:45 - 12:30	Dynamic Doubles: The Planned Poach	Learn why, when and where you should be to poach effectively.
12:30 - 13:30	Lunch Break	Lunch is available in the on-site Café. There is a selection of Hot + Cold food/drinks.
13:30 - 13:40	Racket Warm Up	Back on to court and warm yourself up ready to go.
13:45 - 14:20	Net Mastery: Poaching Through Anticipation	Learn what signals you are looking for to poach effectively.
14:20 - 14:55	Net Mastery: Fake & Stay	Discover how to lure your opponent in to hitting down your line.
14:55 - 15:30	Net Mastery: Only Overheads	Improve your overhead and your decision making skills.
15:30 - 16:00	Matchplay / Fun drills with the coaches	Put it all in to practise



PARKING AVAILABLE
FREE OF CHARGE



SHOWER & CHANGING
ROOMS AVAILABLE