



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
11:15	Arrive and meet the group.	
11:30 - 11:40	Physical Warm Up	Get your heart rate up and meet the other players.
11:40	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.
11:45 - 12:05	Racket Warm Up Set Up/Timing/Rhythm	3 simple teaching points to help you be more consistent.
12:05 - 12:30	Consistent Contact through Space & Move	Help you develop better space from the ball when rallying from the baseline.
12:30 - 13:15	Technical Interventions	3 simple technical teaching points to help you with your ground-strokes.
13:15 - 13:25	Dynamic Doubles: Club I Formation Masterclass	Learn what I formation is and how it can be used at club level.
13:25 - 14:00	Dynamic Doubles: Club I Formation	Your chance to play like a pro and really learn how to dominate the net.
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 - 15:10	Racket Warm Up	Back on to court and warm yourself up ready to go.
15:15 - 15:50	Triple Threat: Serve & Return	This is all about controlling direction on your serves and returns.
15:50 - 16:25	Triple Threat: The Chip Lob	Learn how to disguise your chip lob to surprise your opponent.
16:25 - 17:00	Triple Threat: The Angled Return	Perfect your return to transform into a more aggressive player on the court.
17:00 - 17:30	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