



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
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 - Consistent Contact	How to dominate the rally from the back through consistency.
12:05 - 12:55	Winning the battle: Avoid the V & Own the V	Learn how to avoid your opponents territory and dominate your own.
12:55 - 13:10	Poaching Vs Intercepting Masterclass	Learn what the differences are between poaching and intercepting.
13:15 - 14:00	Dynamic Doubles: The Planned Poach	Learn why, when and where you should be to poach effectively.
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	Net Mastery: Poaching Through Anticipation	Learn what signals you are looking for to poach effectively.
15:50 - 16:25	Net Mastery: Fake & Stay	Discover how to lure your opponent in to hitting down your line.
16:25 - 17:00	Net Mastery: Only Overheads	Improve your overhead and your decision making skills.
17:00 - 17:30	Matchplay / Fun drills with the coaches	Put it all in to practise



PARKING AVAILABLE
FREE OF CHARGE



SHOWER & CHANGING
ROOMS AVAILABLE