activeaway

ROYAL RUSSELL SCHOOL

JUNIOR TENNIS CAMP
2025 ITINERARY

WELCOME TO YOUR JUNIOR TENNIS CAMP!
Enjoy 15hrs of Coaching, Doubles Play & an end of camp Tournament created by Jamie Murray MBE.
We hope you have a fantastic time with us on court & you will be well looked after by our Team.

MEET & REGISTRATION 08:15 - 09:15 AM	6 - 8 YEARS	9 - 11 YEARS	12 - 17 YEARS
MORNING SESSIONS	**Fundamentals →** 09:15 - 10:00 Focus on basic hand-eye coordination with fun activities like balloon tennis. **Break →** 10:00 - 10:45 AM **Basic Strokes →** 10:10 - 11:45 Introduction to forehand and backhand using soft balls. **Fun Games →** 11:15 - 11:45 Mini tennis games using soft balls and short nets.	**Technical Warm Up →** 09:15 - 10:00 Dynamic stretching and basic racket skills. **Break →** 10:00 - 10:45 AM **Stroke Development →** 10:10 - 11:45 Focus on consistency in groundstrokes. **Match Play Basics →** 11:15 - 11:45 Introduction to scoring and simple match play scenarios.	**Advanced Warm Up →** 09:15 - 10:00 Agility drills and advanced racket handling. **Break →** 10:00 - 10:15 **Stroke and Serve Techniques →** 10:10 - 11:45 Emphasis on serve and volley techniques. **Tactical Play Introduction →** 11:15 - 11:45 Basics of tennis strategy and positioning.
LUNCH BREAK	**11:45 - 12:45 AM**		
AFTERNOON SESSIONS	**Creative Play →** 12:45 - 13:45 Focus on basic hand-eye coordination with fun activities like balloon tennis. **Break and Snacks →** 13:45 - 14:00 **Team Games →** 14:00 - 15:15 Introduction to forehand and backhand using soft balls.	**Serve Practice →** 12:45 - 13:45 Basic Serve techniques and Drills **Break and Snacks →** 13:45 - 14:00 **Doubles Play →** 14:00 - 15:15 Introduction to doubles rules and partner cooperation	**Match Simulation →** 12:45 - 13:45 Simulated matches to apply strategies learned earlier. **Break and Snacks →** 13:45 - 14:00 **Fitness and Recovery →** 14:00 - 15:15 Tennis-specific fitness and recovery techniques
COLLECTION	**15:15 - 15:45** *Cooling down yoga, mindfulness and reflection on the day's activities.*		