



WELCOME TO YOUR ACTIVE AWAY TENNIS CLINIC!

OUR AIM IS TO MAKE YOU MORE CONFIDENT & MORE COMPETENT ON A DOUBLES COURT THROUGH A PROGRAMME DESIGNED BY LOUIS CAYER.



TIME	TOPIC	CONTENT
09:45	Arrive and meet the group.	
10:00	Win Your Warm Up	How to be competent at 'winning a warm up. Includes both a racket based and physical warm up.
10:20	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.
10:20 - 11:30	Dominating from the Back	Different ways of dominating from the baseline.
11:30 - 12:30	The Louis Cayer Doubles DNA	Key doubles positioning - where to stand and where to move as a Serving Team.
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 - 14:10	Power Position #1 - Dealing with a Drop Shot	How to deal with a drop shot in doubles.
14:10 - 14:50	Power Position #2 - Being Bulletproof	How to be bulletproof as a team at the net.
14:50 - 15:30	Power Position #3- Drive Volley	How to play a drive volley and be effective.
15:30 - 16:00	a) Coached Point Play or b) Coaches Challenge	a) An opportunity to put everything into practice or b) Challenge the coaching team.



PARKING AVAILABLE
FREE OF CHARGE



SHOWER & CHANGING
ROOMS AVAILABLE