



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.
10:15	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 - 10:45	Rally skills - being Set to Send	How to dominate the rally from the back
10:45 - 11:15	How to Break Serve #1- The Weak 2nd Serve	How to attack a weaker 2nd Serve.
11:15 - 11:45	How to Break Serve #2- Handling a Fast Serve	How we deal with a fast 1st serve as a returner.
11:45 - 12:30	How to Break Serve #3 - The Returners Partner	The key positions to move to as a returners partner, including the 'X' drill.
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 - 13:45	Volley Masterclass	Delivered by your host - discover what the 'Volley Pressure Gauge is'.
13:45 - 14:30	Volley #1 - The Attacking Volley	How to 'Go & Get It' as a volleyer.
14:30 - 15:15	Volley #2 - Dealing with a Fast Ball	What happens when a ball is hit hard at you as a volleyer.
15:15 - 16:00	Volley #3 - DNA & Decision Making	Key positioning as a volleyer and making great decisions.



SWIMMING POOL
AVAILABLE TO USE



PARKING AVAILABLE
FREE OF CHARGE



SHOWER & CHANGING
ROOMS AVAILABLE