

TENNIS CLINIC

KEY TAKEAWAYS - SUNDAY

SPANISH DRILLS - WARM UP

POSITION	Start every rally in a strong, balanced ready position with your weight on the balls of your feet and your racket prepared in front, so you are physically ready to react before the ball is even struck.
WHERE TO MOVE	Adjust your position early by moving your feet to create space from the ball, ensuring you consistently meet it in your ideal contact zone rather than reaching or crowding the shot.
WHEN TO MOVE	Begin your movement as your opponent starts their forward swing, using a well-timed split step to stay reactive and balanced as the ball leaves their racket.
TEAMWORK	Even in warm-up, work together with your partner to build rhythm and consistency, focusing on cooperative rallying and communication rather than trying to win the point.

SPANISH DRILLS - 4 QUADRANTS

POSITION	As the server's partner, position yourself half way up the service box, ready to move, with your body balanced and your racket head up so you can react quickly to any return.
WHERE TO MOVE	Move forward at the sound of the serve remembering to chose to aim for the correct quadrant depending on the ball you receive.
WHEN TO MOVE	Time your movement as the returner makes contact with the ball, reacting to the direction and quality of the return rather than moving too early and exposing space.
TEAMWORK	Work in sync with your partner by reading the same cues, so your movement complements their shot and you operate as a unit rather than as two individuals.

SPANISH DRILLS - BEING BULLETPROOF

POSITION	Adopt a strong, stable net position with a wide base and soft hands, ensuring you are balanced and ready to handle any type of incoming ball.
WHERE TO MOVE	Move forward and towards the ball whenever possible, taking time away from your opponent and positioning yourself to control the point rather than reacting passively.
WHEN TO MOVE	Initiate your movement as soon as you recognise the height and speed of the incoming ball, allowing you to adjust early and maintain control of your volley.
TEAMWORK	Support your partner by holding your position with discipline, making fewer errors and building trust through consistency and reliability at the net.

DOUBLES DISRUPTION - FAKE & POACH

POSITION	Start in an active net position with your racket up and body slightly forward, showing presence without overcommitting so you remain unpredictable.
WHERE TO MOVE	Move across the net to intercept when the opportunity arises, or fake the movement to create doubt and force hesitation from your opponents.
WHEN TO MOVE	You have to move when the racket of the other player is starting to move forward, remaining still and calm beforehand to disguise your intention before exploding into action.
TEAMWORK	Communicate clearly with your partner so they understand when you are faking or committing, allowing them to adjust their positioning and cover the court effectively.

DOUBLES DISRUPTION - RETURNERS PARTNER CROSS

POSITION	Start close to the net in a balanced and alert position, with your body low and racket prepared so you are ready to react quickly to the return.
WHERE TO MOVE	Move diagonally across the court to intercept the third ball, aiming to cut off the angle and take control of the point early.
WHEN TO MOVE	Time your movement as the server begins their service motion or as their head drops, ensuring you move decisively without giving away your intention too early.
TEAMWORK	Work closely with the returner so your movement complements their shot, creating pressure as a team and forcing the opposition into rushed decisions.