



# GREAT WESTERN GOLF PADEL CLUB

## WEEKEND PADEL CLINIC ITINERARY - INTERMEDIATE



WELCOME TO YOUR ACTIVE AWAY TENNIS CLINIC!  
Our aim is to make you a more skilled & self-assured doubles player, through a programme designed by Jamie Murray OBE.



TIME	TOPIC
10:45am	Arrive and Meet the Group.
11:00 - 11:15	<b>Racket Warm Up</b> → A fun physical warm up and then get stuck into hitting some balls.
11:15 - 12:00	<b>Technical Drills</b> → Fun, fast paced drills with the focus on improving your accuracy, power, and control.
12:00 - 12:10	<b>Volley &amp; Overhead Lob Masterclass</b> → Coaches masterclass on perfecting volleys and overhead lobs.
12:10 - 12:30	<b>Become a Master at the Net</b> → Discover how to transition from defense to a powerful attack at the net.
12:30 - 13:00	<b>Serve &amp; Return</b> → Perfect your serve and approach shot, setting you up to dominate the net.
13:00 - 14:00	<b>Lunch</b> → Lunch is available in the on-site Café. There is a selection of Hot + Cold food/drinks.* <i>(at an additional cost)</i>
14:00 - 14:30	<b>Glass Walls</b> → Become best friends with the wall - your secret weapon for dominating the game.
14:30 - 15:00	<b>Mastering Bandeja</b> → Refine your Bandeja technique, focusing on advanced timing and positioning.
15:00 - 16:00	<b>Practice Matches</b> → It's time for practice matches! Focusing on strategic play and adapting to different opponents.



Parking Available on Site\*  
(Free)



3x Covered Padel Courts



Cafe on Site