

DAVID LLOYD FINCHLEY



WEEKEND TENNIS CLINIC ITINERARY DAY 1

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

| TIME | TOPIC |
|---------------|---|
| 11:45am | Arrive and Meet the Group. |
| 12:00 - 12:10 | Physical Warm Up → Get your heart rate up and meet the other players. |
| 12:10 - 12:15 | 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. |
| 12:15 - 12:35 | Rally Rhythm: Green Zone Warm Up → Here you will work on three simple drills to help you prepare early, track the ball effectively, stay relaxed through breathing, and improve coordination and body rotation during rallies. |
| 12:35 - 13:25 | Rally Rhythm: Green Zone: Inside Outside → Here you will work on two simple drills to improve decision-making, recognising ball height and speed, and reacting quickly by calling the correct response before the bounce to build awareness and consistency. |
| 13:25 - 13:40 | Rally Rhythm: Green Zone: Zone 1,2,3 → Here you will work on calling Zones 1, 2 or 3 before the bounce, helping you read the ball early, improve anticipation, and make quicker, more accurate decisions during rallies. |
| 13:45 - 14:15 | Doubles DNA: Understand your positioning → Here you will |
| 14:15 - 14:30 | Beat the Coach |
| 14:30 - 15:30 | Lunch Break → Lunch is available in the on-site Café. There is a selection of hot and cold food/drinks.* (at an additional cost) |
| 15:30 - 15:40 | Rally Rhythm: Touch, Push, Hit → Here you will progress from touch to push to hit, developing feel, control and accuracy, building from short rallies to full court play with targets to improve consistency and placement. |
| 15:45 - 16:15 | Spanish Drills: Train Like the Pros → Here you will work on movement and court positioning, learning to move efficiently using the correct footwork patterns, helping you stay balanced, recover quickly, and maintain consistent rally rhythm. |
| 16:20 - 16:55 | Transition Triumph: Weak 2nd Serve → Here you will work on attacking a weak second serve, learning when to drop or drive, moving forward with purpose, and building confidence to take control and compete in point play situations. |
| 16:55 - 17:30 | Transition Triumph: Lob & Ghost → Here you will work on communication and teamwork, track lobs, recover effectively, and transition into attacking play while building confidence in competitive point situations. |
| 17:30 - 18:00 | Matchplay → Now it's time to put it all into practice. |



Parking Available on Site



Shower & Changing Rooms Available



Cafe on Site