

## Saturday, 5 December 2026

| Time          | Topic                                                                                                                                                                                                                                                               |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:45am       | <b>Arrive and Meet the Group.</b>                                                                                                                                                                                                                                   |
| 12:00 - 12:10 | <b>Physical Warm Up</b> - Get your heart rate up and meet the other players.                                                                                                                                                                                        |
| 12:10 - 12:15 | <b>Split into Groups</b> - 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 | <b>Rally Rhythm: Green Zone Warm Up</b> - 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 | <b>Rally Rhythm: Green Zone: Inside Outside</b> - 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 | <b>Rally Rhythm: Green Zone: Zone 1,2,3</b> - 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 | <b>Doubles DNA: Understand your positioning</b>                                                                                                                                                                                                                     |
| 14:15 - 14:30 | <b>Beat the Coach</b>                                                                                                                                                                                                                                               |
| 14:30 - 15:30 | <b>Lunch Break</b> - 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 | <b>Rally Rhythm: Touch, Push, Hit</b> - 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 | <b>Spanish Drills: Train Like the Pros</b> - 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 | <b>Transition Triumph: Weak 2nd Serve</b> - 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 | <b>Transition Triumph: Lob &amp; Ghost</b> - Here you will work on communication and teamwork, track lobs, recover effectively, and transition into attacking play while building confidence in competitive point situations.                                       |

**Saturday, 5 December 2026 (continued)**

| Time          | Topic                                                         |
|---------------|---------------------------------------------------------------|
| 17:30 - 18:00 | <b>Matchplay</b> - Now it's time to put it all into practice. |