

Sunday, 15 November 2026

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