

Saturday, 30 January 2027

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
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.

Saturday, 30 January 2027 (continued)

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