

Sunday 24 January 2027

Time	Topic
11:45	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 - Maximum one coach to six players per court across three side-by-side courts. Indoor carpet courts are booked, but the club may allocate a different indoor surface depending on availability. Groups will be rotated and you will have opportunities to play both up and down.
12:15 - 12:35	Spanish Drills: Train Like the Pros - Warm-Up - Work on split-step timing, quick reactions at the net and consistency from the baseline, helping you stay balanced, improve control and sustain longer rallies.
12:35 - 13:20	Spanish Drills: Train Like the Pros - Dominate from the Back - Develop consistency and control from the baseline, reduce errors, use your strengths and build the confidence to stay aggressive and dominate rallies.
13:25 - 13:55	Spanish Drills: Train Like the Pros - The 4 Quadrants - Develop your volleys by controlling height and direction, adapting your contact point and using effective positioning to keep opponents back and take control at the net.
14:00 - 14:30	Spanish Drills: Bulletproof - Learn how to work as a bulletproof team at the net, cover space together and respond confidently under pressure.
14:30 - 15:30	Lunch Break - Lunch is available to purchase in the Clubroom. Food and drinks are paid locally and are not included in the clinic price.
15:30 - 15:40	Doubles Disruption: Warm-Up - Build consistency and control through cooperative and competitive rallies, improving touch at the net, sustaining longer exchanges and developing focus and intensity as you progress into point play.
15:45 - 16:30	Doubles Disruption: Fake & Poach (Mid-Rally) - Use fakes and poaches to disrupt opponents, improving movement, decision-making and creativity at the net to create pressure and take control of doubles rallies.
16:35 - 17:20	Doubles Disruption: Returner's Partner Cross - Work on return and volley teamwork, learning to drive the return, move and switch effectively, and intercept early to take control and build confidence in competitive point play.
17:25 - 18:00	Match Play - Finish with coached Match Play and put the day's skills and tactics into practice.