

**Sunday 23 May 2027**

| Time          | Topic                                                                                                                                                                                                                                       |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10:45         | <b>Arrive and Meet the Group</b>                                                                                                                                                                                                            |
| 11:00 - 11:10 | <b>Physical Warm-Up</b> - Get your heart rate up and meet the other players.                                                                                                                                                                |
| 11:10 - 11:15 | <b>Split into Groups</b> - Maximum one coach to six players per court across three side-by-side indoor hard courts inside the tennis bubble. Groups will be rotated and you will have opportunities to play both up and down.               |
| 11:15 - 11:35 | <b>Spanish Drills: Train Like the Pros - Warm-Up</b> - 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.                      |
| 11:35 - 12:20 | <b>Spanish Drills: Train Like the Pros - Dominate from the Back</b> - Develop consistency and control from the baseline, reduce errors, use your strengths and build the confidence to stay aggressive and dominate rallies.                |
| 12:25 - 12:55 | <b>Spanish Drills: Train Like the Pros - The 4 Quadrants</b> - 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.    |
| 13:00 - 13:30 | <b>Spanish Drills: Bulletproof</b> - Learn how to work as a bulletproof team at the net, cover space together and respond confidently under pressure.                                                                                       |
| 13:30 - 14:30 | <b>Lunch Break</b> - Lunch is available to purchase in the on-site café. Food and drinks are paid locally and are not included in the clinic price.                                                                                         |
| 14:30 - 14:40 | <b>Doubles Disruption: Warm-Up</b> - 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. |
| 14:45 - 15:30 | <b>Doubles Disruption: Fake &amp; Poach (Mid-Rally)</b> - 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.                 |
| 15:35 - 16:20 | <b>Doubles Disruption: Returner's Partner Cross</b> - 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.    |
| 16:25 - 17:00 | <b>Match Play</b> - Finish with coached Match Play and put the day's skills and tactics into practice.                                                                                                                                      |