

Saturday, 7 August 2027

Time	Topic
10:45am	Arrive and Meet the Group.
11:00 - 11:10	Physical Warm Up - Get moving and meet the other players.
11:10 - 11:15	Split into Groups - Maximum 1 coach to 6 players per court, with groups rotated through the day.
11:15 - 11:35	Rally Rhythm: Green Zone Warm Up - Prepare early, track the ball, stay relaxed and use effective body rotation.
11:35 - 12:25	Rally Rhythm: Green Zone: Inside Outside - Read ball height and speed, call before the bounce and improve decision-making.
12:25 - 12:40	Rally Rhythm: Green Zone: Zone 1,2,3 - Call Zones 1, 2 or 3 before the bounce to sharpen anticipation and decisions.
12:45 - 13:15	Doubles DNA: Understand your positioning
13:15 - 13:30	Beat the Coach
13:30 - 14:30	Lunch Break - Lunch and drinks are available to buy in the on-site café.
14:30 - 14:40	Rally Rhythm: Touch, Push, Hit - Progress from touch to push to hit, building feel, control and accuracy.
14:45 - 15:15	Spanish Drills: Train Like the Pros - Improve movement, footwork and court positioning to recover quickly.
15:20 - 15:55	Transition Triumph: Weak 2nd Serve - Attack a weak second serve, move forward with purpose and take control.
15:55 - 16:30	Transition Triumph: Lob & Ghost - Communicate, track lobs, recover and transition into attacking play.
16:30 - 17:00	Matchplay - Put the day's skills into practice.