
Sunday, 11 July 2027

Time	Topic
10:45 - 11:00	Arrival - Meet your Active Away host and the rest of the group, then get ready for the first session.
11:00 - 11:15	Racket warm-up - Start with a focused warm-up to find your timing and prepare for the coaching session.
11:15 - 12:00	Technical drills - Develop accuracy, control and repeatability through structured drills at a suitable tempo.
12:00 - 12:10	Volley and lob demonstration - Watch a practical coaching demonstration covering effective volleys and the overhead lob.
12:10 - 12:30	Moving into the net - Practise moving forward, establishing a strong net position and linking volleys with overheads.
12:30 - 13:00	Serve, return and approach - Work on the serve and return, then connect the opening shot with your movement into the next phase of the point.
13:00 - 14:00	Lunch - Take a one-hour break. Lunch and drinks are not included. Food and drink are available from the walk-in Coffee Club Restaurant and are paid for locally.
14:00 - 14:30	Glass defence - Improve your reading of the back and side glass, with a focus on controlling the ball and recovering your position.
14:30 - 15:00	Bandeja - Refine your bandeja technique, placement and recovery so you can maintain pressure without forcing the shot.
15:00 - 16:00	Match scenarios - Apply the day's work in coached match situations, with practical feedback on positioning, shot choice and adapting to different opponents. The clinic finishes at 16:00.