

Sunday, 28 March 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 purposeful physical and racket warm-up before moving into the technical work.
11:15 - 12:00	Technical Drills - Use fast-paced drills to improve accuracy, control and decision-making under pressure.
12:00 - 12:10	Volley & Overhead Lob Demonstration - Watch a focused coaching demonstration on effective volleys and overhead lobs.
12:10 - 12:30	Moving Into the Net - Develop your movement into the net and learn how to turn defence into attack.
12:30 - 13:00	Serve, Return & Approach - Refine the serve, return and approach patterns that help you establish a strong net position.
13:00 - 14:00	Lunch - Take a one-hour break. Lunch and drinks are not included. Choose independently from the food and drink options around Parkside Yards and pay locally.
14:00 - 14:30	Glass Defence - Use the glass with greater confidence to defend, reset and create opportunities to attack.
14:30 - 15:00	Refining the Bandeja - Refine your bandeja technique, timing and positioning to keep control of the net.
15:00 - 16:00	Coached Match Scenarios - Apply the day's themes in practice matches, with coaching on tactics and adapting to different opponents. The clinic finishes at 16:00.