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**Sunday, 27 June 2027**

| Time          | Topic                                                                                                                                                                    |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10:45 - 11:00 | <b>Arrival</b> - Meet your Active Away host and the rest of the group, then get ready for the first session.                                                             |
| 11:00 - 11:15 | <b>Racket Warm-up</b> - Start with a purposeful physical and racket warm-up before moving into the technical work.                                                       |
| 11:15 - 12:00 | <b>Technical Drills</b> - Use fast-paced drills to improve accuracy, control and decision-making under pressure.                                                         |
| 12:00 - 12:10 | <b>Volley &amp; Overhead Lob Demonstration</b> - Watch a focused coaching demonstration on effective volleys and overhead lobs.                                          |
| 12:10 - 12:30 | <b>Moving Into the Net</b> - Develop your movement into the net and learn how to turn defence into attack.                                                               |
| 12:30 - 13:00 | <b>Serve, Return &amp; Approach</b> - Refine the serve, return and approach patterns that help you establish a strong net position.                                      |
| 13:00 - 14:00 | <b>Lunch</b> - 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 | <b>Glass Defence</b> - Use the glass with greater confidence to defend, reset and create opportunities to attack.                                                        |
| 14:30 - 15:00 | <b>Refining the Bandeja</b> - Refine your bandeja technique, timing and positioning to keep control of the net.                                                          |
| 15:00 - 16:00 | <b>Coached Match Scenarios</b> - Apply the day's themes in practice matches, with coaching on tactics and adapting to different opponents. The clinic finishes at 16:00. |