



TENNIS HOLIDAY CAMP

DAILY SCHEDULES

	DAY 1 DAILY FOCUS: FOREHAND AND BACKHAND	DAY 2 DAILY FOCUS: MOVEMENT AND DECISION MAKING	DAY 3 DAILY FOCUS: SERVE AND VOLLEY'S
8.30-9 am	DROP OFF AND SIGN IN		
9-9.45 am	JUNIORS Warm up activities/ introducing essential positions.	JUNIORS Warm up activities/ learning how to track the ball correctly.	JUNIORS Warm up games/ learning the correct grip on both serve and the volley.
	SENIORS Warm up games		
9.45-10 am	JUNIORS Extended drinks break		
10-10.45 am	JUNIORS Basic forehand technique and stances.	JUNIORS Early decision making on whether to move forwards or backwards and introducing recovery.	JUNIORS Focusing on the ball toss of the serve then starting to look at the basic mechanics of the serve.
	SENIORS Timing and Movement.	SENIORS Developing strategies involving strengths and weaknesses.	SENIORS Serving and Returning technical application and strategy.
10.45-11.15 am	MORNING TEA		
11.15-noon	JUNIORS Basic backhand technique and stances.	JUNIORS Side to side movement and early decision making on which shot to hit (forehand or backhand).	JUNIORS Controlling the direction of the serve.
	SENIORS Point scenarios involving morning content		
noon-1 pm	LUNCH		
1-2 pm	SWIM AT THE AQUATIC CENTRE (Kids get changed back into their tennis gear from 1.45 pm).	SWIM AT THE AQUATIC CENTRE (Kids get changed back into their tennis gear from 1.45 pm).	SWIM AT THE AQUATIC CENTRE (Kids get changed back into their tennis gear from 1.45 pm).
2-3 pm	JUNIORS Point play designed to encourage what was learnt during the day. From 2.45 pm juniors will play fun tennis games.	JUNIORS Point play designed to encourage what was learnt during the day. From 2.45 pm juniors will play fun tennis games.	JUNIORS Point play designed to encourage what was learnt during the day. From 2.45 pm juniors will play fun tennis games.
	SENIORS Tennis matches	SENIORS Tennis matches	SENIORS Tennis matches
3-3.30 pm	PICK UP AND SIGN OUT		