

# TENNIS HOLIDAY CAMPS

## JUNIOR PROGRAM



8.30 - 9.00 am

9.00 - 9.45 am

9.45 - 10.00 am

10.00 - 10.45 am

10.45 - 11.15 am

11.15 - 12.00 pm

12.00 - 1.00 pm

1.00 - 2.00 pm

2.00 - 2.45 pm

2.45 - 3.00 pm

3.00 - 3.30 pm

### DAY 1

Forehand & Backhand

#### DROP OFF & SIGN IN

Warm up activities & introducing essential positions.

#### EXTENDED DRINKS BREAK (ONLY IF NEEDED)

Basic forehand technique & stances

#### MORNING TEA

Basic backhand technique & stances.

#### LUNCH

Field Games

Point play designed to encourage what was learnt during the day.

Fun Tennis Games

#### PICK UP & SIGN OUT

### DAY 2

Movement & Decision Making

#### DROP OFF & SIGN IN

Warm up activities & learning how to track the ball correctly.

#### EXTENDED DRINKS BREAK (ONLY IF NEEDED)

Early decision making on whether to move forwards or backwards & introducing recovery.

#### MORNING TEA

Side to side movement & early decision making on which shot to hit (forehand or backhand).

#### LUNCH

Field Games

Point play designed to encourage what was learnt during the day.

Fun Tennis Games

#### PICK UP & SIGN OUT

### DAY 3

Serve & Volley's

#### DROP OFF & SIGN IN

Warm up games & learning correct grip on serve & volley.

#### EXTENDED DRINKS BREAK (ONLY IF NEEDED)

Focusing on the ball toss of the serve then starting to look at the basic mechanics of the serve.

#### MORNING TEA

Controlling the direction of the serve.

#### LUNCH

Field Games

Point play designed to encourage what was learnt during the day.

Fun Tennis Games

#### PICK UP & SIGN OUT

### DAY 4

Competing & Fair Play

#### DROP OFF & SIGN IN

Warm up activities & introducing scoring & fair play.

#### EXTENDED DRINKS BREAK (ONLY IF NEEDED)

Nurturing players through competitive play.

#### MORNING TEA

Mini Tournament based on skills gained through the week.

#### LUNCH

Field Games

Distribute prizes for most improved, best attitude & mini tournament winner.

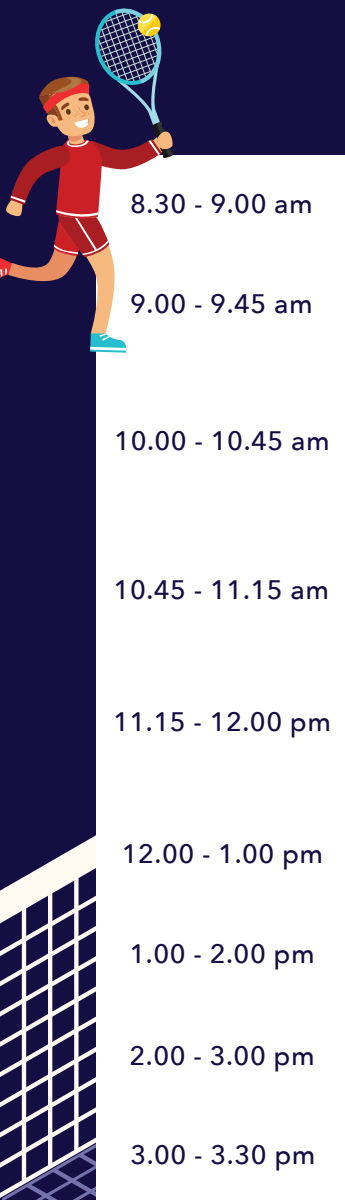
Fun Tennis Games

#### PICK UP & SIGN OUT



# TENNIS HOLIDAY CAMPS

## SENIOR PROGRAM



8.30 - 9.00 am

9.00 - 9.45 am

10.00 - 10.45 am

10.45 - 11.15 am

11.15 - 12.00 pm

12.00 - 1.00 pm

1.00 - 2.00 pm

2.00 - 3.00 pm

3.00 - 3.30 pm

### DAY 1

Forehand & Backhand

**DROP OFF & SIGN IN**

Warm up games

Timing and Movement

**MORNING TEA**

Point Scenarios involving morning content.

**LUNCH**

Field Games

Tennis Matches

**PICK UP & SIGN OUT**

### DAY 2

Shot Selection & Patterns of Play

**DROP OFF & SIGN IN**

Warm up games

Shot selection & patterns of play when neutralizing & playing offensive.

**MORNING TEA**

Point Scenarios involving morning content.

**LUNCH**

Field Games

Tennis Matches

**PICK UP & SIGN OUT**

### DAY 3

Movement & Decision Making

**DROP OFF & SIGN IN**

Warm up games

Developing strategies involving strengths & weaknesses.

**MORNING TEA**

Point Scenarios involving morning content.

**LUNCH**

Field Games

Tennis Matches

**PICK UP & SIGN OUT**

### DAY 4

Serve and Volley's

**DROP OFF & SIGN IN**

Warm up games

Serving & Returning technical application and strategy.

**MORNING TEA**

Point Scenarios involving morning content.

**LUNCH**

Field Games

Tennis Matches

**PICK UP & SIGN OUT**

