



TENNIS HOLIDAY CAMP

DAILY SCHEDULES

	DAY 1 DAILY FOCUS: FOREHAND	DAY 2 DAILY FOCUS: BACKHAND	DAY 3 DAILY FOCUS: SERVE & VOLLEYS
8.00 AM - 9.00 AM	DROP OFF/ SIGN IN		
9.00 AM - 9:45 AM	WARM UP GAMES		
10.00 AM - 10:45 AM	JUNIORS Learn the basic tennis positions e.g. Ready position, power position and split step.	JUNIORS Learn the correct grip for the Backhand, and the ideal position of your feet before hitting the ball.	JUNIORS Learn the correct grip to use on both volleys and serves.
	SENIORS Early preparation on the forehand and begin to look at brushing up the back of the ball.	SENIORS Focus on getting feet into the right position, and looking at the role that the non-dominant hand plays.	SENIORS Work on stepping the correct foot forward into contact.
10:45 AM - 11:15 AM	MORNING TEA		
11:15 AM - 12.00 PM	JUNIORS Control the ball with the strings, and focus on the correct swing path.	JUNIORS Focus on getting to the ball, staying side on through contact and doing the correct swing path.	JUNIORS Step the correct foot forward and tapping the ball, not swinging the racquet.
	SENIORS Drop the racquet, head into contact and brush up the bottom of the ball. Focus on what happens before contact.	SENIORS Brush up the back of the ball while trying to focus on the non-dominant hand doing majority of the work.	SENIORS Work on turning the body and punching through the ball, not swinging at the ball.
12.00 PM - 1.00 PM	LUNCH		
1.00 PM - 2.00 PM	SWIM AT THE AQUATIC CENTRE (Kids get changed back into tennis gear from 1.45 pm.)	SWIM AT THE AQUATIC CENTRE (Kids get changed back into tennis gear from 1.45 pm.)	SWIM AT THE AQUATIC CENTRE (Kids get changed back into tennis gear from 1.45 pm.)
2.00 PM - 3.00 PM	JUNIORS Fun tennis games including: Jail Break, Teacher's Pet, Around the World, Beat the Coach and Cross the River.	JUNIORS Fun tennis games including: Jail Break, Teacher's Pet, Around the World, Beat the Coach and Cross the River.	JUNIORS Fun tennis games including: Jail Break, Teacher's Pet, Around the World, Beat the Coach and Cross the River.
	SENIORS Tennis matches.	SENIORS Tennis matches.	SENIORS Tennis matches.
3.00 PM - 4.00PM	PICK UP/ SIGN OUT		