

# TENNIS HOLIDAY CAMPS

## JUNIOR PROGRAM



	<b>DAY 1</b> Forehand & Backhand	<b>DAY 2</b> Movement & Decision Making	<b>DAY 3</b> Serve & Volley's	<b>DAY 4</b> Competing & Fair Play
8.30 - 9.00 am	<b>DROP OFF &amp; SIGN IN</b>	<b>DROP OFF &amp; SIGN IN</b>	<b>DROP OFF &amp; SIGN IN</b>	<b>DROP OFF &amp; SIGN IN</b>
9.00 - 9.45 am	Warm up activities & introducing essential positions.	Warm up activities & learning how to track the ball correctly.	Warm up games & learning correct grip on serve & volley.	Warm up activities & introducing scoring & fair play.
9.45 - 10.00 am	<b>EXTENDED DRINKS BREAK</b> (ONLY IF NEEDED)	<b>EXTENDED DRINKS BREAK</b> (ONLY IF NEEDED)	<b>EXTENDED DRINKS BREAK</b> (ONLY IF NEEDED)	<b>EXTENDED DRINKS BREAK</b> (ONLY IF NEEDED)
10.00 - 10.45 am	Basic forehand technique & stances	Early decision making on whether to move forwards or backwards & introducing recovery.	Focusing on the ball toss of the serve then starting to look at the basic mechanics of the serve.	Nurturing players through competitive play.
10.45 - 11.15 am	<b>MORNING TEA</b>	<b>MORNING TEA</b>	<b>MORNING TEA</b>	<b>MORNING TEA</b>
11.15 - 12.00 pm	Basic backhand technique & stances.	Side to side movement & early decision making on which shot to hit (forehand or backhand).	Controlling the direction of the serve.	Mini Tournament based on skills gained through the week.
12.00 - 1.00 pm	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
1.00 - 2.00 pm	Swim at the Aquatic Centre	Swim at the Aquatic Centre	Swim at the Aquatic Centre	Swim at the Aquatic Centre
2.00 - 2.45 pm	Point play designed to encourage what was learnt during the day.	Point play designed to encourage what was learnt during the day.	Point play designed to encourage what was learnt during the day.	Distribute prizes for most improved, best attitude & mini tournament winner.
2.45 - 3.00 pm	Fun Tennis Games	Fun Tennis Games	Fun Tennis Games	Fun Tennis Games
3.00 - 3.30 pm	<b>PICK UP &amp; SIGN OUT</b>	<b>PICK UP &amp; SIGN OUT</b>	<b>PICK UP &amp; SIGN OUT</b>	<b>PICK UP &amp; SIGN OUT</b>



# TENNIS HOLIDAY CAMPS

## SENIOR PROGRAM



	DAY 1 Forehand & Backhand	DAY 2 Shot Selection & Patterns of Play	DAY 3 Movement & Decision Making	DAY 4 Serve and Volley's
8.30 - 9.00 am	<b>DROP OFF &amp; SIGN IN</b>	<b>DROP OFF &amp; SIGN IN</b>	<b>DROP OFF &amp; SIGN IN</b>	<b>DROP OFF &amp; SIGN IN</b>
9.00 - 9.45 am	Warm up games	Warm up games	Warm up games	Warm up games
10.00 - 10.45 am	Timing and Movement	Shot selection & patterns of play when neutralizing & playing offensive.	Developing strategies involving strengths & weaknesses.	Serving & Returning technical application and strategy.
10.45 - 11.15 am	<b>MORNING TEA</b>	<b>MORNING TEA</b>	<b>MORNING TEA</b>	<b>MORNING TEA</b>
11.15 - 12.00 pm	Point Scenarios involving morning content.	Point Scenarios involving morning content.	Point Scenarios involving morning content.	Point Scenarios involving morning content.
12.00 - 1.00 pm	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
1.00 - 2.00 pm	Swim at the Aquatic Centre	Swim at the Aquatic Centre	Swim at the Aquatic Centre	Swim at the Aquatic Centre
2.00 - 3.00 pm	Tennis Matches	Tennis Matches	Tennis Matches	Tennis Matches
3.00 - 3.30 pm	<b>PICK UP &amp; SIGN OUT</b>	<b>PICK UP &amp; SIGN OUT</b>	<b>PICK UP &amp; SIGN OUT</b>	<b>PICK UP &amp; SIGN OUT</b>

