

Tennis Camp Structure October Week

	9:00am-9.15am	9:15am-9.45am	9.45am-10.15am	10.15am-10.30am	10.30am-11am	11am-11.45am	11.45am - 12.30pm	12.30pm-1.15pm	1.15pm-2.45pm	2:45pm-3:00pm
Monday	Registration & Briefing	Warm up -Fun Games	Under 10's Body 'n' Ball Over 10's ABC's	Break	Under 10's Forehand Over 10's Forehand Games	Under 10's Games Over 10's Progression Forehand	Lunch	Under 10's Racket 'n' Ball Over 10's Develop Serve	Under 10's & Over 10's Matchplay	Cool down & Sign out
Tuesday	Registration & Briefing	Warm up -Fun Games	Under 10's Body 'n' Ball Over 10's ABC's	Break	Under 10's & Over 10's Backhand Game Based	Under 10's & Over 10's Progression Backhand	Lunch	Under 10's Racket 'n' Ball Over 10's Develop Serve	Under 10's & Over 10's Matchplay	Cool down & Sign out
Wednesday	Registration & Briefing	Warm up -Fun Games	Under 10's Body 'n' Ball Over 10's ABC's	Break	Under 10's & Over 10's Forehand & Backhand	Under 10's & Over 10's Forehand & Backhand Winning Shots	Lunch	Under 10's Racket 'n' Ball Over 10's Develop Serve	Under 10's & Over 10's Matchplay	Cool down & Sign out
Thursday	Registration & Briefing	Warm up -Fun Games	Under 10's Body 'n' Ball Over 10's ABC's	Break	Under 10's & Over 10's Volley & Smash	Under 10's & Over 10's Progression Volley & Smash	Lunch	Under 10's Racket 'n' Ball Over 10's Develop Serve	Under 10's & Over 10's Participants Choice	Cool down & Sign out
Friday	Registration & Briefing	Warm up -Fun Games	Under 10's Body 'n' Ball Over 10's ABC's	Break	Under 10's & Over 10's Rounders	Under 10's & Over 10's Fun Games & Competition	Lunch	Under 10's & Over 10's Fun Games & Competition	Under 10's & Over 10's Fun Game & Competition	Cool down & Sign out