



*** Please click on a blue link open up the video of the exercise or handout.

Wk no.	Focus of Lesson	Tactical Intention	Physical Warm Up	Technical Warm Up	Main Part of Lesson		Fun Game	Review Lesson
Time: 1hr Group Lesson			2 Minutes	5 Minutes	20 Minutes	20 Minutes	10 Minutes	3 Minutes
1	DOUBLES POSITIONING	Neutral Doubles Formation	*5 switch kicks & then jog	Rally in service boxes, tipping disc on service line after each shot	Download neutral doubles positioning handout	Play points from dropdown discs rotating to the left after point	Fun Game: Around the World	Review Lesson
Time: 1hr Group Lesson			2 Minutes	5 Minutes	4 x 5 Minutes	20 Minutes	10 Minutes	3 Minutes
2	RECOVER TO POSITION AFTER SHOT	Crosscourt Rally	Various racquet & ball exercises while jogging across the court	Rally in service boxes - tipping the cone after each shot	5 Minute Drill: Count shots hit crosscourt & recover	Play points crosscourt & tip disc after each shot to recover	Fun Game: Play to 21	Review Lesson
Time: 1hr Group Lesson			2 Minutes	5 Minutes	4 x 5 Minutes	20 Minutes	10 Minutes	3 Minutes
3	CROSSCOURT DEPTH	Depth past service line	Jog Diagonally Forwards & Backwards, tipping net and disc	1 groundstroke & 1 volley rally in the service boxes	5 Minute Drill: Count shots hit past service line crosscourt	Play points crosscourt. All shots must go past the service line	Fun Game: The Racquet Game	Review Lesson