



Doubles Tactics Day

London School of Tennis



Coach: Floyd Williams BSc, MSc, Grad Dip Psych

Saturday 7th May 11.00am - 5.00pm

Improve your doubles play significantly!

In depth doubles tactical analysis

Specific relevant drills

Intermediate Players and upwards

No partner required

16 Places only!

Minimum required 8 players

Fun tennis day out

All Day Play

Delicious Lunch

Tea, Coffee, and drinks at breaks Included

£50 members £60 non-members

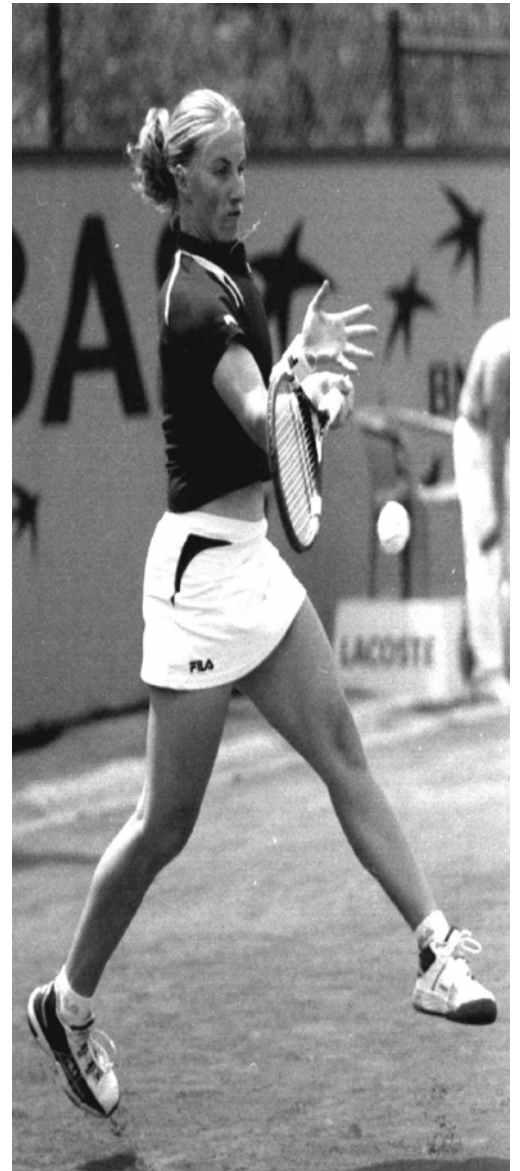
To Book call LST

0845 456 5490 or email info@Lstennis.co.uk

Trailfinders Sports Club

Day's Itinerary

- 11.00 - 11.10 Welcome, warm - ups and stretching
11.10 - 11.30 Shot practice. Groundstrokes, volleys, and smashes
11.30 - 12.00 Doubles Match Play
12.00 - 12.15 General Doubles Strategy
12.15 - 12.30 Drinks Break
12.30 - 1.00 Serving tactics and serve practice
1.00 - 1.30 Return of serve tactics and practice
1.30 - 2.00 Doubles Match Play - Serving and Volleying
2.15 - 2.45 Lunch - Free time
2.45 - 3.15 Sport Psychology Session
 - **The Psychology of Winning Tennis**
3.15 - 3.30 Warm-ups
3.30 - 4.00 Lob Returns, Retrieving and Crossing
4.00 - 4.50 Doubles Match Play
4.45 - 5.00 Warm Down, Review, End



Lunch

Chicken in white wine sauce and rice

Desert

Drinks include tea, coffee, and squash.

**Please note players will be able to purchase other soft drinks at the bar*