



Singles Tactics Day 1

London School of Tennis



Coach: Floyd Williams BSc (Hons), MSc, Grad Dip Psych

Saturday 4th June 10.00am - 4.00pm

Improve your singles play significantly!

In depth tactical analysis

Specific relevant drills

Intermediate Players and upwards

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

10.00 - 10.10	Welcome, warm-ups and stretching
10.10 - 10.30	Shot practice. Groundstrokes, volleys, and smashes
10.35 - 10.45	General Singles Strategy
10.45 - 11.15	Back Court Rallying and tactics.
11.15 - 11.30	Drinks Break
11.30 - 12.45	Serving tactics and serve practice Return of serve tactics and practice
12.45 - 1.00	Volleying tactics - where to volley
1.00 - 1.30	Lunch-Free time
1.30 - 1.50	The Psychology of Singles Play
1.50 - 2.00	Warm-ups
2.00 - 2.30	Serving and volleying
2.30 - 3.30	Match Play and Analysis
3.30 - 3.50	Squencing Play
3.50 - 4.00	Warm Down, Review, End



Lunch

Chicken in white wine sauce and rice

Salad

Desert

Drinks include tea, coffee, squash and mineral water

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