



Doubles Tactics Day

London School of Tennis



Coach: Floyd Williams BSc, MSc, Grad Dip Psych

Saturday 14th April 10.00am - 4.00pm

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

10.00 - 10.10 Welcome, warm - ups and stretching

10.10 - 10.30 Shot practice. Groundstrokes, volleys, and smashes

10.30 - 11.00 Doubles Match Play

11.00 - 11.15 General Doubles Strategy

11.15 - 11.30 Drinks Break

11.30 - 12.00 Serving tactics and serve practice

12.00 - 13.30 Return of serve tactics and practice

12.30 - 1.00 Doubles Match Play - Serving and Volleying

1.15 - 1.45 Lunch - Free time

1.45 - 2.15 **Sport Psychology Session**

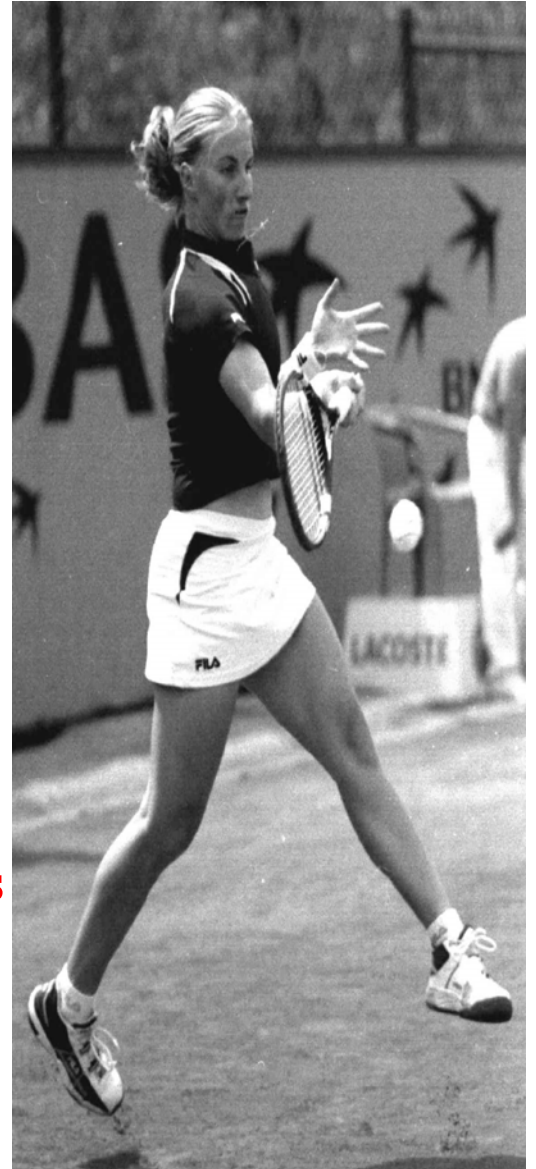
Developing Self-Confidence in Tennis

2.15 - 2.30 Warm-ups

2.30 - 3.00 Lob Returns, Retrieving and Crossing

3.00 - 3.50 Doubles Match Play

3.50 - 4.00 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*