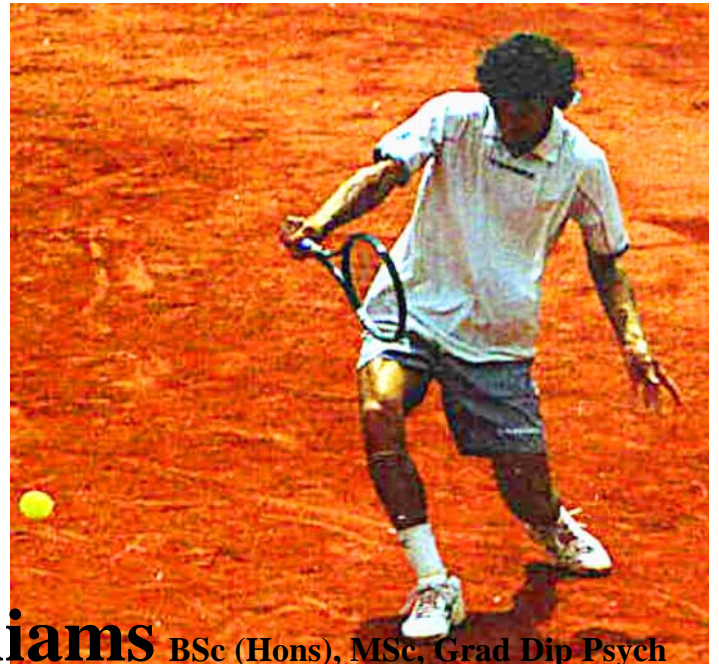




Singles Tactics Day 1

London School of Tennis



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

Saturday 2nd 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, rice and salad

Desert

Drinks include tea, coffee, squash and mineral water

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