



General Schedule for weekly tennis sessions (1hr & 55min.)  
Each day has a preference, work will be coordinated with the preference  
Any additional work or specific training can be arranged via private lessons  
Coaches can modify schedule when situations are warranted!

PREFERENCE: Monday	groundstrokes
Tuesday	serve + one & return
Thursday	volleys & overheads
Friday	match play (combine)

6:00pm Practice Begins

Physical warmup, dynamic stretching and conditioning	15min
Racquet warmup, hitting according to daily preference	20min
Skill work, drills, technique instruction	30min
Game play, point play, competition, games	40min
Cleanup & cool down	05min

8:00 pm practice is over and parents can pick up kids

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