

HS Tennis Practice

7/19/2010

Time	Session	Group	Topic	Court Assignments and Staff
3:00 PM	15	All Groups	Team Mtg (forms, this week's schedule)	Court 1 / All Staff
3:15 PM	15		Dynamic warm up and stretch	Court 1 / All Staff
3:30 PM	30	Blue	Forehands/Backhands - Consistency	Court 1 / Coach
3:30 PM	30			Court 2 / Coach
3:30 PM	30	White	Forehands/Backhands - Placement	Court 3 / Coach
3:30 PM	30			Court 4 / Coach
3:30 PM	90	JV	Doubles Challenge Matches	Courts 5-6 / Coach JV
4:00 PM	30	Blue	Serves and Returns	Court 1 / Coach
4:00 PM	30			Court 2 / Coach
4:00 PM	30	White		Court 3 / Coach
4:00 PM	30			Court 4 / Coach
4:30 PM	45	Blue	Points (Focus on consistency and placement)	Courts 1 - 4 / Coach
4:30 PM	45	White		Courts 1-4 / Coach
5:15 PM	30	All Groups	Tennis specific fitness	Courts 1-4 / All Staff
5:45 PM	10		Wrap up	Court 1 / All Staff