



Full Day Adult Tennis Camp – 13th February

9.30am – 10am: Registration and Welcome

- Brief introduction and overview of the day's activities
- Opportunity for participants to interact and get to know each other

10am – 12pm: Doubles Tactics and Strategy Workshop

- Group session on doubles strategies, positioning, and effective communication
- Drills focusing on net play, poaching, and coordinated movements

12pm – 12.45pm: Lunch break

- Lunch at own leisure

12.45pm – 2pm: Live Ball Drills and Point Play

- Engaging drills incorporating live ball situations to simulate match scenarios
- Structured point play with emphasis on applying strategic concepts learned earlier

2pm – 2.15pm: Afternoon break

2.15pm – 4pm: Round-Robin Tournament

- Fun and competitive switch round-robin doubles tournament
- On-court guidance and feedback

4pm – 4.30 pm: Awards and Recognition

- Recognise standout performances
- Present awards and prizes

This itinerary aims to balance instruction, practice, and fun, ensuring that participants not only enhance their doubles skills but also enjoy a memorable and enriching day of tennis. Timings and activities may be adjusted based on the preferences and needs of participants.