

# Sample Language Plus Tennis Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Breakfast & Morning Meeting						
Lesson 1		Warm-up Tennis assessment	Warm-up Forehand fundamentals	Warm-up Backhand fundamentals	Warm-up Serve fundamentals	Warm-up Volley & smash fundamentals		
Lesson 2		Tennis assessment Group placement	Forehand fundamentals	Backhand fundamentals	Serve Tactics	Volley & smash approach play		
Lesson 3	 Arrival	Getting to know Players Core skills	Patterns of play	Patterns of play	Point play	Tournament	Departure 	
Lesson 4		Practice Warm-down	Practice - match play Warm-down	Practice – doubles / singles Warm-down	Serve & return drills Warm-down	Tournament Warm-down Awards		
Lunch, Afternoon Meeting & Free Time								
Lesson 5		English assessment & tour of centre	Grammar study skills	Grammar study skills	Grammar study skills	Grammar study skills		Grammar study skills
Lesson 6	English assessment Grammar study skills	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking		
Lesson 7	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review		
Lesson 8	Project	Project	Project	Project	Project	Progress test		
Dinner, Free Time, Evening Entertainment & Bed Time								

**Please note:**  
English lessons  
can take place  
in the mornings  
or the afternoons