

## Weekindeling (voorbeeld) - Tennis Academy

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
07:30 - 09:00	Arrival	Wake up/ Breakfast						Theme park
09:00 - 09:15		Morning meeting						
09:15 - 10:15		Morning Session						
10:30 - 11:30		Lunch						
11:45 - 12:45		Singles & Doubles competition and group games	Live Forehand, backhand and Serve drills	All court drills, closed point and defensive play	Volleys, approach shot & combined serve practice	Player Assessment, Movement & recovery, conditioned games		
13:00 - 14:00		Dinner						
14:15 - 17:45								
18:00 - 19:30	Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge	Celebration	Relaxation	
19:30 - 21:30								

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
07:30 - 09:00	Arrival	Wake up/ Breakfast						Departure
09:00 - 09:15		Morning meeting						
09:15 - 10:15		Morning Session						
10:30 - 11:30		Lunch						
11:45 - 12:45		All court drills, closed point and defensive play	Volleys, approach shot & combined serve practice	Singles & Doubles competition and group games	Live Forehand, backhand and Serve drills	Singles & Doubles competition and group games		
13:00 - 14:00		Dinner						
14:15 - 17:45								
18:00 - 19:30	Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge	Celebration		
19:30 - 21:30								