



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
Mornings	<div></div> <div>Arrival</div>	Breakfast & Morning Meeting					<div>Departure</div> <div></div>
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		Group placement Getting to know Players	Patterns of play	Patterns of play	Serve Tactics Point play	Volley & smash approach play	
Lesson 3		Core skills Warm-down	Practice - match play Warm-down	Practice – doubles / singles Warm-down	Serve & return drills Warm-down	Tournament Warm-down Awards	
Afternoons		Lunch, Afternoon Meeting & Free Time					
Lesson 1		English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	
Lesson 2		Grammar & Vocabulary (Core English)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	
Lesson 3		Reading/listening, Writing/speaking (Integrated Skills)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration) Progress test	
		Dinner, Free Time, Evening Entertainment & Bed Time					
		Please note: English lessons can take place in the mornings or the afternoons					

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