

TENNISPOWER ACADEMY SUMMER CAMP 2018

ELITE/ HIGH PERFORMANCE/ FUTURESTAR

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIME	FOCUS: SINGLES	FOCUS: SINGLES	FOCUS: SINGLES/DUBS	FOCUS: SINGLES	FOCUS: MATCHPLAY
10.00-10.30	TP WINNING EDGE	TP WINNING EDGE	TP WINNING EDGE	TP WINNING EDGE	TP WINNING EDGE
10.30-11.00	DYNAMIC W/UP	DYNAMIC W/UP	DYNAMIC W/UP	DYNAMIC W/UP	DYNAMIC W/UP
11.00-11.45	DRILLING	DRILLING	TECHNICAL	POINT STRUCTURE	TP TOURNAMENT
11.45-12.30	TECHNICAL/CONDITIONING	TECHNICAL/CONDITIONING	TECHNICAL	POINT STRUCTURE	TP TOURNAMENT
12.30-1.15	PONIT STRUCTURE	PONIT STRUCTURE	DUBS STRATEGY	PRESSURE POINT	TP TOURNAMENT
1.15-1.30	MOVEMENT/FLEXIBILITY	MOVEMENT/FLEXIBILITY	STRETCHING	GAMES	TP TOURNAMENT
1.30-2.30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2.30-3.00	DYNAMIC W/UP	DYNAMIC W/UP	TP DUBS TOURNAMENT	DYNAMIC W/UP	TP TOURNAMENT
3.00-3.45	DRILLING/ MATCHPLAY	DRILLING/ MATCHPLAY	TP DUBS TOURNAMENT	DRILLING/ MATCHPLAY	TP TOURNAMENT
3.45-4.30	DRILLING/ MATCHPLAY	DRILLING/ MATCHPLAY	TP DUBS TOURNAMENT	DRILLING/ MATCHPLAY	TP TOURNAMENT

TENIISPOWER WINNING EDGE	/ SPORTS PSYCHOLOGY AND MENTAL TRAINING
DYNAMIC WARM UP	/ ACTIVE WARM UP AND MOVEMENT PREP.
DRILLING/POINT STRUCTURE	/ TECHNICALTRAINING/POINT STRUCTURE/ STROKE REPETITION
LUNCH	/ 60 MIN LUNCH (BRING YOUR OWN FOOD/ DRINKS)
TENNISPOWER TOURNAMENT	/ CAMP TOURNAMENT FOR SINGLES AND DUBS