

SESSION PLAN 1



10:00AM REGISTER, WELCOME AND SAFETY NOTICES

- Take register and ask any 'walk-in' players to sign up online
 - Don't turn away any player unless session is at capacity
- Introduce yourself and the session
 - 1 hour duration, 5 different activities
 - Use different balls and/or rackets to make games easier or harder
 - Health and Safety – warn players of any wet or slippery court conditions
 - Confirm this is a fun tennis session, but not coaching

10:05AM WARM UP—

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10:10AM BODY AND BALL—

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10:15AM RACKET AND BALL—

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10:25AM RACKET AND BALL—

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10:35AM GAME—

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10:55AM WRAP UP & CONCLUSION

- Announce the winners
- Thank everyone for coming
- Encourage players to attend next week's Free Park Tennis session
- Promote other opportunities to play – book a court with friends, coaching sessions, etc.