

Inspiration Tennis Academy Summer Training 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-8.45	CONDITIONING - Flexibility, Power & Strength				
8.45-11.00	TRAINING - WWW - Weapons, Weaknesses & Winning				
11:00-11.30	MENTAL TOUGHNESS - Pressure Management, Match readiness, Mindset, Match Video				
11.30-1.00	LUNCH AND GAME ROOM				
1.00-1.40	CHARACTER DEVELOPMENT - Attitude, Ethics, Discipline, Problem Solving, Commitment, Sacrifice				
1.40-3.30	TRAINING - WWW - Winning - coached point play / Individual training				
3.30-4.00	CONDITIONING - Player specific - stretching / yoga / cross training /running				