

# 1/12/26 8a – 9a Workout

*8a* 2-5 min **stretch**

*805a* 10 min Mini tennis; **easy strokes; footwork focus**

*815a* 15 min Hi Lo drill – **Lon feeds**

*830a* 10 min Serve and Receive – **All in**

*840a* 15 min Australian – **All in**

*855a* 2-5 min Overview – **Review and comments**

*Objective* **Improve Tennis Play**

*Materials* **Basket of balls**

*Participants* **Lon, Larry and Gene**

*Conclusions* **Plans for next session**