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# 1/20/26 8a–9a Workout

*8a* 2-5 min stretch

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

*815a* 10 min Side Alley Drill – **3-player feed**

*825a* 10 min Volley – **3-player feed**

*835a* 20 min Australian – **All in – no ad**

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

*Objective* **Improve Tennis Play**

*Materials* **Basket of balls**

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

*Conclusions* **Plans for next session**