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# 2/18/26 8a–9a Workout

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

*805a* 10 min Warmup tennis; **10, 1 min shot variations**

*815a* 10 min Forehand Corner Drill – **All in**



*825a* 10 min Backhand Down the lines – **All in**

*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**

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