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## 2/26/26 8a–9a Workout

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|---------------------|---|
| <i>8a</i>           | 2-5 min <b>stretch</b>                                      |
| <i>805a</i>         | 10 min Warmup tennis; <b>10 min (1 min shot variations)</b> |
| <i>815a</i>         | 10 min Backhand Corner Drill – <b>All in</b>                |
| <i>825a</i>         | 10 min Serve & Return – <b>All in</b>                       |
| <i>835a</i>         | 20 min Australian – <b>All in – no Ad</b>                   |
| <i>855a</i>         | 2-5 min Overview – <b>Review and comments</b>               |
| <i>Objective</i>    | <b>Improve Tennis Play</b>                                  |
| <i>Materials</i>    | <b>Basket of balls</b>                                      |
| <i>Participants</i> | <b>Lon, Larry, Gene</b>                                     |
| <i>Conclusions</i>  | <b>Plans for next session</b>                               |

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