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## 2/4/26 8a–9a Workout

<i>8a</i>	2-5 min <b>stretch</b>
<i>805a</i>	10 min Mini tennis; <b>easy strokes; focus on footwork</b>
<i>815a</i>	10 min Overhead Drill – <b>3-player feed</b>
<i>825a</i>	10 min High Forehand Volley – <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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