

## 2.5 S&D Training Schedule

Note: due to player demand for 2.5 skills and drills, we present the same skills two weeks in a row. If you attend a session, be sure not to sign up for the next week if it is going to cover the same topics.

Date	#	Description	Trainer Availability
Mar-06	1	Dinking and Ground Stroke	
Mar-13			
Mar-20	2	Serve and Return	
Mar-27			
Apr-03	3	3rd Shot Drop and Backhand	
Apr-10			
Apr-17	4	Offensive Lobs, Defending Lobs and Overheads	
Apr-24			
May-01	5	Volleys and Ghost Doubles	
May-08			
May-15	6	Block and Punch Volleys, Transition Zone	
May-22			
May-29		CANCELLED FOR COURT CLEANING	
	7	Volley Dinks, Serve and Return	
Jun-05	8	Target Dinking, Backhand, Ball Machine	
Jun-12			Peter out
Jun-19	9	3rd Shot Drop, Getting Through the Transition Zone	Peter out
Jun-26			Tom out
Jul-10	10	Dinking, Footwork, Offensive Lob	
Jul-17			
Jul-24	11	Groundstrokes, Dinking Control and Consistency	Peter out
Jul-31			
Aug-07	12	Overheads, Ghost Doubles and Volleys	
Aug-14			
Aug-22	13	Serves and Returns	
Aug-28			
Sep-04	14	Ready Position and Volley Dinks	
Sep-11			
Sep-18	15	Punch Volleys, Serve and Return, Getting to NVZ	
Sep-25			
Oct-02	16	Mock Evaluations	
Oct-10			