

Senior Club Free coaching form

Date: _____

Name: _____

Please fill & drop it into the box

	Tick		Tick
All about Grips, Back hand service Service Returns		High clears, swings, Wrist shots.	
Basic Footwork		Attacking & Defending	
Net drops and kills		Doubles strategy	

Each coaching sessions will be 15 – 20 minutes (a game duration time)

Once there are minimum 4 players wanting to learn 1 item , a time will be allocated with a coach or a skilled player who is able to teach

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