

WEEK 1

Forehand Fundamentals

Session: Advanced Squad | 60-minute sessions

WEEKLY OBJECTIVE

Build a repeatable forehand with balanced movement, clean spacing and a dependable contact point.

Dynamic warm-up	5 min	Movement, juggling, split-step and acceleration patterns.
Rhythm rally	10 min	Crosscourt forehands: 8-ball baseline target, then add one inside-out ball.
Drilling block	10 min	Coach feed: wide forehand, recover, neutral forehand, attack short ball. Emphasise spacing and loading outside leg.
Serve / return	10 min	Serve wide on deuce; first forehand to open court. Returner blocks deep middle.
Competitive points	22 min	Forehand pattern points. Bonus for creating short ball before attacking; play two first-to-7 games.
Wrap-up	3 min	Define the ball quality that created advantage.

KEY COACHING CUES	PROGRESSION / REGRESSION
Spacing before speed; contact in front; recover after every shot.	Reduce target size, increase movement or pace, and introduce scoring pressure.

Program purpose: Develop reliable technique, purposeful patterns and stronger decision-making at increasing speed and pressure.

WEEK 2

Backhand Development

Session: Advanced Squad | 60-minute sessions

WEEKLY OBJECTIVE

Develop a stable backhand that controls height, direction and recovery under increasing pressure.

Dynamic warm-up	5 min	Rotation, crossover recovery and backhand shadow patterns.
Rhythm rally	10 min	Backhand crosscourt: 10-ball target with height/depth; progress to change on short ball.
Drilling block	10 min	Two backhands crosscourt, one down line, recover for next ball. One- and two-handed cues individualised.
Serve / return	10 min	Body serve; backhand return deep middle. Play first three shots.
Competitive points	22 min	Backhand lock: first four rally balls through backhand half, then open. Bonus for balanced direction change.
Wrap-up	3 min	Identify best backhand margin and recovery position.

KEY COACHING CUES	PROGRESSION / REGRESSION
Early shoulder turn; stable contact; use net clearance to create control.	Reduce target size, increase movement or pace, and introduce scoring pressure.

Program purpose: Develop reliable technique, purposeful patterns and stronger decision-making at increasing speed and pressure.

WEEK 3

Serve Introduction

Session: Advanced Squad | 60-minute sessions

WEEKLY OBJECTIVE

Build an efficient service action and connect the serve to a purposeful first ball.

Dynamic warm-up	5 min	Throwing chain, shoulder mobility and controlled serve shadows.
Rhythm / serve	10 min	Service-line rhythm to baseline: loose arm, upward drive, balanced landing.
Drilling block	10 min	Target sequence: wide, body, T. Second serve with shape and safe net clearance.
Serve / return	10 min	Serve +1 patterns: wide/space and body/opposite. Returner targets deep middle.
Competitive points	22 min	Two-serve points. Server names target; bonus if first two shots follow plan. Tiebreak format.
Wrap-up	3 min	Record reliable first- and second-serve target.

KEY COACHING CUES	PROGRESSION / REGRESSION
Reliable toss; upward reach; balanced landing before adding pace.	Reduce target size, increase movement or pace, and introduce scoring pressure.

Program purpose: Develop reliable technique, purposeful patterns and stronger decision-making at increasing speed and pressure.

WEEK 4

Return of Serve

Session: Advanced Squad | 60-minute sessions

WEEKLY OBJECTIVE

Improve reading, preparation and first-shot control on both first- and second-serve returns.

Dynamic warm-up	5 min	Reaction catches, split-step timing and first-step races.
Rhythm rally	10 min	Returner starts at service line for compact blocks, then moves to baseline.
Drilling block	10 min	First serve: block deep middle. Second serve: step in and direct crosscourt. Recover after contact.
Serve / return	10 min	Live serve-return-first ball in both boxes; rotate every four serves.
Competitive points	22 min	Return games from 0-15. Bonus for neutralising first serve or pressuring second serve.
Wrap-up	3 min	Choose position and intention for each serve type.

KEY COACHING CUES	PROGRESSION / REGRESSION
Split on server contact; compact preparation; first priority is a playable ball.	Reduce target size, increase movement or pace, and introduce scoring pressure.

Program purpose: Develop reliable technique, purposeful patterns and stronger decision-making at increasing speed and pressure.

WEEK 5

Net Play & Volleys

Session: Advanced Squad | 60-minute sessions

WEEKLY OBJECTIVE

Move forward decisively, control the volley and finish with sound positioning.

Dynamic warm-up	5 min	Volley catches, split-step, crossover and overhead footwork.
Rhythm rally	10 min	Service-box volleys, then one-up/one-back control to 8.
Drilling block	10 min	Approach down line, close, first volley deep, second volley finish; add lob/overhead.
Serve / return	10 min	Serve wide and follow selected ball; returner passes crosscourt or lobs.
Competitive points	22 min	Attacker's Choice: short ball starts point. Bonus for correct approach and closing position.
Wrap-up	3 min	Review approach direction and first-volley target.

KEY COACHING CUES	PROGRESSION / REGRESSION
Close under control; split as opponent hits; volley to space before going for the finish.	Reduce target size, increase movement or pace, and introduce scoring pressure.

Program purpose: Develop reliable technique, purposeful patterns and stronger decision-making at increasing speed and pressure.

WEEK 6

Direction Change

Session: Advanced Squad | 60-minute sessions

WEEKLY OBJECTIVE

Recognise the right ball to redirect while protecting balance, margin and court position.

Dynamic warm-up	5 min	Directional footwork, braking and re-acceleration.
Rhythm rally	10 min	Crosscourt consistency with depth target; change direction only after short ball.
Drilling block	10 min	Two crosscourt, change down line, recover crosscourt. Track errors on red-light balls.
Serve / return	10 min	Serve body; +1 changes direction only when ball is inside baseline.
Competitive points	22 min	Direction Decision: bonus for safe change from inside court; penalty for low-margin redirection.
Wrap-up	3 min	State three conditions for changing direction.

KEY COACHING CUES	PROGRESSION / REGRESSION
Change from balance and good court position; use margin when redirecting.	Reduce target size, increase movement or pace, and introduce scoring pressure.

Program purpose: Develop reliable technique, purposeful patterns and stronger decision-making at increasing speed and pressure.

WEEK 7

Defensive Skills

Session: Advanced Squad | 60-minute sessions

WEEKLY OBJECTIVE

Neutralise from difficult positions using height, depth, movement and disciplined recovery.

Dynamic warm-up	5 min	Wide recovery, crossover, open-stance load and high-ball control.
Rhythm rally	10 min	Deep crosscourt with minimum 1m net clearance; recover outside-to-inside.
Drilling block	10 min	Wide defence, high/deep neutral ball, recover, then counter on shorter reply.
Serve / return	10 min	Return from stretched position; neutralise deep middle before point opens.
Competitive points	22 min	Defence-to-Neutral: defender scores 2 for resetting rally, 3 for successful counterattack.
Wrap-up	3 min	Separate survival ball from counterattack ball.

KEY COACHING CUES	PROGRESSION / REGRESSION
Create time with height or slice; recover first; counter only when position is restored.	Reduce target size, increase movement or pace, and introduce scoring pressure.

Program purpose: Develop reliable technique, purposeful patterns and stronger decision-making at increasing speed and pressure.

WEEK 8

Point Construction

Session: Advanced Squad | 60-minute sessions

WEEKLY OBJECTIVE

Use court position, ball quality and patterns to build rather than rush the point.

Dynamic warm-up	5 min	Movement plus rally calls: neutral, build, attack.
Rhythm rally	10 min	Depth before direction: cooperative 10, then one player constructs opening.
Drilling block	10 min	Three phases: deep middle, move crosscourt, attack short ball to space.
Serve / return	10 min	Serve +1 and return +1 with nominated first-four-shot plan.
Competitive points	22 min	Pattern Bank: players choose one of three patterns before point; score execution and result separately.
Wrap-up	3 min	Identify which pattern fitted each player's game.

KEY COACHING CUES	PROGRESSION / REGRESSION
Build depth, create space, then attack; choose patterns that fit the incoming ball.	Reduce target size, increase movement or pace, and introduce scoring pressure.

Program purpose: Develop reliable technique, purposeful patterns and stronger decision-making at increasing speed and pressure.

WEEK 9

Competitive Structure

Session: Advanced Squad | 60-minute sessions

WEEKLY OBJECTIVE

Apply routines, scoring awareness and clear tactical intentions in pressure situations.

Dynamic warm-up	5 min	Player-led activation and pressure target warm-up.
Rhythm rally	10 min	Consistency under score: lose target count after unforced error.
Drilling block	10 min	Situational reps at 30-30, break point and game point; practise reset routine.
Serve / return	10 min	Four-point service games with target and routine recorded.
Competitive points	22 min	Short-set ladder with changeovers, score calls and 20-second resets.
Wrap-up	3 min	Rate routine quality from 1-5 and name adjustment.

KEY COACHING CUES	PROGRESSION / REGRESSION
Use the same routine regardless of score; commit to a clear target and intention.	Reduce target size, increase movement or pace, and introduce scoring pressure.

Program purpose: Develop reliable technique, purposeful patterns and stronger decision-making at increasing speed and pressure.

WEEK 10

Match Play Emphasis

Session: Advanced Squad | 60-minute sessions

WEEKLY OBJECTIVE

Transfer the term's technical and tactical learning into realistic match play.

Dynamic warm-up	5 min	Individual match warm-up completed to time.
Rhythm rally	10 min	Crosscourt/down-line sequence, volleys, overheads and serves.
Drilling block	10 min	Personal pattern rehearsal based on term learning.
Serve / return	10 min	First-four-shot points; server and returner each state intention.
Competitive points	22 min	Timed match play with coach observing decision-making, intensity and routines.
Wrap-up	3 min	Complete one strength, one priority and one action goal.

KEY COACHING CUES	PROGRESSION / REGRESSION
Compete independently; notice patterns; finish with a specific development goal.	Reduce target size, increase movement or pace, and introduce scoring pressure.

Program purpose: Develop reliable technique, purposeful patterns and stronger decision-making at increasing speed and pressure.