

WEEK 1

Forehand Fundamentals

Session: Elite Squad | 120-minute coached sessions + 10-minute pre-warm-up

WEEKLY OBJECTIVE

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

Pre warm-up	10 min	Oval laps, dynamic mobility, band activation and acceleration.
Rhythm hitting	30 min	10 min crosscourt depth; 10 min inside-out/inside-in; 10 min forehand dominance from neutral ball.
Drilling block	20 min	Wide forehand defence, neutral recovery, then short-ball attack. Train open/semi-open loading and court-position recovery.
Serve / return	20 min	Deuce wide +1 to open court; ad T +1 behind returner. Returner blocks first serve deep middle and attacks second serve.
Match play	45 min	Sets with forehand identity constraint: point bonus for earning and converting a forehand from inside baseline.
Wrap-up	5 min	Review forehand patterns, error locations and next-session intent.

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: Transfer advanced technique and individual patterns into high-intensity, tournament-relevant practice.

WEEK 2

Backhand Development

Session: Elite Squad | 120-minute coached sessions + 10-minute pre-warm-up

WEEKLY OBJECTIVE

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

Pre warm-up	10 min	Mobility, trunk rotation, band work and backhand movement patterns.
Rhythm hitting	30 min	Backhand tolerance, height variation and crosscourt/down-line transitions under tempo.
Drilling block	20 min	Absorb heavy crosscourt ball, redirect line, recover for next forehand. Add slice neutralisation and short-ball transition.
Serve / return	20 min	Body serve into backhand exchange; second-serve backhand return with aggressive court position.
Match play	45 min	Backhand pressure sets: coach tracks tolerance, direction-change errors and slice effectiveness.
Wrap-up	5 min	Set one technical cue and one tactical backhand rule.

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: Transfer advanced technique and individual patterns into high-intensity, tournament-relevant practice.

WEEK 3

Serve Introduction

Session: Elite Squad | 120-minute coached sessions + 10-minute pre-warm-up

WEEKLY OBJECTIVE

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

Pre warm-up	10 min	Shoulder/scapular activation, medicine-ball or throw sequence and serve shadows.
Rhythm hitting	30 min	20 min baseline rhythm plus 10 min service-rhythm build from half to full intensity.
Drilling block	20 min	Serve mechanics and target blocks: 8 wide, 8 body, 8 T; second-serve shape under fatigue.
Serve / return	20 min	Serve +1 by location; returner rehearses neutral and aggressive responses. Track first-serve percentage and +1 outcome.
Match play	45 min	Service games start 0-15. Server must use a stated pattern; double faults carry an additional consequence point.
Wrap-up	5 min	Record target accuracy, second-serve confidence and best +1.

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: Transfer advanced technique and individual patterns into high-intensity, tournament-relevant practice.

WEEK 4

Return of Serve

Session: Elite Squad | 120-minute coached sessions + 10-minute pre-warm-up

WEEKLY OBJECTIVE

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

Pre warm-up	10 min	Reaction, split-step timing, resisted first step and visual tracking.
Rhythm hitting	30 min	20 min groundstroke rhythm; 10 min compact return blocks from progressive distances.
Drilling block	20 min	First-serve neutralisation, second-serve attack and recovery position. Vary pace, spin and location.
Serve / return	20 min	Live return +1: 4 serves each location, then play through four shots. Track neutral/advantage/defence outcome.
Match play	45 min	Return games only; rotate opponents. Returner declares position and intention before each point.
Wrap-up	5 min	Review return position, contact quality and first decision.

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: Transfer advanced technique and individual patterns into high-intensity, tournament-relevant practice.

WEEK 5

Net Play & Volleys

Session: Elite Squad | 120-minute coached sessions + 10-minute pre-warm-up

WEEKLY OBJECTIVE

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

Pre warm-up	10 min	Dynamic movement, shoulder activation, volley reactions and overhead footwork.
Rhythm hitting	30 min	10 min service boxes, 10 min one-up/one-back, 10 min transition and overhead sequence.
Drilling block	20 min	Approach choice, split timing, first-volley depth and closing. Include low volley, half-volley and lob recovery.
Serve / return	20 min	Serve-volley and serve + approach options; returner practises dip, pass and lob.
Match play	45 min	Transition sets: bonus for earning net position and executing first volley to correct space.
Wrap-up	5 min	Assess approach selection and distance from net at opponent contact.

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: Transfer advanced technique and individual patterns into high-intensity, tournament-relevant practice.

WEEK 6

Direction Change

Session: Elite Squad | 120-minute coached sessions + 10-minute pre-warm-up

WEEKLY OBJECTIVE

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

Pre warm-up	10 min	Braking, lateral loading, crossover recovery and directional acceleration.
Rhythm hitting	30 min	Crosscourt tolerance, planned redirection and immediate recovery at match tempo.
Drilling block	20 min	Change direction from four ball types: neutral, short, high and defensive. Define green/amber/red decisions.
Serve / return	20 min	Serve +1 redirection based on return depth; returner redirects only from balanced contact.
Match play	45 min	Decision sets: coach codes each direction change as green, amber or red and reviews between games.
Wrap-up	5 min	Identify profitable direction-change pattern and avoidable risk.

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: Transfer advanced technique and individual patterns into high-intensity, tournament-relevant practice.

WEEK 7

Defensive Skills

Session: Elite Squad | 120-minute coached sessions + 10-minute pre-warm-up

WEEKLY OBJECTIVE

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

Pre warm-up	10 min	Movement range, elastic recovery, open-stance strength and repeated accelerations.
Rhythm hitting	30 min	High/deep tolerance, slice variation and recovery from outside singles line.
Drilling block	20 min	Defend wide/deep, neutralise through height or slice, recover, then counter when position is regained.
Serve / return	20 min	Stretched returns and first-ball defence against server's +1; progress to live point.
Match play	45 min	Attack-versus-defence sets with roles for two games, then switch. Score neutralisations and counters.
Wrap-up	5 min	Review defensive identity: preferred height, target and counter trigger.

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: Transfer advanced technique and individual patterns into high-intensity, tournament-relevant practice.

WEEK 8

Point Construction

Session: Elite Squad | 120-minute coached sessions + 10-minute pre-warm-up

WEEKLY OBJECTIVE

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

Pre warm-up	10 min	Player-led activation aligned to individual physical priorities.
Rhythm hitting	30 min	Territory rally: establish depth, create width, then take time away.
Drilling block	20 min	Individual A and B patterns rehearsed from serve, return and neutral rally starts.
Serve / return	20 min	First-four-shot sequences scored by pattern execution, not simply point result.
Match play	45 min	Pattern sets: player states intention pre-point; coach records adherence, adaptation and outcome.
Wrap-up	5 min	Refine A pattern and nominate reliable pressure pattern.

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: Transfer advanced technique and individual patterns into high-intensity, tournament-relevant practice.

WEEK 9

Competitive Structure

Session: Elite Squad | 120-minute coached sessions + 10-minute pre-warm-up

WEEKLY OBJECTIVE

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

Pre warm-up	10 min	Match-day physical preparation completed independently and on time.
Rhythm hitting	30 min	Rally standards under consequence scoring; reset routine after every error.
Drilling block	20 min	Scoreboard scenarios: 0-30, 30-30, break point, serving for set and tiebreak mini-blocks.
Serve / return	20 min	Pressure serving and returning with target, intention and between-point routine tracked.
Match play	45 min	Competition sets with full changeovers. Coach intervenes only at designated changeovers.
Wrap-up	5 min	Evaluate routine, emotional control and tactical clarity.

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: Transfer advanced technique and individual patterns into high-intensity, tournament-relevant practice.

WEEK 10

Match Play Emphasis

Session: Elite Squad | 120-minute coached sessions + 10-minute pre-warm-up

WEEKLY OBJECTIVE

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

Pre warm-up	10 min	Tournament-style independent warm-up and readiness check.
Rhythm hitting	30 min	Full match warm-up sequence, then personal pattern rehearsal at competition intensity.
Drilling block	20 min	Individual priority station based on weeks 1-9; measurable target agreed with coach.
Serve / return	20 min	First-four-shot assessment across all serve locations and return positions.
Match play	45 min	Full competitive sets. Coach records technical stability, patterns, routines and physical intensity.
Wrap-up	5 min	Term review: retain, improve, and next-block performance 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: Transfer advanced technique and individual patterns into high-intensity, tournament-relevant practice.