

WEEK 1

Forehand Fundamentals

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

Warm-up & rally	5 min	Split-step relay, shadow forehands and cooperative mini-rally.
Technical repetition	12 min	Coach feeds from service line: catch the bounce outside the body, swing low-to-high and finish balanced. Alternate 4-ball sets with movement recovery.
Live-ball rally	10 min	Crosscourt forehand pairs. Build to 5, then 8; restart if either player loses recovery position.
Competitive game	15 min	Forehand Islands: bonus point for landing beyond the service line; play first to 7.
Wrap-up	3 min	Players show ready position, contact point and recovery step.

KEY COACHING CUES	PROGRESSION / REGRESSION
Spacing before speed; contact in front; recover after every shot.	Start with coach feed or larger targets; progress to live ball, smaller targets and player scoring.

Program purpose: Develop sound fundamentals, rally confidence and positive competitive habits through simple, achievable tasks.

WEEK 2

Backhand Development

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

Warm-up & rally	5 min	Mirror footwork, two-hand coordination and mini-backhand rally.
Technical repetition	12 min	Coach-fed backhands: shoulder turn, stable hitting structure and finish toward target. Recover after every ball.
Live-ball rally	10 min	Backhand crosscourt channel. Cooperative target of 6 before playing the point out.
Competitive game	15 min	Backhand Builder: feed starts to backhand; bonus for three controlled backhands before changing direction.
Wrap-up	3 min	Name the turn, contact and recovery cues.

KEY COACHING CUES	PROGRESSION / REGRESSION
Early shoulder turn; stable contact; use net clearance to create control.	Start with coach feed or larger targets; progress to live ball, smaller targets and player scoring.

Program purpose: Develop sound fundamentals, rally confidence and positive competitive habits through simple, achievable tasks.

WEEK 3

Serve Introduction

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

Warm-up	5 min	Throwing progression: overarm throws, trophy holds and serve shadows.
Serve repetition	12 min	Serve from service line, then baseline as control allows. Focus on consistent toss, reach and balanced landing.
Serve + first ball	10 min	Serve to large target; coach feeds the next ball for a controlled forehand to space.
Competitive game	15 min	Serve Ladder: 1 point in box, 2 in nominated half; two serves each, first to 10.
Wrap-up	3 min	Check starting position, toss location and landing balance.

KEY COACHING CUES	PROGRESSION / REGRESSION
Reliable toss; upward reach; balanced landing before adding pace.	Start with coach feed or larger targets; progress to live ball, smaller targets and player scoring.

Program purpose: Develop sound fundamentals, rally confidence and positive competitive habits through simple, achievable tasks.

WEEK 4

Return of Serve

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

Warm-up	5 min	Split-step call-and-catch from service line; short reaction rallies.
Technical repetition	12 min	Coach serves gently from opposite service line. Compact turn, contact in front and finish to a large middle target.
Live return	10 min	Return then recover: server starts point at reduced pace; returner aims deep middle.
Competitive game	15 min	Return Ready: 2 points for a return beyond service line, then play point to 5.
Wrap-up	3 min	Repeat: ready early, short swing, recover.

KEY COACHING CUES	PROGRESSION / REGRESSION
Split on server contact; compact preparation; first priority is a playable ball.	Start with coach feed or larger targets; progress to live ball, smaller targets and player scoring.

Program purpose: Develop sound fundamentals, rally confidence and positive competitive habits through simple, achievable tasks.

WEEK 5

Net Play & Volleys

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

Warm-up	5 min	Partner catches, volley shadows and split-step reaction game.
Technical repetition	12 min	Coach feeds forehand/backhand volleys. Turn, firm wrist, contact in front and recover to ready.
Live-ball rally	10 min	One up/one back cooperative: net player controls 4 volleys before roles rotate.
Competitive game	15 min	Approach & Finish: short feed, approach to space, then volley; bonus for closing position.
Wrap-up	3 min	Demonstrate split, contact and recovery.

KEY COACHING CUES	PROGRESSION / REGRESSION
Close under control; split as opponent hits; volley to space before going for the finish.	Start with coach feed or larger targets; progress to live ball, smaller targets and player scoring.

Program purpose: Develop sound fundamentals, rally confidence and positive competitive habits through simple, achievable tasks.

WEEK 6

Direction Change

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

Warm-up	5 min	Four-corner movement and target throws across the body.
Technical repetition	12 min	Two crosscourt balls then one down the line from coach feed. Change only from a balanced contact.
Live-ball rally	10 min	Crosscourt rally; nominated ball may be redirected down the line, then point is live.
Competitive game	15 min	Traffic Lights: green ball = balanced change, amber = stay crosscourt. Players explain choice after point.
Wrap-up	3 min	Identify the safest ball to redirect.

KEY COACHING CUES	PROGRESSION / REGRESSION
Change from balance and good court position; use margin when redirecting.	Start with coach feed or larger targets; progress to live ball, smaller targets and player scoring.

Program purpose: Develop sound fundamentals, rally confidence and positive competitive habits through simple, achievable tasks.

WEEK 7

Defensive Skills

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

Warm-up	5 min	Wide-ball movement, recovery races and high-ball catches.
Technical repetition	12 min	Coach feeds wide and deep. Create height over net, recover behind the ball and regain centre.
Live-ball rally	10 min	Defender must play two high/deep balls before point becomes open.
Competitive game	15 min	Escape Zone: defender earns 2 points for reaching neutral; attacker earns 1 for finishing.
Wrap-up	3 min	Review height, depth and recovery.

KEY COACHING CUES	PROGRESSION / REGRESSION
Create time with height or slice; recover first; counter only when position is restored.	Start with coach feed or larger targets; progress to live ball, smaller targets and player scoring.

Program purpose: Develop sound fundamentals, rally confidence and positive competitive habits through simple, achievable tasks.

WEEK 8

Point Construction

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

Warm-up	5 min	Cooperative rally with calls: build, move or finish.
Technical repetition	12 min	Coach-fed 3-ball pattern: deep middle, crosscourt to space, short ball forward.
Live-ball rally	10 min	Pairs build with three neutral balls before trying to move opponent.
Competitive game	15 min	Build-Move-Finish: point only counts after player completes two stages of the pattern.
Wrap-up	3 min	Each player states one simple point plan.

KEY COACHING CUES	PROGRESSION / REGRESSION
Build depth, create space, then attack; choose patterns that fit the incoming ball.	Start with coach feed or larger targets; progress to live ball, smaller targets and player scoring.

Program purpose: Develop sound fundamentals, rally confidence and positive competitive habits through simple, achievable tasks.

WEEK 9

Competitive Structure

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

Warm-up	5 min	Movement warm-up followed by serve-and-score rehearsal.
Skill review	12 min	Rotating stations: 4 minutes serve, return and rally target. Track personal bests.
Structured points	10 min	Serve points from 0-0 using full calls, correct positions and between-point routine.
Competitive game	15 min	Short-set tiebreak league; reward clear score, fair calls and reset routine.
Wrap-up	3 min	Share one routine used under pressure.

KEY COACHING CUES	PROGRESSION / REGRESSION
Use the same routine regardless of score; commit to a clear target and intention.	Start with coach feed or larger targets; progress to live ball, smaller targets and player scoring.

Program purpose: Develop sound fundamentals, rally confidence and positive competitive habits through simple, achievable tasks.

WEEK 10

Match Play Emphasis

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

Warm-up	5 min	Player-led movement and cooperative rally challenge.
Theme rehearsal	12 min	Choose a personal theme; coach runs targeted feeds and one live rehearsal.
Match preparation	10 min	Serve, return and first four shots with a stated intention before each point.
Match play	15 min	Timed singles or doubles. Players change ends, call score and self-assess plan adherence.
Wrap-up	3 min	One success and one next-step goal.

KEY COACHING CUES	PROGRESSION / REGRESSION
Compete independently; notice patterns; finish with a specific development goal.	Start with coach feed or larger targets; progress to live ball, smaller targets and player scoring.

Program purpose: Develop sound fundamentals, rally confidence and positive competitive habits through simple, achievable tasks.