

WEEK 1

Forehand Fundamentals

Session: Orange Ball | 45-minute sessions

WEEKLY OBJECTIVE

Build a balanced forehand with simple preparation, comfortable spacing and a reliable contact point.

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	8 min	Movement patterns and purposeful rally start.
Technical	10 min	Coach-fed drills focusing on forehand fundamentals.
Rally practice	12 min	Cooperative rally using targets and consistency challenges.
Competitive game	12 min	Constraint-based game reinforcing the weekly concept.
Wrap-up	3 min	Reinforce the key message from the session.

KEY COACHING CUES	PROGRESSION / REGRESSION
Ready position; turn early; contact in front; finish balanced.	Reduce court size, movement or rally demand; progress by narrowing targets, adding movement or introducing scoring pressure.

Program purpose: Develop rally consistency, directional control and early tactical awareness while preparing players for larger court coverage.

WEEK 2

Backhand Development

Session: Orange Ball | 45-minute sessions

WEEKLY OBJECTIVE

Develop a repeatable backhand action that supports control, balance and confident rallying.

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	8 min	Movement patterns and purposeful rally start.
Technical	10 min	Coach-fed drills focusing on backhand development.
Rally practice	12 min	Cooperative rally using targets and consistency challenges.
Competitive game	12 min	Constraint-based game reinforcing the weekly concept.
Wrap-up	3 min	Reinforce the key message from the session.

KEY COACHING CUES	PROGRESSION / REGRESSION
Turn shoulders; stable hitting base; meet the ball in front; recover.	Reduce court size, movement or rally demand; progress by narrowing targets, adding movement or introducing scoring pressure.

Program purpose: Develop rally consistency, directional control and early tactical awareness while preparing players for larger court coverage.

WEEK 3

Serve Introduction

Session: Orange Ball | 45-minute sessions

WEEKLY OBJECTIVE

Build a simple, coordinated service action and use the serve to start the point with intent.

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	8 min	Movement patterns and purposeful rally start.
Technical	10 min	Coach-fed drills focusing on serve introduction.
Rally practice	12 min	Cooperative rally using targets and consistency challenges.
Competitive game	12 min	Constraint-based game reinforcing the weekly concept.
Wrap-up	3 min	Reinforce the key message from the session.

KEY COACHING CUES	PROGRESSION / REGRESSION
Balanced start; smooth throw; reach up; land ready for the next ball.	Reduce court size, movement or rally demand; progress by narrowing targets, adding movement or introducing scoring pressure.

Program purpose: Develop rally consistency, directional control and early tactical awareness while preparing players for larger court coverage.

WEEK 4

Return of Serve

Session: Orange Ball | 45-minute sessions

WEEKLY OBJECTIVE

Recognise the incoming serve early and return with a compact action, balance and directional control.

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	8 min	Movement patterns and purposeful rally start.
Technical	10 min	Coach-fed drills focusing on return of serve.
Rally practice	12 min	Cooperative rally using targets and consistency challenges.
Competitive game	12 min	Constraint-based game reinforcing the weekly concept.
Wrap-up	3 min	Reinforce the key message from the session.

KEY COACHING CUES	PROGRESSION / REGRESSION
Ready before contact; short preparation; firm base; recover quickly.	Reduce court size, movement or rally demand; progress by narrowing targets, adding movement or introducing scoring pressure.

Program purpose: Develop rally consistency, directional control and early tactical awareness while preparing players for larger court coverage.

WEEK 5

Net Play & Volleys

Session: Orange Ball | 45-minute sessions

WEEKLY OBJECTIVE

Develop confident movement to the net and a stable volley action that controls the ball into space.

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	8 min	Movement patterns and purposeful rally start.
Technical	10 min	Coach-fed drills focusing on net play & volleys.
Rally practice	12 min	Cooperative rally using targets and consistency challenges.
Competitive game	12 min	Constraint-based game reinforcing the weekly concept.
Wrap-up	3 min	Reinforce the key message from the session.

KEY COACHING CUES	PROGRESSION / REGRESSION
Move forward; quiet racquet; contact in front; recover to a ready position.	Reduce court size, movement or rally demand; progress by narrowing targets, adding movement or introducing scoring pressure.

Program purpose: Develop rally consistency, directional control and early tactical awareness while preparing players for larger court coverage.

WEEK 6

Direction Change

Session: Orange Ball | 45-minute sessions

WEEKLY OBJECTIVE

Learn when and how to redirect the ball while maintaining control, balance and court awareness.

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	8 min	Movement patterns and purposeful rally start.
Technical	10 min	Coach-fed drills focusing on direction change.
Rally practice	12 min	Cooperative rally using targets and consistency challenges.
Competitive game	12 min	Constraint-based game reinforcing the weekly concept.
Wrap-up	3 min	Reinforce the key message from the session.

KEY COACHING CUES	PROGRESSION / REGRESSION
Prepare early; create space; aim with margin; recover after every shot.	Reduce court size, movement or rally demand; progress by narrowing targets, adding movement or introducing scoring pressure.

Program purpose: Develop rally consistency, directional control and early tactical awareness while preparing players for larger court coverage.

WEEK 7

Movement & Recovery

Session: Orange Ball | 45-minute sessions

WEEKLY OBJECTIVE

Connect efficient movement, balanced hitting and recovery so players can sustain longer rallies.

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	8 min	Movement patterns and purposeful rally start.
Technical	10 min	Coach-fed drills focusing on movement & recovery.
Rally practice	12 min	Cooperative rally using targets and consistency challenges.
Competitive game	12 min	Constraint-based game reinforcing the weekly concept.
Wrap-up	3 min	Reinforce the key message from the session.

KEY COACHING CUES	PROGRESSION / REGRESSION
Move early; adjust with small steps; finish balanced; recover with purpose.	Reduce court size, movement or rally demand; progress by narrowing targets, adding movement or introducing scoring pressure.

Program purpose: Develop rally consistency, directional control and early tactical awareness while preparing players for larger court coverage.

WEEK 8

Point Construction

Session: Orange Ball | 45-minute sessions

WEEKLY OBJECTIVE

Use simple patterns to build a point, recognise space and make purposeful shot choices.

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	8 min	Movement patterns and purposeful rally start.
Technical	10 min	Coach-fed drills focusing on point construction.
Rally practice	12 min	Cooperative rally using targets and consistency challenges.
Competitive game	12 min	Constraint-based game reinforcing the weekly concept.
Wrap-up	3 min	Reinforce the key message from the session.

KEY COACHING CUES	PROGRESSION / REGRESSION
Rally with margin; move the opponent; recognise the short ball; recover.	Reduce court size, movement or rally demand; progress by narrowing targets, adding movement or introducing scoring pressure.

Program purpose: Develop rally consistency, directional control and early tactical awareness while preparing players for larger court coverage.

WEEK 9

Scoring & Match Play

Session: Orange Ball | 45-minute sessions

WEEKLY OBJECTIVE

Apply the term themes in scored play while developing independence, sportsmanship and tactical awareness.

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	8 min	Movement patterns and purposeful rally start.
Technical	10 min	Coach-fed drills focusing on scoring & match play.
Rally practice	12 min	Cooperative rally using targets and consistency challenges.
Competitive game	12 min	Constraint-based game reinforcing the weekly concept.
Wrap-up	3 min	Reinforce the key message from the session.

KEY COACHING CUES	PROGRESSION / REGRESSION
Know the score; start every point ready; compete fairly; reset quickly.	Reduce court size, movement or rally demand; progress by narrowing targets, adding movement or introducing scoring pressure.

Program purpose: Develop rally consistency, directional control and early tactical awareness while preparing players for larger court coverage.

WEEK 10

Games & Challenge Week

Session: Orange Ball | 45-minute sessions

WEEKLY OBJECTIVE

Consolidate the program through engaging challenges that reward skill, rallying, movement and decision-making.

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	8 min	Movement patterns and purposeful rally start.
Technical	10 min	Coach-fed drills focusing on games & challenge week.
Rally practice	12 min	Cooperative rally using targets and consistency challenges.
Competitive game	12 min	Constraint-based game reinforcing the weekly concept.
Wrap-up	3 min	Reinforce the key message from the session.

KEY COACHING CUES	PROGRESSION / REGRESSION
Compete with purpose; support teammates; solve problems; celebrate progress.	Reduce court size, movement or rally demand; progress by narrowing targets, adding movement or introducing scoring pressure.

Program purpose: Develop rally consistency, directional control and early tactical awareness while preparing players for larger court coverage.