

We Are Tennis Foundation Squad

Revised 10 Week Session Plan Master

Five-block format with a 25-minute live-ball and competitive section.

Session timing: 5-minute warm-up, 5 minutes of serving, 7 minutes of technical work, 25 minutes of live-ball or competitive play, and a 3-minute wrap-up. Total session length: 45 minutes.

Forehand Fundamentals

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	5 min	Split-step relay, shadow forehands and cooperative mini-rally.
Serving	5 min	Serving every week. Start with feet together. Divide the service box. Progress.
Technical repetition	7 min	Moya drill. Technical focus: move to the ball, create space, and hit up and through or behind the ball.
Live-ball play / Competitive game	25 min	Two up, two back, then doubles or singles play. Encourage players to create space and use the forehand when the ball allows.
Wrap-up	3 min	Players show ready position, contact point and recovery step.

COACHING NOTES

KEY COACHING CUES	PROGRESSION / REGRESSION
Spacing before speed; contact in front; recover after every shot. Move to the ball and create space. Understand forehand technique: hit up and through or behind the 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.

Backhand Development

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	5 min	Mirror footwork, two-hand coordination and mini-backhand rally.
Serving	5 min	Serving every week. Start with feet together. Divide the service box. Progress.
Technical repetition	7 min	Coach-fed backhands: shoulder turn, stable hitting structure and finish toward target. Recover after every ball. Introduce the slice and discuss how and when to use it.
Live-ball play / Competitive game	25 min	Two up, two back, then doubles or singles play. Keep the game moving and rotate roles.
Wrap-up	3 min	Name the turn, contact and recovery cues.

COACHING NOTES

KEY COACHING CUES	PROGRESSION / REGRESSION
Early shoulder turn; stable contact; use net clearance to create control. Introduce slice as a useful variation when the ball or situation calls for it.	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.

Serve Introduction

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	5 min	Throwing progression, overarm throws, trophy holds and relaxed serve shadows.
Serving	5 min	Start with feet together and a consistent toss. Serve from the service line, divide the service box into targets, then progress toward the baseline.
Technical repetition	7 min	Serve + first ball: after serving to a large target, move to the next ball and play a controlled forehand into open space. Reset and repeat.
Live-ball play / Competitive game	25 min	Serve Ladder: 1 point for landing in the box, 2 for the nominated half. Play two serves each, then continue the point; first to 10. Rotate server and returner.
Wrap-up	3 min	Check starting position, toss location and balanced landing.

COACHING NOTES

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.

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.

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	5 min	Split-step call-and-catch from the service line, followed by short reaction rallies.
Serving	5 min	Serve to large targets from a comfortable distance. Alternate between body and wide serves so the returner sees different directions.
Technical repetition	7 min	Coach serves gently from the opposite service line. Use a compact turn, contact in front and a controlled return toward a large middle target.
Live-ball play / Competitive game	25 min	Return Ready: returner earns 2 points for a return beyond the service line, then play out the point. Rotate after four serves; finish with doubles or singles points.
Wrap-up	3 min	Repeat the cues: ready early, short swing, recover.

COACHING NOTES

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.

Net Play & Volleys

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	5 min	Partner catches, volley shadows and a split-step reaction game.
Serving	5 min	Serve wide to open the court, then move forward under control. Begin with a feed if needed and progress to a live serve.
Technical repetition	7 min	Coach feeds forehand and backhand volleys. Turn, keep a firm wrist, contact in front and recover to ready position.
Live-ball play / Competitive game	25 min	Approach & Finish: start with a short ball, approach to space and play the volley. Award a bonus for closing under control and choosing a good target; finish with doubles or singles.
Wrap-up	3 min	Demonstrate split-step, contact and recovery.

COACHING NOTES

KEY COACHING CUES	PROGRESSION / REGRESSION
Close under control; split as the 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.

Direction Change

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	5 min	Four-corner movement and target throws across the body.
Serving	5 min	Serve to body or wide targets, recover to ready position, then serve again from the opposite side.
Technical repetition	7 min	Feed two crosscourt balls then one down the line. Change direction only from balanced contact and recover after each shot.
Live-ball play / Competitive game	25 min	Traffic Lights: green ball means a balanced change of direction; amber means stay crosscourt. Players explain their choice after the point. Play singles or doubles.
Wrap-up	3 min	Identify the safest ball to redirect.

COACHING NOTES

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.

Defensive Skills

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	5 min	Wide-ball movement, recovery races and high-ball catches.
Serving	5 min	Serve to a large target, then recover quickly to a ready position before the next serve.
Technical repetition	7 min	Coach feeds wide and deep. Create height over the net, recover behind the ball and regain the centre of the court.
Live-ball play / Competitive game	25 min	Escape Zone: defender earns 2 points for reaching a neutral position; attacker earns 1 for finishing. Start with coach feeds, then play the point out and rotate roles.
Wrap-up	3 min	Review height, depth and recovery.

COACHING NOTES

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.

Point Construction

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	5 min	Cooperative rally with calls: build, move or finish.
Serving	5 min	Serve + first ball: choose a large target, recover, then direct the next ball into open space.
Technical repetition	7 min	Coach-fed three-ball pattern: deep middle, crosscourt to space, then move forward to a short ball. Practise the pattern at a controlled pace.
Live-ball play / Competitive game	25 min	Build-Move-Finish: players build with two neutral balls, move the opponent, then attack a short ball. Award a point only when the player attempts the stages in order.
Wrap-up	3 min	Each player states one simple point plan.

COACHING NOTES

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.

Competitive Structure

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	5 min	Movement warm-up followed by a simple serve-and-score rehearsal.
Serving	5 min	Practise the pre-serve routine and serve to a nominated target. Call the score before each serve and reset between attempts.
Technical repetition	7 min	Short skill stations: serve to a target, return deep middle, and rally crosscourt. Track each player's best controlled score.
Live-ball play / Competitive game	25 min	Play short tiebreaks or first-to-7 games. Players call the score, make fair line calls and use a consistent between-point reset. Rotate partners and opponents.
Wrap-up	3 min	Share one routine used under pressure.

COACHING NOTES

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.

Match Play Emphasis

Session: Foundation Squad | 45-minute sessions

WEEKLY OBJECTIVE

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

SESSION BLOCK	TIME	COACHING DETAIL
Warm-up	5 min	Player-led movement and cooperative rally challenge.
Serving	5 min	Players choose a serve target, use their routine and play the first ball with a stated intention. Alternate serving from both sides.
Technical repetition	7 min	Choose a personal theme from the term. Coach runs a short targeted feed and one live rehearsal for each player.
Live-ball play / Competitive game	25 min	Timed singles or doubles match play. Players change ends, call the score, self-officiate and try to apply their chosen theme throughout the 25-minute block.
Wrap-up	3 min	Share one success and one next-step goal.

COACHING NOTES

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.