

800

WORLD CLASS **TENNIS** LESSON PLANS



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80 PROFESSIONAL TENNIS LESSON PLANS

— LINK & CODE FOR BONUSES

[HTTPS://MARCONITENNIS.COM.AU/LESSON-PLANS/](https://marconitennis.com.au/lesson-plans/)
CODE: PROLEVEL

INTRODUCTION

I'm pleased to offer these 80 professional tennis lesson plans, drawn from over 30 years in the tennis industry.

As the founder of the Marconi Tennis Academy, I've worked with players at every level—from total beginners to multiple national title holders, Grand Slam junior finalists, AIS scholarship recipients, number one ranked Australian juniors, and professional athletes earning their first WTA and ATP points.

These lessons provide a clear roadmap through every stage of training. Feel free to adapt them to your own style or combine them with your current methods.

As you explore and implement these plans, don't hesitate to reach out with any questions.

Wishing you success in your tennis journey!

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SPECIAL NOTE: HOW ELITE ATHLETES CREATE PROCESS AND PERFORMANCE GOALS (AND WHY THEY DON'T FIXATE ON OUTCOMES)

Elite athletes understand that while there are three main types of goals—**Process, Performance, and Outcome**—dwelling too much on Outcome goals (like winning a match or a tournament) can create unnecessary pressure and anxiety.

Instead, they emphasise Process and Performance goals to build consistent, controllable progress. Here's how they typically go about it:

1. Pinpoint Key Process Goals

- Working with their coaches, players identify the specific on-court behaviours they need to refine. For example, improving their footwork around the baseline, maintaining a relaxed yet explosive service motion, or executing a reliable follow-through on groundstrokes.

2. Set Measurable Performance Targets

- To monitor their development, players establish clear benchmarks such as increasing first-serve percentages, lowering unforced errors, or maintaining consistent ball depth during rallies. These tangible indicators keep them accountable and focussed on improving the elements they can directly control.

3. Integrate Goals into Daily Training

- Process and Performance goals guide practice sessions and drills. A footwork goal might involve running specific cone drills that replicate match scenarios, while a performance target for serving could involve hitting a certain number of accurate serves within a designated zone under time constraints.

4. Review, Refine, and Stay Flexible

- Using post-match debriefs and video analysis, players and coaches adjust these goals as required. If a certain technique tweak isn't delivering the expected results, they revise it; if it works well, they reinforce it with more specialised drills.

By focusing on what they can control—technique, tactical execution, and physical and mental preparation—players will naturally reduce performance anxiety and maintain consistency.

Crucially, Elite athletes do not fixate on whether they win or lose (Outcome goals). Instead, they trust that by honing their Process and Performance goals, the results will take care of themselves.

FOUR STAGES OF PROGRESSIVE PLAYER DEVELOPMENT

Expected Learning Outcomes

By following the structured progression of these four stages, players will develop from mastering fundamental techniques and establishing positive mental habits to confidently applying advanced tactics in competitive scenarios.

Each stage provides a clear set of objectives—technical, tactical, and mental—that guide learners towards a high level tournament-ready standard.

LESSON DURATION - 60 TO 90 MINUTES

STAGE 1 (Lessons 1–20): Foundations & Clarity

Focus: Establishing strong technical fundamentals, simple tactical concepts, and basic mental skills.

STAGE 2 (Lessons 21–40): Building Complexity & Mental Resilience

Focus: Adding tactical depth, varying spin and placement, and reinforcing mental resilience under mild pressure.

STAGE 3 (Lessons 41–60): Competitive Readiness & Tactical Growth

Focus: Simulating realistic match conditions, advanced point construction, and strategic decision-making.

STAGE 4 (Lessons 61–80): Peak Performance, Review, and Consolidation

Focus: Integrating all learned technical and mental skills into a coherent, tournament-ready performance standard.

TYPES OF TENNIS BALLS FOR DRILLS AND MATCH PLAY

Although these lesson plans were originally designed for yellow and green tennis balls, they can be easily adapted for orange balls as well. Feel free to adjust each lesson to meet your specific needs and the skill levels of your players.



LESSON 1

BASELINE CONSISTENCY & POSITIVE SELF-TALK INTRODUCTION

L1

OBJECTIVES:

Technical: Improve consistency in baseline rallies by focusing on smooth, controlled forehands and backhands.

Mental: Introduce the concept of recognising and rejecting negative auto-suggestions, replacing them with positive self-talk (e.g., “I can keep this rally going”).

Process Goals: Maintain smooth, balanced movements and consistent stroke rhythm throughout the session.

Performance Goals: Achieve at least 10 consecutive deep shots in a baseline rally while using positive self-talk to manage errors.

L1

EQUIPMENT & USAGE:

- **Cones:** Placed deep to encourage players to aim beyond the service line.
- **Agility Ladder:** Used in warm-up for footwork coordination.
- **Resistance Bands:** Integrated into warm-up to activate shoulders and hips.
- **Smartphone/Tablet:** Used briefly to show stroke mechanics and reinforce technique.
- **Basket of Balls:** Use as needed.



L1

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Slow jog around the court to increase blood flow.
- **Agility Ladder Drills (2-3 min):** Simple in-and-out ladder exercises focusing on quick, controlled footwork.
- **Resistance Bands (1-2 min):** Band pull-aparts and sidesteps to activate shoulders, hips, and core, maintaining good posture.
- **Mini-Tennis Rally (1-2 min):** Rally inside the service box at half speed, emphasising smooth contact and consistent timing before moving to full-court.

ACTIVITY 1 (25-30 MIN): Baseline Consistency Drill

L1

Players rally in pairs aiming to hit beyond the service line (place a target cone one meter inside the baseline). Focus on smooth strokes and maintaining rhythm. Use positive self-talk after errors (“I can keep this going”). Coaches provide simple feedback like “Stay balanced” or “Good recovery.”

ACTIVITY 2 (25-30 MIN): Consistency Challenge

L1

Set a target of 10 consecutive shots per rally. Players take a calming breath after mistakes and reaffirm positive thoughts (“Next one’s better”). Use brief video clips to reinforce successful techniques.

ACTIVITY 3 (10-15 MIN): Short Controlled Points

L1

Play mini-points starting from half-court, focusing on depth and controlled strokes. Emphasise consistency and applying positive mental habits under mild competitive pressure.

WARM-DOWN (5 MIN):

L1

- Light jog to lower heart rate.
- Static stretches for legs, shoulders, and arms.
- Briefly remind players of the importance of cooling down to prevent injury.

DEBRIEF (2-3 MIN):

L1

- **Ask players:** “What helped you stay calm and consistent today?”
- **Reinforce the key lesson:** positive self-talk turns challenges into opportunities for improvement.
- Emphasise that focusing on smooth, controlled strokes rather than power leads to better consistency.

“

When you recognise and reject negative auto-suggestions, you take the first step towards mastering positive thinking.

-Stewart Whicker

”

LESSON 2

FOREHAND RELIABILITY & POSITIVE CUES

OBJECTIVES:

L2

Technical: Improve forehand consistency and alignment, focusing on controlled placement and smooth execution.

Mental: Continue reinforcing positive self-talk and incorporate brief breathing techniques to reset focus after errors.

Process Goals: Maintain balanced footwork and smooth, consistent strokes during forehand-focused drills.

Performance Goals: Achieve at least 10 consecutive forehands to target zones while using positive affirmations after errors.

EQUIPMENT & USAGE:

L2

- **Cones:** Placed on the forehand side baseline and crosscourt areas to provide visual targets.
- **Agility Ladder:** Used in warm-up for quick footwork patterns to promote balance and agility before hitting.
- **Resistance Bands:** Incorporated in the warm-up to activate shoulders and hips, ensuring muscles are engaged before hitting.
- **Smartphone/Tablet:** For brief video feedback on forehand technique mid-session.
- **Basket of Balls:** Coach can feed balls when necessary.



WARM-UP (5-10 MIN):

L2

- **Light Jog (1-2 min):** Around the court to raise heart rate.
- **Agility Ladder (2-3 min):** Players perform quick in-and-out ladder drills to improve footwork precision.
- **Dynamic Stretches (1-2 min):** Arm circles, leg swings, hip openers to mobilise joints.
- **Mini-Tennis (1-2 min):** Forehands only inside the service box, focusing on gentle contact and balance.

ACTIVITY 1 (25-30 MIN): Targeted Forehand Rally

L2

Players engage in a cooperative forehand-to-forehand rally, aiming for cones and crosscourt target zones. After each error, they take a calming breath and reaffirm positive self-talk (“Steady and smooth”). The coach can feed balls from a basket initially to set a steady rhythm.

ACTIVITY 2 (25-30 MIN): Forehand Consistency Challenge

L2

Players count consecutive forehands, focusing on maintaining rhythm and composure. If frustration arises, pause, breathe, and reset with positive reinforcement. Use brief video clips to highlight and praise correct technique.

ACTIVITY 3 (10-15 MIN): Baseline Forehand Points

L2

Players compete in short baseline points starting with a forehand feed. The focus is on staying composed and applying consistent forehand technique under mild competitive pressure.

WARM-DOWN (5 MIN):

L2

- Light jog, static stretches for shoulders, wrists, legs.
- Simple shoulder and forearm stretches to prevent soreness.

DEBRIEF (2-3 MIN):

L2

Ask players how breathing and positive words helped steady their forehand. Reinforce the value of calm resets.

“

*You can't measure success if you
have never failed.*

- Steffi Graf

”

LESSON 3

BACKHAND CONSISTENCY & BASIC VISUALISATION

L3

OBJECTIVES:

Technical: Develop a stable and consistent backhand stroke, focusing on smooth mechanics and placement (two-handed or one-handed).

Mental: Introduce basic visualisation techniques—imagine a successful backhand swing and placement before hitting.

Process Goals: Maintain balanced footwork and a steady backhand follow-through during drills.

Performance Goals: Achieve at least 10 consistent backhands aimed beyond the service line during cooperative rallies.

L3

EQUIPMENT & USAGE:

- **Cones:** Placed deep on the backhand side for players to aim beyond the service line.
- **Agility Ladder:** Warm-up footwork to improve quick steps and positioning for backhand setup.
- **Resistance Bands:** Used pre-hit for shoulder/arm activation and ensuring proper posture.
- **Tablet/Smartphone:** For quick visual feedback if needed.
- **Basket of Balls:** Used when needed.



L3

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Around the court to increase circulation.
- **Agility Ladder (2-3 min):** Side-step patterns promoting balanced footwork relevant to backhand positioning.
- **Resistance Bands (1-2 min):** Band pull-aparts and low rows for upper body activation.
- **Shadow Swings (1-2 min):** Players shadow their backhand motion, eyes closed visualising a perfect swing.

L3

ACTIVITY 1 (25-30 MIN): Targeted Backhand Rally

Players rally backhand-to-backhand, aiming for cones placed deep on the court. Before each rally, they visualise the contact point to enhance focus. The coach can feed balls from a basket to ensure consistent practice.

L3

ACTIVITY 2 (25-30 MIN): Forehand-to-Backhand Transition Rally

Players alternate between forehand and backhand rally segments. After an error, they briefly close their eyes to visualise the correct backhand form and reset their mindset.

L3

ACTIVITY 3 (10-15 MIN): Controlled Backhand Points

Players engage in short points focusing on smooth transitions from backhand strokes to neutral rally positions. Video can be used to provide targeted corrections and reinforce proper form.

L3

WARM-DOWN (5 MIN):

- Easy jog, static stretches for hips, lower back, shoulders.

L3

DEBRIEF (2-3 MIN):

Ask players how visualisation influenced their backhand steadiness.

“

Being a constructive defiant means using your inner rebellion to build something better, not to tear things down.

- Stewart Whicker

”

LESSON 4

SERVE FUNDAMENTALS & POSITIVE RITUALS

L4

OBJECTIVES:

Technical: Learn the basic fundamentals of serving, including grip, stance, and toss.

Mental: Develop a pre-serve routine that includes a positive self-talk phrase to build confidence and focus.

Process Goals: Maintain a relaxed grip, consistent toss, and smooth swing during drills.

Performance Goals: Successfully place 5 serves in the target zone during a focused drill.

L4

EQUIPMENT & USAGE:

- **Cones:** Placed in service boxes as targets.
- **Resistance Bands:** Warm-up shoulders to prevent injury and ensure smooth serve motion.
- **Smartphone/Tablet:** Optional quick video of serve motion for feedback.
- **Basket of Balls:** Used when needed.



L4

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase blood flow.
- **Resistance Bands (2-3 min):** Shoulder rotations, external rotations for serving muscles.
- **Shadow Serves (1-2 min):** Players simulate the tossing motion and swing without a ball to find rhythm.
- **Dynamic Stretches (1-2 min):** Arm circles, calf stretches, hip rotations.

L4

ACTIVITY 1 (25-30 MIN): Targeted Serving Practice

Players serve into service boxes, aiming at cone targets. Before each serve, they silently say a positive phrase (“I can place this ball well”). The coach can feed balls to ensure a steady flow.

L4

ACTIVITY 2 (25-30 MIN): Serve Consistency Challenge

Players aim to hit 5 consecutive serves into the target zone. After misses, they pause, breathe, and reset by reaffirming their pre-serve routine.

L4

ACTIVITY 3 (10-15 MIN): Serve-Start Mini Points

Players compete in mini-points starting with a gentle serve. Emphasise the use of their pre-serve routine to maintain focus and consistency.

L4

WARM-DOWN (5 MIN):

- Light jog, arm and shoulder stretches, focusing on serving arm recovery.

L4

DEBRIEF (2-3 MIN):

Discuss how the pre-serve phrase helped confidence.

“

*Champions keep playing until
they get it right.*

- Billie Jean King

”

LESSON 5

RETURN OF SERVE & QUICK MENTAL RESET

OBJECTIVES:

L5

Technical: Develop a reliable return of serve by focusing on short, controlled swings for solid contact.

Mental: Implement a quick mental reset technique using deep breathing and a positive phrase to maintain focus after errors.

Process Goals: Maintain balance, split step, and smooth swing during returns.

Performance Goals: Direct 70% of returns into a safe target zone by the end of the session.

EQUIPMENT & USAGE:

L5

- **Cones:** In the return area to indicate where to direct the return (e.g., deep middle).
- **Agility Ladder:** Warm-up footwork for quick split steps and first-step reactions.
- **Smartphone/Tablet:** Optional quick review of return stance or footwork if needed.
- **Basket of Balls:** Used when needed.



WARM-UP (5-10 MIN):

L5

- **Light Jog (1-2 min):** Circle the court.
- **Agility Ladder (2-3 min):** Forward and lateral steps to mimic return position adjustments.
- **Dynamic Stretches (1-2 min):** Leg swings, arm circles for looseness.
- **Short Rally (1-2 min):** Gentle half-court hits to feel the ball.

L5

ACTIVITY 1 (25-30 MIN): Targeted Serve Return

Coach or partner serves 3 quarter pace while players aim to return to a designated cone target. After errors, players practise slow inhales and exhales paired with a positive phrase to refocus.

L5

ACTIVITY 2 (25-30 MIN): Progressive Return Challenge

Players return serves with gradually increasing pace. Focus on resetting quickly after missed returns by taking a calming breath and affirming a positive cue (“Next one’s mine”).

L5

ACTIVITY 3 (10-15 MIN): Serve-Return Points

Players engage in short points starting with a serve and return. Emphasise consistent mental resets to maintain focus and composure during play.

L5

WARM-DOWN (5 MIN):

- Light jogging, calf and hamstring stretches.

L5

DEBRIEF (2-3 MIN):

Players discuss how breathing helped them refocus after errors.

“

*If you don't lose, you cannot
enjoy victories.*

- Rafael Nadal

”

LESSON 6

FOREHAND/BACKHAND RALLY UNDER MILD PRESSURE

OBJECTIVES:

L6

Technical: Sustain longer baseline rallies by alternating forehands and backhands with focus on control and placement.

Mental: Identify and replace negative thoughts immediately (e.g., “I can’t keep up” becomes “I can hit one more ball”).

Process Goals: Maintain balanced footwork and steady swings during rallies.

Performance Goals: Complete a rally of 15 alternating forehands and backhands by the end of the session.

EQUIPMENT & USAGE:

L6

- **Cones:** In the return area to indicate where to direct the return (e.g., deep middle).
- **Agility Ladder:** Warm-up footwork for quick split steps and first-step reactions.
- **Smartphone/Tablet:** Optional quick review of return stance or footwork if needed.
- **Basket of Balls:** Used when needed.



WARM-UP (5-10 MIN):

L6

- **Light Jog (1-2 min):** Circle the court.
- **Agility Ladder (2-3 min):** Forward and lateral steps to mimic return position adjustments.
- **Dynamic Stretches (1-2 min):** Leg swings, arm circles for looseness.
- **Short Rally (1-2 min):** Gentle half-court hits to feel the ball.

ACTIVITY 1 (25-30 MIN): Alternating Baseline Rally

L6

Players rally cooperatively, alternating forehand and backhand shots while aiming for deep cone targets.

ACTIVITY 2 (25-30 MIN): Longest Rally Challenge

L6

Players compete to achieve the longest rally, focusing on maintaining rhythm and accuracy.

ACTIVITY 3 (10-15 MIN): Consistency Points

L6

Players compete in short points, emphasizing consistent strokes from both forehand and backhand under mild scoring pressure.

WARM-DOWN (5 MIN):

L6

- Gentle jog, static stretches for shoulders, legs.

DEBRIEF (2-3 MIN):

L6

Talk about the performance goals of consistent competitiveness, gauge if the player feels they achieved that goal, also ask how fast they noticed and replaced negative thoughts.

“

Champions are born with potential, but it's their guidance, respect, and resilience that shape them into true winners.

- Stewart Whicker

”

LESSON 7

APPROACH SHOTS & NET PLAY FUNDAMENTALS

L7

OBJECTIVES:

Technical: Recognise short balls and execute controlled approach shots with precision.

Mental: Build confidence using a self-affirming phrase before moving in (e.g., “I’m ready to step in”).

Process Goals: Focus on proper footwork, balance, and shot selection when approaching the net.

Performance Goals: Successfully execute at least 10 controlled approach shots into designated targets during the session.

L7

EQUIPMENT & USAGE:

- **Cones:** Placed near mid-court for approach shot targets.
- **Agility Ladder:** Warm-up footwork focusing on explosive forward movement.
- **Medicine Ball:** Used in warm-up for core stability exercises aiding balance during forward movement.
- **Basket of Balls:** Used when needed.



L7

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Circle the court.
- **Agility Ladder (2-3 min):** Forward and lateral steps to mimic return position adjustments.
- **Dynamic Stretches (1-2 min):** Leg swings, arm circles for looseness.
- **Short Rally (1-2 min):** Gentle half-court hits to feel the ball.

L7

ACTIVITY 1 (25-30 MIN): Approach Shot Drill

Coach feeds short balls for players to step in and approach towards cone or target nets.

L7

ACTIVITY 2 (25-30 MIN): Approach + Volley Sequence

Players practise adding a volley after the approach shot to complete the sequence.

L7

ACTIVITY 3 (10-15 MIN): Neutral Rally to Attack

Players engage in short points starting from a neutral rally, taking the initiative when a short ball appears.

L7

WARM-DOWN (5 MIN):

- Light jog, hip flexor and back stretches.

L7

DEBRIEF (2-3 MIN):

Discuss how a confident phrase influenced their decision to move forward.

“

A champion is defined not by their wins but by how they can recover when they fall.

- Serena Williams

”

LESSON 8

VOLLEY FUNDAMENTALS & CONFIDENCE AT THE NET

L8

OBJECTIVES:

Technical: Master basic volley technique—firm wrist, short punch.

Mental: Build confidence approaching the net through visualisation and positive affirmations (“I belong at the net”).

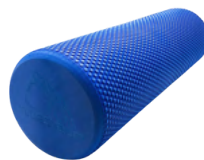
Procedure Goals: Focus on maintaining firm wrist and compact swing on each volley.

Performance Goals: Consistently hit volleys to cone targets placed in the service box.

L8

EQUIPMENT & USAGE:

- **Cones:** Placed in the service box corners as volley targets.
- **Resistance Bands:** For shoulder activations to ensure stable arm positioning during volleys.
- **Foam Roller:** Used for muscle activation during warm-up and recovery post-session.
- **Basket of Balls:** Used when needed.



L8

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Get blood flowing and prepare the body.
- **Resistance Bands (2-3 min):** Perform external rotations and scapular squeezes to activate shoulders.
- **Foam Roller (1-2 min):** Light rolling for calves and quads to activate muscles.
- **Mini-Volleys (1-2 min):** Players exchange gentle volleys at the service line, focusing on correct contact and reinforcing a calm, confident mindset.

ACTIVITY 1 (25-30 MIN): Service Line Volley Drill

Coach feeds balls from the baseline to players positioned at the service line. Focus on a short swing, firm wrist, and targeting the cones. Players visualise a clean contact before each volley.

ACTIVITY 2 (25-30 MIN): Transition to Volley Drill

Players start at the baseline, rally briefly, then move forward to volley towards the cones. Emphasise smooth movement, consistent technique, and affirming confidence when stepping forward (“I belong at the net”).

ACTIVITY 3 (10-15 MIN): Mini-Set at the Net

Players compete in a mini-set from mid-court, aiming to be the first to reach 7 points. Focus on calm, confident net play and maintaining composure during competitive scenarios.

WARM-DOWN (5 MIN):

- Light jog to gradually lower heart rate.
- Foam roll calves and forearms to release tension.
- Static stretches for shoulders, wrists, and legs.

DEBRIEF (2-3 MIN):

Reflect on best practices, including procedure goals (compact swing, firm wrist) and performance goals (hitting cone targets). Discuss how visualisation and affirmations contributed to building confidence. Highlight achieved goals and set new short-term objectives for future sessions to strengthen mental and technical development.

“

You have to believe in the long-term plan, but need short-term goals to motivate and inspire you.

- Roger Federer

”

LESSON 9

SERVE + FIRST BALL FOCUS & MENTAL ANCHORS

L9

OBJECTIVES:

Technical: Focus on executing proper serve technique and achieving a clean first shot motion.

Mental: Introduce and reinforce a keyword anchor (“Focus” or “Calm”) to maintain composure before each serve.

Process Goals: Practise consistent serving mechanics and accurate first ball placement towards a cone target.

Performance Goals: Achieve at least 50% success in placing serves and first shots to the designated target areas.

L9

EQUIPMENT & USAGE:

- **Cones:** Placed in service box and baseline areas to guide serve direction and first shot placement.
- **Agility Ladder:** For footwork drills to improve quick recovery steps after serving.
- **Smartphone/Tablet:** Used for video analysis of serve stance or recovery steps.
- **Basket of Balls:** Used when needed.



L9

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase heart rate and loosen up muscles.
- **Agility Ladder (2-3 min):** Perform quick in-and-out steps to simulate movement after serving.
- **Dynamic Stretches (1-2 min):** Arm circles, trunk twists, and leg swings to prepare for full range of motion.
- **Shadow Serve +1 (1-2 min):** Practise toss and first step forward without hitting a ball to establish rhythm.

ACTIVITY 1 (25-30 MIN): Serve + Target Drill

Players serve, then hit a forehand aimed at a cone target. Before each serve, they silently say the keyword (“Focus”).

ACTIVITY 2 (25-30 MIN): Serve + Rally Drill

Players serve, return, and rally with 3-4 controlled shots. Emphasise quick recovery steps and accurate placement. Players focus on maintaining rhythm throughout.

ACTIVITY 3 (10-15 MIN): Serve +1 Short Games

Players engage in short games starting with a serve and first ball drill to simulate point play, focusing on applying their serve+1 strategy consistently.

WARM-DOWN (5 MIN):

- Light stretches targeting shoulders, legs, and back to cool down and prevent stiffness.

DEBRIEF (2-3 MIN):

Reflect on best practices during the session, including process goals (consistent serving mechanics and recovery) and performance goals (achieving 50% accuracy in serves and first ball placement). Discuss how using a keyword anchor supported composure and focus. Encourage players to set realistic targets for continuing improvement in serve +1 strategy.

“

Imagine knocking negative thoughts out of the park—carry that mental baseball bat with you every day.

- Stewart Whicker

”

LESSON 10

REFINING GROUNDSTROKES & ACKNOWLEDGING IMPROVEMENT

L10

OBJECTIVES:

Technical: Refine stroke mechanics and improve balance during groundstrokes.

Mental: Build confidence by recognising and affirming small improvements (“I’m improving each day”).

Process Goals: Focus on consistent stroke preparation and balanced follow-through.

Performance Goals: Achieve at least 60% accuracy in hitting to deep court cone targets.

L10

EQUIPMENT & USAGE:

- **Cones:** Placed deep in the court to guide shot depth and placement.
- **Agility Ladder:** For lateral and diagonal footwork patterns during warm-up.
- **Medicine Ball:** Used for rotational throws to activate the core and aid stability.
- **Smartphone/Tablet:** For video replay to highlight positive improvements.
- **Basket of Balls:** Used when needed.



L10

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase circulation and loosen up muscles.
- **Agility Ladder (2-3 min):** Perform lateral and diagonal footwork patterns to improve movement balance.
- **Medicine Ball (1-2 min):** Rotational throws to activate the core and prepare for stable stroke mechanics.
- **Short Rally (1-2 min):** Gentle hits focusing on smooth contact and rhythm.

ACTIVITY 1 (25-30 MIN): Crosscourt/Down-the-Line Rally

L10

Players rally focusing on hitting consistent, accurate shots to cone targets placed deep in the court.

ACTIVITY 2 (25-30 MIN): Footwork & Stroke Variations

L10

Introduce specific footwork patterns like inside-out forehands and running around backhands to enhance stroke preparation.

ACTIVITY 3 (10-15 MIN): Controlled Point Play

L10

Players compete in short points, emphasising quality groundstroke technique over power.

WARM-DOWN (5 MIN):

L10

- Static stretches targeting hamstrings, calves, and shoulders to aid recovery.

DEBRIEF (2-3 MIN):

L10

Players share one technical gain from the session and discuss how recognising improvements helps build confidence. Reflect on process goals (balanced preparation and follow-through) and performance goals (hitting 60% of shots to deep targets). Encourage setting realistic short-term goals for further refinement in the next session.

“

You're never really playing an opponent, you're playing yourself.

- Chris Evert

”

LESSON 11

DIRECTIONAL CONTROL & RESPECT

L11

OBJECTIVES:

Technical: Develop directional control with crosscourt and down-the-line shots.

Mental: Cultivate respect—for self, others, and the game—by maintaining composure and calm during practice.

Process Goals: Focus on accurate shot direction towards cone targets while maintaining balanced form.

Performance Goals: Achieve at least 50% accuracy in hitting crosscourt and down-the-line targets during drills.

L11

EQUIPMENT & USAGE:

- **Cones:** Placed along sidelines to define crosscourt and down-the-line targets.
- **Resistance Bands:** For warm-up exercises to activate shoulders and back muscles.
- **Reaction Ball:** Used in warm-up to sharpen hand-eye coordination and quick reactions.
- **Basket of Balls:** Used when needed.



L11

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase blood flow and prepare muscles for activity.
- **Resistance Bands (2-3 min):** Perform band pull-aparts and low rows to stabilise the upper body.
- **Reaction Ball (1-2 min):** Players toss and catch reaction ball in pairs to improve alertness and focus.
- **Short Rally (1-2 min):** Engage in a half-court rally with gentle crosscourt exchanges to practise directional control.

ACTIVITY 1 (25-30 MIN): Crosscourt Rally Drill

L11

Players practise cooperative crosscourt rallies, aiming for cones placed along the sideline. Coaches encourage consistent, balanced strokes.

ACTIVITY 2 (25-30 MIN): Directional Rally Patterns

L11

Alternate between two crosscourt shots and one down-the-line shot, emphasising smooth transitions and accurate placement.

ACTIVITY 3 (10-15 MIN): Directional Point Play

L11

Players compete in short points, earning bonus points for consistently executing intended crosscourt or down-the-line shots.

WARM-DOWN (5 MIN):

L11

- Light jogging followed by static stretches for shoulders and legs to cool down.

DEBRIEF (2-3 MIN):

L11

Reflect on how respect for self and others influenced performance and mindset. Discuss process goals (accurate directional control and balanced strokes) and performance goals (50% accuracy to targets). Encourage players to apply these values and skills in their next practice.

“

True empowerment comes when you value yourself highly enough to forge your own path.

- Stewart Whicker

”

LESSON 12

DEPTH CONTROL & BALL FLIGHT VISUALISATION

L12

OBJECTIVES:

Technical: Improve control of shot depth, aiming deeper into the court.

Mental: Visualise the ball's arc and landing spot before contact to achieve consistent depth.

Process Goals: Focus on creating a high, controlled ball trajectory to land shots deep.

Performance Goals: Achieve at least 50% accuracy in placing shots beyond cone markers during drills.

L12

EQUIPMENT & USAGE:

- **Cones:** Placed just beyond the service line as depth markers.
- **Agility Ladder:** For forward and backward footwork patterns to prepare for adjusting to ball depth.
- **Smartphone/Tablet:** For video replay to highlight racquet path adjustments for better net clearance.
- **Basket of Balls:** Used when needed.



L12

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Around the court to loosen up muscles.
- **Agility Ladder (2-3 min):** Perform forward and backward movements to improve footwork for depth adjustments.
- **Dynamic Stretches (1-2 min):** Leg swings and arm rotations to prepare for full range of motion.
- **Short Rally (1-2 min):** Hit in the service box, focusing on creating higher net clearance.

ACTIVITY 1 (25-30 MIN): Cooperative Depth Rally

L12

Players rally aiming to land balls beyond the cone markers. Encourage visualising the ball's arc before contact.

ACTIVITY 2 (25-30 MIN): Depth Challenge with Targets

L12

Introduce target zones deep in the backcourt. Players aim to “throw” the ball over an imaginary hurdle, using spin and height for depth.

ACTIVITY 3 (10-15 MIN): Depth-Focused Point Play

L12

Players compete in short points, earning bonus points for consistently landing shots deep in the court. Reinforce visualisation techniques throughout.

WARM-DOWN (5 MIN):

L12

- Gentle jog followed by static stretches for hips and shoulders to aid recovery.

DEBRIEF (2-3 MIN):

L12

Discuss how visualising the ball's flight helped achieve depth control and consistent placement. Reflect on process goals (creating controlled trajectories) and performance goals (hitting 50% of shots beyond markers). Encourage players to apply these strategies in future matches.

“

What makes something special is not just what you have to gain, but what you feel there is to lose.

- Andre Agassi

”

LESSON 13

SERVE ACCURACY & CALM PRE-SERVE ROUTINE

L13

OBJECTIVES:

Technical: Increase first-serve accuracy by focusing on toss and contact point.

Mental: Develop a calm pre-serve routine with a consistent sequence: bounce ball, inhale, exhale, and say a positive keyword.

Process Goals: Practise a smooth and consistent serve motion with a controlled toss.

Performance Goals: Achieve at least 50% serve accuracy to designated cone targets during drills.

L13

EQUIPMENT & USAGE:

- **Cones:** Placed in service boxes to define serve targets.
- **Resistance Bands:** For warming up shoulders and stabilising serving muscles.
- **Smartphone/Tablet:** For video analysis of serve toss and motion.
- **Basket of Balls:** Used when needed.



L13

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Get the heart rate up and prepare the body.
- **Resistance Bands (2-3 min):** Perform external rotations and scapular stabilisation exercises.
- **Shadow Serves (1-2 min):** Practise the toss and rhythmic swing without hitting a ball.
- **Dynamic Stretches (1-2 min):** Include arm circles and wrist rotations to loosen up serving muscles.

ACTIVITY 1 (25-30 MIN): Targeted Serve Drill

L13

Players serve towards specific cone targets in the service box. Before each serve, follow the routine: bounce the ball, inhale, exhale, and say “Smooth toss.”

ACTIVITY 2 (25-30 MIN): Serve Accuracy Challenge

L13

Players aim to hit a certain number of serves in a row accurately under mild pressure. Encourage resetting the routine after misses.

ACTIVITY 3 (10-15 MIN): Mini-Service Games

L13

Players compete in mini-games focusing on serve accuracy rather than power, maintaining a calm pre-serve routine each time.

WARM-DOWN (5 MIN):

L13

- Light jogging followed by stretches targeting shoulders and arms to cool down.

DEBRIEF (2-3 MIN):

L13

Discuss how the calm pre-serve routine influenced serve accuracy. Reflect on process goals (consistent toss and smooth motion) and performance goals (50% serve accuracy). Encourage players to apply these routines in future match scenarios.

“

The next point—that’s all you must think about.

- Rod Laver

”

LESSON 14

RETURN PLACEMENT & CONFIDENCE READING THE SERVE

L14

OBJECTIVES:

Technical: Improve return placement by aiming for deep middle or crosscourt targets.

Mental: Build confidence by trusting instincts and committing to the return direction without hesitation.

Process Goals: Focus on balanced stance, early preparation, and purposeful return placement.

Performance Goals: Achieve at least 50% accuracy in returns to designated cone targets during drills.

L14

EQUIPMENT & USAGE:

- **Cones:** Placed in return areas to mark ideal landing zones for returns.
- **Agility Ladder:** For warm-up footwork drills to improve split-step and quick initial movement.
- **Reaction Ball:** Used in warm-up to sharpen reflexes for reading serves.
- **Smartphone/Tablet:** For video feedback on return stance or split-step timing.
- **Basket of Balls:** Used when needed.



L14

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase blood flow and loosen up muscles.
- **Agility Ladder (2-3 min):** Perform quick lateral movements to simulate return preparation.
- **Reaction Ball (1-2 min):** Toss and catch reaction balls to improve reaction speed.
- **Short Rally (1-2 min):** Gentle hitting focusing on recovering to ready position after each shot.

ACTIVITY 1 (25-30 MIN): Simulated Serve Returns

L14

Coach feeds simulated serves while players aim to return balls to cone-marked targets. Players focus on trusting their first instinct for serve direction.

ACTIVITY 2 (25-30 MIN): Paced Serve Return Drill

L14

Increase serve pace and vary directions. Players commit fully to their returns without hesitation. Emphasise purposeful placement and calm recovery.

ACTIVITY 3 (10-15 MIN): Return-Start Short Points

L14

Players compete in short points starting with a serve. Bonus points awarded for accurate and purposeful returns to the intended target zones.

WARM-DOWN (5 MIN):

L14

- Light jog followed by static stretches for calves, hamstrings, and shoulders.

DEBRIEF (2-3 MIN):

L14

Reflect on the session, focusing on process goals (balanced preparation and purposeful placement) and performance goals (return accuracy). Discuss how committing to instincts improved confidence and consistency. Encourage setting achievable targets for continued improvement in match scenarios.

“

*A strong team around you can
beam you up from the toughest
challenges to the highest
achievements.*

- Stewart Whicker

”

LESSON 15

INTRODUCING SPIN SERVES & BUILDING CONFIDENCE

L15

OBJECTIVES:

Technical: Introduce basic spin serves (kick or slice) to expand serve options.

Mental: Foster a positive mindset for learning a new skill (“I’m expanding my game”).

Process Goals: Focus on brushing up or slicing across the ball with a controlled toss and smooth motion.

Performance Goals: Achieve at least 30% success in executing spin serves into the designated service box.

L15

EQUIPMENT & USAGE:

- **Cones:** For serve placement, focusing on varied spin serve spots.
- **Resistance Bands:** Warm-up shoulders and wrists for the spin motion.
- **Smartphone/Tablet:** For video review of toss height or contact point.
- **Basket of Balls:** Used when needed.



L15

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Get blood flowing to prepare for activity.
- **Resistance Bands (2-3 min):** Perform shoulder stabilisation and wrist activation exercises.
- **Shadow Spin Serves (1-2 min):** Practise brushing up or slicing across the ball without hitting.
- **Dynamic Stretches (1-2 min):** Include arm, wrist, and back stretches to prepare for complex motions.

ACTIVITY 1 (25-30 MIN): Introductory Spin Serves

L15

Players perform low-intensity spin serves into the service box, focusing on feel and form rather than power.

ACTIVITY 2 (25-30 MIN): Flat vs. Spin Serve Drill

L15

Players alternate between flat and spin serves to build confidence in serve variation. Focus on maintaining consistent motion despite varied results.

ACTIVITY 3 (10-15 MIN): Serve +1 with Spin Variation

L15

Players perform Serve +1 drills using their new spin serve as a second-serve option. Celebrate incremental progress in technique and execution.

WARM-DOWN (5 MIN):

L15

- Light stretches targeting shoulders, arms, and wrists to relax muscles.

DEBRIEF (2-3 MIN):

L15

Reflect on the development of spin serves, focusing on process goals (controlled toss and smooth motion) and performance goals (30% success in the service box). Encourage players to continue practising and applying this skill in future sessions.

“

Just believe in yourself. Even if you don't, pretend that you do.

- Martina Navratilova

”

LESSON 16

APPROACH-VOLLEY SEQUENCES & MENTAL FORTITUDE

L16

OBJECTIVES:

Technical: Combine approach shots and volleys in sequence.

Mental: Build resilience by staying focused during transitions and avoiding negative reactions to mistakes.

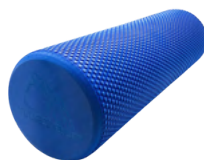
Process Goals: Focus on smooth footwork transitions and clean volley technique.

Performance Goals: Successfully execute at least 40% of approach and volley combinations to designated cone targets.

L16

EQUIPMENT & USAGE:

- **Cones:** Mark spots for approach shot landing and volley targets.
- **Agility Ladder:** For warm-up drills focusing on forward movement and side steps at the net.
- **Foam Roller:** Used pre-session or post-session for muscle activation/recovery.
- **Basket of Balls:** Used when needed.



L16

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase circulation and prepare muscles.
- **Agility Ladder (2-3 min):** Perform forward sprints and lateral steps to prepare for approach-volley transitions.
- **Foam Roller (1-2 min):** Light rolling on calves and quads for improved mobility.
- **Mini-Volleys (1-2 min):** Gentle volleys at the service line to establish control and feel for the ball.

ACTIVITY 1 (25-30 MIN): Approach-Volley Drill

L16

Coach feeds short balls. Players hit an approach shot and move in to volley to cone-marked targets. Focus on resetting after misses without negative reactions.

ACTIVITY 2 (25-30 MIN): Approach + Short Rally Drill

L16

Players engage in a short rally before executing an approach and volley combination. Emphasise staying composed during transitions.

ACTIVITY 3 (10-15 MIN): Mid-Court Point Play

L16

Players compete in mini-matches starting with mid-court feeds. Points are awarded for successful approach and volley combinations to target areas.

WARM-DOWN (5 MIN):

L16

- Light jog followed by stretches targeting legs and shoulders.

DEBRIEF (2-3 MIN):

L16

Reflect on how staying composed during transitions improved consistency and technique. Discuss process goals (smooth transitions and clean volleys) and performance goals (40% success rate). Encourage players to integrate these skills into match play.

“

*Being defiant can build empires
or destroy them—choose to use
your defiance constructively.*

- Stewart Whicker

”

LESSON 17

BASELINE RALLY DEPTH & MENTAL ENDURANCE

L17

OBJECTIVES:

Technical: Maintain rally consistency with focus on depth and shot tolerance.

Mental: Build mental endurance by pushing through fatigue-induced negative thoughts.

Process Goals: Focus on sustaining proper stroke mechanics and depth under extended rallies.

Performance Goals: Achieve at least 50% success in maintaining depth in cooperative rallies.

L17

EQUIPMENT & USAGE:

- **Cones:** Placed deep to encourage longer rallies at a safe depth.
- **Resistance Bands:** Warm-up shoulders/hips for stable stroke production over long periods.
- **Reaction Ball:** In warm-up to keep players alert and reactive.
- **Tablet/Smartphone:** Optional for feedback on posture under fatigue.
- **Basket of Balls:** Used when needed.



L17

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Circulate the court to warm up.
- **Resistance Bands (2-3 min):** Activate shoulders and hips to prepare for sustained play.
- **Reaction Ball (1-2 min):** Toss and catch to sharpen alertness.
- **Short Rally (1-2 min):** Gentle baseline hits focusing on form and rhythm.

ACTIVITY 1 (25-30 MIN): Extended Cooperative Rallies

L17

Players maintain consistent depth in extended rallies. Emphasise smooth mechanics and focus under fatigue.

ACTIVITY 2 (25-30 MIN): Rally Challenge

L17

Players aim for a set number of consecutive shots with controlled depth. Pause to reset after errors and refocus.

ACTIVITY 3 (10-15 MIN): Short Competitive Rallies

L17

Players engage in short competitive rallies focusing on maintaining depth and composure under slight pressure.

WARM-DOWN (5 MIN):

L17

- Easy jog followed by static stretches for legs and shoulders.

DEBRIEF (2-3 MIN):

L17

Discuss how positive mindset and endurance impacted performance during extended rallies. Reflect on process goals (sustaining proper mechanics) and performance goals (50% success in maintaining depth). Encourage players to use these strategies in match settings.

“

Pressure is a privilege.

- Billie Jean King

”

LESSON 18

SERVE-AND-VOLLEY INTRODUCTION & CONSTRUCTIVE SELF-TALK

L18

OBJECTIVES:

Technical: Introduce serve-and-volley play.

Mental: Develop confidence by reinforcing purposeful net movement with a constructive phrase (“I move forward with purpose”).

Process Goals: Focus on smooth transition from serve to net position and controlled volley placement.

Performance Goals: Successfully execute at least 40% of serve-and-volley combinations to designated cone targets.

L18

EQUIPMENT & USAGE:

- **Cones:** In service box for volley targets.
- **Resistance Bands:** Shoulder warm-up to ensure smooth serving motion.
- **Smartphone/Tablet:** For video analysis of serve-and-volley movement if needed.
- **Basket of Balls:** Used when needed.



L18

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase heart rate and circulation.
- **Resistance Bands (2-3 min):** Perform shoulder stability exercises.
- **Shadow Serve + Move Forward (1-2 min):** Simulate serve toss and quick step to net.
- **Dynamic Stretches (1-2 min):** Include arm circles and torso rotations to prepare for full range of motion.

ACTIVITY 1 (25-30 MIN): Serve-to-Volley Drill

L18

Players serve from the baseline, move forward, and volley to cone-marked targets. Reinforce smooth motion from serve to net.

ACTIVITY 2 (25-30 MIN): Serve + Return-to-Volley Drill

L18

Introduce an opponent return. Focus on calm, controlled net transitions and consistent volley.

ACTIVITY 3 (10-15 MIN): Mini Sets with Serve-and-Volley Focus

L18

Players engage in short games starting with a serve-and-volley play at least once per game. Encourage strategic use of volleys and confident net movement.

WARM-DOWN (5 MIN):

L18

- Light stretches targeting calves, shoulders, and arms to relax muscles after high-intensity drills.

DEBRIEF (2-3 MIN):

L18

Discuss how using a constructive phrase supported confident transitions to the net. Reflect on process goals (smooth serve-to-volley transitions) and performance goals (40% success in serve-and-volley combinations). Reinforce the importance of this skill for match scenarios.

“

Your subconscious absorbs countless influences; choose which ones to accept and which to reject.

- Stewart Whicker

”

LESSON 19

RETURN UNDER PRESSURE & QUICK RECOVERY

L19

OBJECTIVES:

Technical: Improve return quality against faster serves by focusing on placement and recovery.

Mental: Develop quick recovery after mistakes—breathe, reset, and focus on the next point.

Process Goals: Maintain balanced stance, execute quick split-step, and focus on accurate placement.

Performance Goals: Successfully achieve 50% or more returns to designated cone-marked targets.

L19

EQUIPMENT & USAGE:

- **Cones:** Mark return targets for consistent placement.
- **Agility Ladder:** Warm-up drills for quick and precise footwork.
- **Reaction Ball:** Sharpen reflexes during warm-up.
- **Basket of Balls:** Used when needed.



WARM-UP (5-10 MIN):

L19

- **Light Jog (1-2 min):** Circulate to warm up muscles.
- **Agility Ladder (2-3 min):** Perform drills emphasising lateral and forward quickness.
- **Reaction Ball (1-2 min):** Practice reaction drills with a partner to enhance readiness.
- **Short Rally (1-2 min):** Focus on maintaining a ready position and smooth returns.

ACTIVITY 1 (25-30 MIN): Faster Serve Practicel

L19

Coach delivers faster serve feeds. Players return toward cone-marked targets. Emphasise early preparation, split-step timing, and accurate placement.

ACTIVITY 2 (25-30 MIN): Quality Return Challenge

L19

Players attempt to return a set number of serves consecutively to the target zones. Encourage quick resets and no negative reactions after errors.

ACTIVITY 3 (10-15 MIN): Pressure Points with Faster Serves

L19

Short point play starting with a faster serve. Focus on maintaining composure and executing purposeful returns under competitive conditions.

WARM-DOWN (5 MIN):

L19

- Light jogging and static stretches focusing on legs, shoulders, and wrists.

DEBRIEF (2-3 MIN):

L19

Discuss how quick mental resets improved performance during faster serves. Reflect on process goals (balanced preparation and recovery) and performance goals (accuracy). Encourage players to build confidence by focusing on their ability to adjust under pressure.

“

A champion is defined not by their wins but by how they can recover when they fall.

- Serena Williams

”

LESSON 20

CONSOLIDATION OF BASICS & POSITIVE REFLECTION

L20

OBJECTIVES:

Technical: Reinforce fundamentals from the first 20 sessions, focusing on all strokes and core techniques.

Mental: Reflect on progress, celebrate improvements, and practice positive self-assessment.

Process Goals: Emphasise smooth execution of basic strokes, consistent footwork, and correct posture across all drills.

Performance Goals: Achieve 70% accuracy in all stroke types during drills and points, and demonstrate improved match play composure.

L20

EQUIPMENT & USAGE:

- **Cones:** Set up for target practice across different strokes.
- **Agility Ladder:** Warm-up footwork revisiting patterns learned earlier.
- **Medicine Ball:** Core activation to promote stability and balance during play.
- **Smartphone/Tablet:** Optional for a "before and after" visual comparison to highlight improvements.
- **Basket of Balls:** Used when needed.



L20

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jog to warm up muscles and increase circulation.
- **Agility Ladder (2-3 min):** Perform a mix of footwork patterns from earlier sessions to refresh quick movement techniques.
- **Medicine Ball (1-2 min):** Practice rotational throws to activate the core for stability.
- **Short Rally (1-2 min):** Gentle baseline exchanges touching on forehand and backhand strokes.

ACTIVITY 1 (25-30 MIN): Mixed Technique Drills

Players engage in a variety of drills combining baseline rallies, serve practice, return practice, and volleys. The focus is on applying previously learned techniques consistently and calmly.

ACTIVITY 2 (25-30 MIN): Short Points Drill

Play short points that showcase improvements in consistency, footwork, and mental resets. Reinforce all strokes and techniques in a competitive yet relaxed environment.

ACTIVITY 3 (10-15 MIN): Friendly Round-Robin Matches

Players participate in mini matches, applying the techniques and mental strategies covered throughout the term. Emphasise the importance of positive self-reflection during and after play.

WARM-DOWN (5 MIN):

- Gentle stretching for all major muscle groups.
- Breathing exercises to relax the body and mind after the session.

DEBRIEF (2-3 MIN):

Each player shares one technical and one mental improvement they've noticed over the term. Highlight how consistent effort and a positive mindset lead to progress. Encourage setting achievable goals for the next phase.

“

Confidence grows when you reject harmful inner voices and replace them with affirming ones.

- Stewart Whicker

”

LESSON 21

MIXING DEPTH/PACE & REINFORCING POSITIVE MINDSET

L21

OBJECTIVES:

Technical: Develop the ability to adjust pace and depth in rallies by mixing deep neutral balls with occasional shorter angled shots.

Mental: Build resilience by maintaining a calm mindset when variations don't succeed, reaffirming the willingness to try again.

Process Goals: Focus on controlled footwork, racquet preparation, and purposeful shot placement for varied depth and pace.

Performance Goals: Achieve 50% accuracy for deep drives and short angled shots during drills and short points.

L21

EQUIPMENT & USAGE:

- **Cones:** Placed in depth zones (beyond the service line, near the baseline) to encourage variation in shot length.
- **Agility Ladder:** Warm-up footwork for quick positioning adjustments to handle varied ball depths.
- **Reaction Ball:** Warm-up tool for sharpening reflexes to manage changes in pace.
- **Smartphone/Tablet:** Optional for video feedback on footwork adjustments and shot mechanics.
- **Basket of Balls:** Used when needed.



L21

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Around the court to elevate heart rate.
- **Agility Ladder (2-3 min):** Drills focusing on forward/backward and lateral movements to mimic quick positional changes.
- **Reaction Ball (1-2 min):** Partner toss-and-catch drills to enhance reaction speed and hand-eye coordination.
- **Short Rally (1-2 min):** Mini-tennis rally with players varying ball trajectory slightly to prepare for depth adjustments.

ACTIVITY 1 (25-30 MIN): Depth Variation Drill

Players rally cooperatively, alternating between deep drives and shorter angled shots to cone-marked targets. Emphasise smooth transitions and consistent depth control.

ACTIVITY 2 (25-30 MIN): Competitive Rally Game

Players earn points for executing accurate deep shots past the cone or well-placed short angles. Encourage composure and tactical adjustments when errors occur.

ACTIVITY 3 (10-15 MIN): Short Points with Depth/Pace Focus

Players engage in short points with an emphasis on mixing depth and pace to challenge their opponent. Focus on maintaining balance and quick recovery between shots.

WARM-DOWN (5 MIN):

- Gentle jog to reduce heart rate.
- Static stretches targeting shoulders, legs, and hips to promote flexibility and recovery.

DEBRIEF (2-3 MIN):

Ask players how staying positive and calm helped them manage complex depth and pace variations. Reflect on process goals (controlled transitions and shot selection) and performance goals (accuracy in deep and angled shots). Highlight the importance of persistence and tactical flexibility in match scenarios.

“

In sports, you're only as good as what you are going to do next. The question is: what will you do to make it count?

- Stewart Whicker

”

LESSON 22

IMPROVED SERVE PLACEMENT & FOCUSED ROUTINE

L22

OBJECTIVES:

Technical: Improve serve accuracy by targeting wide, body, and T spots with intention.

Mental: Develop and refine a consistent pre-serve routine (e.g., ball bounces, controlled breathing, and a positive keyword).

Process Goals: Execute smooth, consistent pre-serve routines and focus on accurate placement to specified targets.

Performance Goals: Successfully hit at least 50% of serves to the designated wide, body, and T locations.

L22

EQUIPMENT & USAGE:

- **Cones:** Placed in the service boxes at wide, body, and T spots for visual targeting.
- **Resistance Bands:** Used in warm-up to prepare shoulders and stabilise motion.
- **Smartphone/Tablet:** Optional for video feedback on serve toss alignment and body positioning.
- **Basket of Balls:** Used when needed.



L22

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** To increase circulation and loosen up muscles.
- **Resistance Bands (2-3 min):** Shoulder rotations and scapular stabilisation exercises.
- **Shadow Serves (1-2 min):** Practise tosses to different locations (wide, body, T) without hitting the ball.
- **Dynamic Stretches (1-2 min):** Include arm swings and wrist rotations to prepare for serving action.

ACTIVITY 1 (25-30 MIN): Targeted Serve Practice

Players aim serves at cones placed at wide, body, and T spots. Each serve starts with a pre-serve routine (e.g., bounce twice, inhale, exhale, say keyword like “Smooth” or “Focus”).

ACTIVITY 2 (25-30 MIN): Serve Sequence Drill

Players serve in a sequence (wide, body, T) and aim for accuracy. Introduce mild pressure by requiring successful completion of the sequence. If a serve misses the target, players reset mentally and continue.

ACTIVITY 3 (10-15 MIN): Mini Matches with Serve Variation

Players engage in short matches, starting with serves. They must vary placement (wide, body, T) on each point. Points are awarded for accuracy and successful execution of placement under match-like conditions.

WARM-DOWN (5 MIN):

- Gentle stretches focusing on shoulders, arms, and wrists.

DEBRIEF (2-3 MIN):

Discuss how the refined pre-serve routine influenced serve accuracy and consistency under mild pressure. Reflect on the importance of routine for maintaining focus and composure. Highlight process goals (smooth, purposeful preparation) and performance goals (serve placement success).

“

*Mental strength is as important
as physical ability.*

- Novak Djokovic

”

LESSON 23

PURPOSEFUL RETURNING & RECOVERING FROM BAD STREAKS

L23

OBJECTIVES:

Technical: Improve return quality by executing purposeful returns such as deep neutralising shots, angled returns, or pace-neutralising placements.

Mental: Develop the ability to reset quickly after a series of mistakes using a short mental routine (e.g., breath + positive phrase).

Process Goals: Focus on maintaining balanced positioning, controlled racquet preparation, and intentional return placements.

Performance Goals: Achieve 50% accuracy in purposeful returns to cone-marked zones and demonstrate the ability to recover quickly after errors.

L23

EQUIPMENT & USAGE:

- **Cones:** Placed in key return zones (deep middle, crosscourt) for target practice.
- **Agility Ladder:** Used in warm-up for lateral quickness and precise positioning.
- **Reaction Ball:** Used pre-rally to sharpen reflexes and improve reaction speed.
- **Smartphone/Tablet:** Optional for video feedback on return stance and footwork.
- **Basket of Balls:** Used when needed.



L23

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to increase blood flow.
- **Agility Ladder (2-3 min):** Perform lateral and quick-step drills to mimic return movements.
- **Reaction Ball (1-2 min):** Toss and catch drills with a partner to enhance alertness and reflexes.
- **Short Rally (1-2 min):** Gentle half-court exchanges with a focus on ready position and footwork after each shot.

ACTIVITY 1 (25-30 MIN): Purposeful Return Drill

Coach delivers serves, and players return with specific intent (e.g., deep middle or crosscourt to cones). Focus on staying composed after errors and recalibrating for the next return.

ACTIVITY 2 (25-30 MIN): Paced Serve Returns

Coach increases serve pace, challenging players to maintain their return focus. If multiple errors occur consecutively, players pause, take a deep breath, and use a positive affirmation (“Next one’s mine”) to reset.

ACTIVITY 3 (10-15 MIN): Mini Matches with Serve/Return Emphasis

Players engage in short matches starting with purposeful returns. Scoring rewards effective return placement and mental resilience after errors.

WARM-DOWN (5 MIN):

- Gentle jog followed by static stretches for hamstrings, calves, and shoulders.

DEBRIEF (2-3 MIN):

Discuss how purposeful returns improved overall performance and how mental resets helped recover from bad streaks. Highlight process goals (balanced positioning and preparation) and performance goals (target accuracy and quick recovery). Emphasise the importance of staying composed under pressure.

“

I wanted to be known for playing fairly, fighting hard, and giving it my all.

- Pat Rafter

”

LESSON 24

DEFENSIVE SKILLS & POSITIVE FRAMING OF DEFENCE

L24

OBJECTIVES:

Technical: Practice high, deep defensive shots such as lobs or looped balls to reset and regain control of the rally.

Mental: Reframe defence as a strategic choice rather than a weakness. Use affirmations like “Defence gives me time to recover.”

Process Goals: Focus on maintaining balance, controlled racquet preparation, and high trajectories for defensive shots.

Performance Goals: Achieve 50% success in hitting deep defensive shots beyond cone-marked areas.

L24

EQUIPMENT & USAGE:

- **Cones:** Placed deep to guide players in aiming for high, safe trajectories.
- **Resistance Bands:** Used in warm-up to prepare shoulders and upper back for lifting motions.
- **Tablet/Smartphone:** Optional for video feedback on posture and swing adjustments for defensive shots.
- **Basket of Balls:** Used when needed.



L24

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to warm up muscles.
- **Resistance Bands (2-3 min):** Perform shoulder stabilisation exercises to prepare for high, lifting swings.
- **Dynamic Stretches (1-2 min):** Include torso twists and leg swings for flexibility.
- **Mini Rally (1-2 min):** Exchange slow, high mini-tennis shots to practise the upward lifting motion.

ACTIVITY 1 (25-30 MIN): Defensive Shot Drill

Players work in pairs, with one feeding challenging balls and the other responding with high, deep defensive shots aimed over cone-marked targets. Emphasise smooth upward swings and composure after each shot.

ACTIVITY 2 (25-30 MIN): Defensive Reset Game

Players compete in a point-based drill where they earn points for successfully executing deep defensive shots that land past the cones. Reinforce the idea that defence is a valuable strategic tool.

ACTIVITY 3 (10-15 MIN): Short Sets with Defensive Focus

Players engage in short sets, focusing on employing defensive lobs or looped shots when under pressure. Scoring rewards effective resets and calm execution.

WARM-DOWN (5 MIN):

- Gentle jog followed by static stretches targeting shoulders, legs, and hips.

DEBRIEF (2-3 MIN):

Discuss how framing defence as a strategy impacted mental composure and effectiveness during the session. Reflect on process goals (balance, high trajectories) and performance goals (success in defensive shots). Encourage players to integrate this mindset into match play.

“

Start where you are. Use what you have. Do what you can.

- Arthur Ashe

”

LESSON 25

TRANSITIONING THROUGH PHASES (DEFENCE-NEUTRAL-OFFENCE) & CONSTRUCTIVE DEFIANCE

L25

OBJECTIVES:

Technical: Develop the ability to recognise and execute transitions between defensive shots, neutral rally balls, and offensive plays.

Mental: Channel frustration into constructive defiance by focusing on improving footwork or timing instead of negative reactions.

Process Goals: Maintain smooth transitions between phases with controlled movements and deliberate shot selection.

Performance Goals: Successfully execute at least 50% of transitions (defensive to neutral to offensive) with the correct tactical response.

L25

EQUIPMENT & USAGE:

- **Cones:** Mark zones for defensive, neutral, and offensive positions on the court.
- **Agility Ladder:** Used in warm-up to simulate directional changes and quick transitions.
- **Resistance Bands:** Warm-up hips and core for explosive lateral and forward movements.
- **Reaction Ball:** Used in warm-up for sharpening reflexes during sudden transitions.
- **Basket of Balls:** Used when needed.



L25

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to increase circulation.
- **Agility Ladder (2-3 min):** Perform backward, sideways, and forward movement drills to simulate transitions.
- **Resistance Bands (1-2 min):** Hip abductions and sidesteps to prepare for stability during quick changes.
- **Reaction Ball (1-2 min):** Toss and catch drills to enhance reflexes and alertness.

ACTIVITY 1 (25-30 MIN): Transition Drill

The coach feeds a sequence of shots, requiring players to respond with a high defensive ball, then a neutral rally shot, and finally an attacking shot on a short ball. Emphasise calm adaptability and smooth transitions between phases.

ACTIVITY 2 (25-30 MIN): Tactical Response Game

Players earn points for correctly responding to feeds based on court positioning (defensive, neutral, or offensive). Reinforce constructive defiance by focusing on adjustments like better footwork or positioning after missed opportunities

ACTIVITY 3 (10-15 MIN): Tactical Response Game

Players engage in mini matches, aiming to move smoothly through defensive, neutral, and offensive phases during play. Points are awarded for effective transitions and tactical decision-making.

WARM-DOWN (5 MIN):

- Light jogging followed by stretches focusing on hips, shoulders, and legs.

DEBRIEF (2-3 MIN):

Discuss how constructive defiance improved responses to challenging feeds and transitions. Reflect on process goals (smooth phase shifts and tactical positioning) and performance goals (success rate of transitions). Highlight the importance of adapting under pressure in real match scenarios.

“

True empowerment comes when you value yourself highly enough to forge your own path.

- Stewart Whicker

”

LESSON 26

SERVE VARIETY & COMPOSURE UNDER PRESSURE

L26

OBJECTIVES:

Technical: Refine serve variety by mastering flat, spin, and slice serves, and learn to choose the appropriate serve type for different scenarios.

Mental: Maintain composure under pressure by resetting calmly if a serve choice fails.

Process Goals: Focus on consistent toss placement, smooth racquet motion, and deliberate targeting for each serve type.

Performance Goals: Successfully execute at least 50% of each serve type to the designated targets under practice and match scenarios.

L26

EQUIPMENT & USAGE:

- **Cones:** Mark targets for flat, slice, and kick serves.
- **Resistance Bands:** Used in warm-up for shoulder stability and mobilisation.
- **Tablet/Smartphone:** Optional for reviewing toss alignment and serve motion for each type.
- **Basket of Balls:** Used when needed.



L26

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to elevate heart rate.
- **Resistance Bands (2-3 min):** Perform shoulder mobilisation and stabilisation exercises.
- **Shadow Serves (1-2 min):** Practise toss and swing paths for flat, slice, and kick serves without hitting a ball.
- **Dynamic Stretches (1-2 min):** Include arm circles and trunk twists to improve flexibility and serving motion.

ACTIVITY 1 (25-30 MIN): Targeted Serve Practice

Players practise serving flat (wide), slice (out wide or body), and kick (down the T) serves to cone-marked targets. Emphasise a calm pre-serve routine before every serve to ensure consistency and focus.

ACTIVITY 2 (25-30 MIN): Pressure Serve Scenarios

Players simulate match situations requiring specific serves (e.g., slice out wide to save a game point). If a serve misses the target, players pause, take a deep breath, and reset calmly before trying again.

ACTIVITY 3 (10-15 MIN): Mini Matches with Serve Variety

Players engage in short matches, incorporating a variety of serves into their strategy. Points are awarded for successful placement and effective tactical use of serve types.

WARM-DOWN (5 MIN):

- Gentle stretches focusing on shoulders, arms, and back.

DEBRIEF (2-3 MIN):

Discuss how maintaining composure helped players choose and execute serves under mild pressure. Reflect on process goals (consistent toss and motion) and performance goals (target accuracy). Encourage players to incorporate serve variety into their regular match strategies.

“

You always want to win. That is why you play tennis, because you love the sport and try to be the best you can at it.

- Roger Federer

”

LESSON 27

TARGETED RETURNS & QUICK ADAPTATION

L27

OBJECTIVES:

Technical: Improve serve returns by targeting specific zones, such as the opponent's weaker side (e.g., backhand corner).

Mental: Develop confidence to adapt quickly if the initial target fails, without self-criticism.

Process Goals: Maintain balanced positioning, early preparation, and deliberate shot placement.

Performance Goals: Achieve 50% accuracy in returns to designated zones and demonstrate effective tactical adjustments.

L27

EQUIPMENT & USAGE:

- **Cones:** Placed on the return side to define target zones for returns.
- **Agility Ladder:** Warm-up tool for lateral movement and quick positioning into the return stance.
- **Reaction Ball:** Used pre-hit to sharpen reflexes for reading serve direction.
- **Tablet/Smartphone:** Optional for reviewing return stance and split-step timing.
- **Basket of Balls:** Used when needed.



L27

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Warm up muscles and increase circulation.
- **Agility Ladder (2-3 min):** Perform lateral step drills focusing on quick movement into the return stance.
- **Reaction Ball (1-2 min):** Toss and catch with a partner to improve reflexes and alertness.
- **Short Rally (1-2 min):** Gentle baseline hits focusing on returning to ready position after each shot.

ACTIVITY 1 (25-30 MIN): Targeted Return Practice

Players practise returning serves to cone-marked zones, focusing on targeting the opponent's weaker side. Emphasise calm, confident adjustments if the initial target is missed.

ACTIVITY 2 (25-30 MIN): Competitive Returns with Tactical Shifts

Players call their intended return target (e.g., backhand corner) before the serve. If the return doesn't succeed as planned, they quickly pivot to a secondary target on the next attempt without negative self-talk.

ACTIVITY 3 (10-15 MIN): Mini Matches with Tactical Adaptations

Players engage in short matches, focusing on using targeted returns and adapting their strategy during play. Points are awarded for successful execution of targeted returns and quick adjustments.

WARM-DOWN (5 MIN):

- Gentle jog followed by static stretches for legs, shoulders, and arms.

DEBRIEF (2-3 MIN):

Discuss how quick mental adjustments improved performance when the initial plan didn't work. Reflect on process goals (early preparation and deliberate targeting) and performance goals (accuracy and adaptability). Encourage players to remain calm and flexible in high-pressure match scenarios.

“

*The important thing is to learn
a lesson every time you lose.*

- John McEnroe

”

LESSON 28

APPROACH VARIATIONS & POSITIVE REINFORCEMENT

L28

OBJECTIVES:

Technical: Introduce and practice slice and topspin approaches, learning when to use each for optimal results in match play.

Mental: Encourage positive reinforcement after each attempt, focusing on effort and progress rather than perfection.

Process Goals: Execute controlled forward movement, balanced stroke preparation, and deliberate shot selection for slice or topspin approaches.

Performance Goals: Successfully execute at least 50% of approach shots (slice or topspin) into the designated target zones during drills.

L28

EQUIPMENT & USAGE:

- **Cones:** Mark zones for targeting approach shots.
- **Agility Ladder:** Warm-up tool for improving forward and lateral footwork essential for approaches.
- **Medicine Ball:** Used in warm-up to engage the core and promote stability during forward movement.
- **Basket of Balls:** Used when needed.



L28

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to increase circulation.
- **Agility Ladder (2-3 min):** Perform forward and lateral drills to prepare for quick approach steps.
- **Medicine Ball (1-2 min):** Practise rotational throws to activate the core and improve balance.
- **Short Rally (1-2 min):** Gentle baseline exchanges with a focus on timing footwork for eventual forward movement.

ACTIVITY 1 (25-30 MIN): Slice and Topspin Approach Drill

The coach feeds short balls, and players decide whether to execute a slice or topspin approach. Emphasise the shot selection based on ball height and spin requirements. Encourage players to reinforce their effort with positive self-talk after each attempt.

ACTIVITY 2 (25-30 MIN): Approach and Volley Combination

Players practise combining their approach shot (slice or topspin) with a volley finish into cone-marked target zones. Focus on maintaining composure and self-praise even if the combination isn't executed perfectly.

ACTIVITY 3 (10-15 MIN): Short Points with Approach Variations

Players start with neutral rallies. When a short ball arises, they choose an approach method, execute it, and aim to finish the point. Encourage positive reinforcement regardless of outcome to build confidence and adaptability.

WARM-DOWN (5 MIN):

- Gentle jog followed by static stretches targeting hips, shoulders, and legs.

DEBRIEF (2-3 MIN):

Discuss how positive self-reinforcement encouraged experimentation and improved confidence during approach shots. Reflect on process goals (smooth transitions and controlled execution) and performance goals (accuracy and successful finishes). Highlight how adopting a positive mindset supports long-term progress.

“

I love the winning, I can take the losing, but most of all, I love to play.

- Boris Becker

”

LESSON 29

VOLLEY CONSISTENCY & HANDLING NET PRESSURE

L29

OBJECTIVES:

Technical: Develop consistent and controlled volleys, maintaining short and stable swings under mild pressure.

Mental: Practice staying calm under pressure with a simple affirmation, such as “I hold steady at the net.”

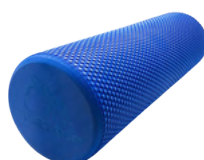
Process Goals: Focus on racquet stability, compact swings, and accurate placement.

Performance Goals: Successfully achieve at least 50% accuracy in hitting volleys to designated target zones during drills and matches.

L29

EQUIPMENT & USAGE:

- **Cones:** Placed in the corners of the service box to define target zones for volleys.
- **Resistance Bands:** Used in warm-up to stabilise shoulders and arms for controlled volley movements.
- **Foam Roller:** Optional for loosening calves and quads before the session.
- **Basket of Balls:** Used when needed.



L29

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to increase circulation.
- **Resistance Bands (2-3 min):** Perform shoulder stabilisation exercises to prepare for net play.
- **Foam Roller (1-2 min):** Light rolling on calves and quads to enhance mobility.
- **Mini-Volleys (1-2 min):** Exchange gentle volleys near the service line to establish control and feel.

ACTIVITY 1 (25-30 MIN): Cooperative Volley Drill

Players work in pairs, exchanging volleys aimed at cone-marked targets. Emphasise short, controlled swings and consistent ball contact. After errors, encourage players to reset calmly with the affirmation “steady.”

ACTIVITY 2 (25-30 MIN): Scoring Volley Drill

Introduce scoring by counting consecutive successful volleys within the designated target zones. Players are encouraged to remain composed and use a calming breath when facing pressure to maintain focus.

ACTIVITY 3 (10-15 MIN): Mini Matches with Volley Focus

Players compete in short matches starting with mid-court feeds. Focus on volley consistency and composure under mild competitive conditions. Points are awarded for controlled volleys and accuracy.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches for shoulders, forearms, and wrists.

DEBRIEF (2-3 MIN):

Discuss how using affirmations and calming techniques improved composure and consistency during volleys. Reflect on process goals (stability and compact swings) and performance goals (accuracy under pressure). Highlight how maintaining a calm mindset benefits overall net play.

“

The difference of great players is at a certain point in a match they raise their level of play and maintain it.

- Pete Sampras

”

LESSON 30

POINT CONSTRUCTION (SERVE + FOREHAND) & STRATEGIC FOCUS

L30

OBJECTIVES:

Technical: Refine serve + forehand combinations to dictate points effectively and build control during rallies.

Mental: Focus on executing planned strategies instead of fixating on outcomes. If the plan doesn't succeed, adjust calmly without frustration.

Process Goals: Maintain smooth transitions from serve to forehand and deliberate shot placement.

Performance Goals: Successfully execute 50% of planned serve + forehand patterns to designated target zones.

L30

EQUIPMENT & USAGE:

- **Cones:** Mark target zones for serve + forehand patterns (e.g., serve wide, forehand to open court).
- **Agility Ladder:** Warm-up tool to enhance quick recovery steps after serving.
- **Medicine Ball:** Core rotational exercises in the warm-up to promote stability and forehand power.
- **Basket of Balls:** Used when needed.



L30

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Warm up muscles and increase circulation.
- **Agility Ladder (2-3 min):** Perform drills simulating serve recovery and quick movement to the forehand side.
- **Medicine Ball (1-2 min):** Practise rotational throws to activate core stability and strength.
- **Shadow Serve+Forehand (1-2 min):** Visualise and simulate serve + forehand patterns without hitting a ball.

ACTIVITY 1 (25-30 MIN): Serve + Forehand Target Drill

L30

Players serve wide and then hit a forehand to a cone-marked target in the open court. Before each attempt, players state their strategy (e.g., “Serve wide, forehand down the line”). If they miss, they calmly refine the next attempt without frustration.

ACTIVITY 2 (25-30 MIN): Pattern Variation Drill

L30

Players practise different serve + forehand patterns, such as serving T and hitting a crosscourt forehand. The focus remains on applying the strategy and adapting calmly if the execution isn't perfect.

ACTIVITY 3 (10-15 MIN): Mini Matches with Serve + Forehand Patterns

L30

Players engage in short practice sets, utilising their serve + forehand combinations as primary strategies under mild scoring conditions. Emphasise composure and tactical adjustments during point play.

WARM-DOWN (5 MIN):

L30

- Gentle stretches focusing on shoulders, arms, and legs. Include shoulder rotations to release any tension.

DEBRIEF (2-3 MIN):

L30

Discuss how focusing on strategy over immediate results improved mental calmness and execution. Reflect on process goals (smooth serve-to-forehand transitions) and performance goals (success rate of targeted patterns). Reinforce the importance of tactical planning in match scenarios.

“

The best players don't just win matches, they solve problems.

- John Newcombe

”

LESSON 31

ADJUSTING TACTICS MID-RALLY & QUICK MENTAL SHIFTS

L31

OBJECTIVES:

Technical: Practice altering tactics mid-rally, such as switching from deep control shots to short angles or vice versa.

Mental: Develop the ability to implement a quick mental switch when the initial tactic fails, avoiding self-blame or frustration.

Process Goals: Focus on maintaining readiness, smooth footwork transitions, and deliberate shot adjustments.

Performance Goals: Successfully adapt mid-rally at least 50% of the time during drills and match scenarios.

L31

EQUIPMENT & USAGE:

- **Cones:** Mark targets for different rally patterns (deep corners and short angles).
- **Agility Ladder:** Used in warm-up to simulate rapid directional changes required for tactical adjustments.
- **Reaction Ball:** Enhance reflexes and alertness for handling sudden changes.
- **Tablet/Smartphone:** Optional for reviewing footwork and tactical adjustments visually.
- **Basket of Balls:** Used when needed.



L31

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to warm up muscles and increase circulation.
- **Agility Ladder (2-3 min):** Perform lateral and diagonal drills to simulate quick direction changes.
- **Reaction Ball (1-2 min):** Toss and catch with a partner to sharpen reflexes and adaptability.
- **Short Rally (1-2 min):** Gentle baseline exchanges with an emphasis on readiness to change shot direction.

ACTIVITY 1 (25-30 MIN): Tactical Change Drill

Players engage in cooperative rallies while the coach randomly calls “Change!” requiring them to switch from deep control shots to short angles or vice versa. Emphasise calm, deliberate transitions without hesitation or complaint.

ACTIVITY 2 (25-30 MIN): Competitive Tactical Adaptation Drill

Players score points by successfully adapting their shots as instructed mid-rally (e.g., switching to a deep shot or a short angle). Reinforce quick, positive resets after unsuccessful attempts to maintain focus.

ACTIVITY 3 (10-15 MIN): Mini Matches with Tactical Focus

Players compete in short matches, incorporating mid-rally tactical adjustments based on the flow of play. Points are awarded for adaptability and successful execution of tactical changes.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches focusing on legs, hips, and shoulders.

DEBRIEF (2-3 MIN):

Discuss how quick mental switches improved adaptability during sudden tactical changes. Reflect on process goals (smooth transitions and shot readiness) and performance goals (success rate of mid-rally adjustments). Emphasise the importance of mental flexibility in dynamic match scenarios.

“

Success is not just about winning, it's about overcoming obstacles and pushing yourself to the limit.

- Victoria Azarenka

”

LESSON 32

SECOND SERVE CONFIDENCE & POSITIVE RESPONSE AFTER FAULTS

L32

OBJECTIVES:

Technical: Enhance the reliability of second serves by focusing on spin serves and consistent toss placement.

Mental: Respond to double faults with composure, using positive reinforcement such as “I adjust and improve” to build confidence.

Process Goals: Maintain smooth toss placement, upward brushing motion for spin, and deliberate targeting.

Performance Goals: Successfully land 60% of second serves within the target zones during practice and match scenarios.

L32

EQUIPMENT & USAGE:

- **Cones:** Placed in the service box to define second serve targets.
- **Resistance Bands:** Used in warm-up to stabilise shoulders and ensure smooth serving motion.
- **Tablet/Smartphone:** Optional for video feedback on toss height and spin motion mechanics.
- **Basket of Balls:** Used when needed.



L32

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to elevate heart rate.
- **Resistance Bands (2-3 min):** Perform shoulder mobility exercises to prepare for serving.
- **Shadow Spin Serves (1-2 min):** Practise upward brushing motion to refine spin mechanics without hitting the ball.
- **Dynamic Stretches (1-2 min):** Include arm swings and wrist rotations to loosen up for serving.

ACTIVITY 1 (25-30 MIN): Second Serve Target Practice

Players focus solely on second serves, aiming for cone-marked targets within the service box. After a double fault, pause, take a deep breath, and reinforce with the phrase, “I adjust and improve.”

ACTIVITY 2 (25-30 MIN): Second Serve Scoring Drill

Players earn points for landing three consecutive second serves in the target zones. If they fail, they calmly reset and continue without frustration. The focus is on consistent execution and maintaining composure under mild pressure.

ACTIVITY 3 (10-15 MIN): Serve-Only Mini Matches

Players compete in mini matches focusing on second serves. Points start only when a second serve is in play, emphasising dependable execution under slight competitive pressure.

WARM-DOWN (5 MIN):

- Light stretches targeting shoulders, arms, and wrists to relax serving muscles.

DEBRIEF (2-3 MIN):

Discuss how positive responses to double faults helped improve confidence and focus during second serves. Reflect on process goals (smooth motion and accurate targeting) and performance goals (second serve success rate). Encourage players to embrace this mindset in match play for long-term consistency.

“

You always have to be on your toes; you always have to be ready for anything.

- Lleyton Hewitt

”

LESSON 33

ANTICIPATION SKILLS & ENHANCED VISUALISATION

L33

OBJECTIVES:

Technical: Enhance the ability to anticipate an opponent's next shot by reading visual cues such as footwork and racquet positioning.

Mental: Develop confidence through positive visualisation of the likely shot before it occurs and maintain composure when the guess is incorrect.

Process Goals: Focus on observing opponent cues, moving early, and staying balanced during anticipation.

Performance Goals: Successfully anticipate and move to the correct position at least 50% of the time during drills and match scenarios.

L33

EQUIPMENT & USAGE:

- **Cones:** Placed as positioning markers for anticipating opponent shot patterns.
- **Agility Ladder:** Warm-up tool for improving first-step quickness and lateral movement.
- **Reaction Ball:** Used to sharpen reflexes and enhance timing for split-step and anticipation.
- **Basket of Balls:** Used when needed.



L33

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jog to warm up muscles and increase circulation.
- **Agility Ladder (2-3 min):** Perform lateral step drills focusing on quick directional changes.
- **Reaction Ball (1-2 min):** Partner toss-and-catch drills to improve reaction time and readiness.
- **Short Rally (1-2 min):** Gentle baseline hits with a focus on observing opponent cues and predicting shot direction.

ACTIVITY 1 (25-30 MIN): Visualization and Early Movement Drill

Players engage in cooperative rallies, mentally visualising the opponent's shot direction based on cues before the ball is hit. Emphasise early movement and maintaining balance. If predictions are incorrect, players calmly adjust for the next attempt.

ACTIVITY 2 (25-30 MIN): Anticipation Reward Drill

Players compete in a point-based drill where they earn points for correctly anticipating and positioning themselves for the opponent's shot. Encourage positive visualisation before each point and calm recovery after errors.

ACTIVITY 3 (10-15 MIN): Mini Matches with Focus on Anticipation

Players compete in short matches, applying their anticipation skills to real match scenarios. Points are awarded for effective positioning and correct anticipation based on visual cues.

WARM-DOWN (5 MIN):

- Gentle stretches for shoulders, legs, and back to relax after dynamic movement.

DEBRIEF (2-3 MIN):

Discuss how visualisation and a positive mindset contributed to improved anticipation during the session. Reflect on process goals (reading cues and balanced movement) and performance goals (successful positioning). Highlight how these skills can give players a strategic edge in matches.

“

You have to go into every match believing you can beat all the players.

- Andy Murray

”

LESSON 34

USING ANGLES & CONSTRUCTIVE SELF-TALK FOR RISKY SHOTS

L34

OBJECTIVES:

Technical: Develop angled shots using crosscourt patterns and short angles to open up the court.

Mental: Cultivate a constructive mindset when risky shots miss, reinforcing a learning perspective with phrases like, “That was close, I can adjust my aim.”

Process Goals: Focus on controlled racquet preparation, deliberate foot positioning, and smooth follow-through for creating angles.

Performance Goals: Successfully execute at least 50% of angled shots to designated target zones during drills and match play.

L34

EQUIPMENT & USAGE:

- **Cones:** Placed wide to guide players toward angled shot placement.
- **Agility Ladder:** Used in warm-up to enhance side-to-side movement and balance for creating sharp angles.
- **Resistance Bands:** Warm-up tool for stabilising shoulders and promoting controlled racquet head speed.
- **Basket of Balls:** Used when needed.



L34

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to warm up muscles and improve circulation.
- **Agility Ladder (2-3 min):** Perform lateral step drills to simulate corner-to-corner movements needed for angle shots.
- **Resistance Bands (1-2 min):** Shoulder stabilisation exercises to prepare for precise shot execution.
- **Short Rally (1-2 min):** Gentle crosscourt rallies within the service box to focus on finding angles and smooth swing paths.

ACTIVITY 1 (25-30 MIN): Crosscourt Angle Drill

Players work cooperatively to execute crosscourt angled shots aimed at cone-marked targets. Emphasise precision and control. Encourage constructive self-talk, such as “Adjust aim,” after misses to reinforce a positive approach.

ACTIVITY 2 (25-30 MIN): Angle Execution Points Drill

Players compete in point-based drills where bonuses are awarded for successful angled winners. When shots miss, players are encouraged to see these as opportunities for feedback rather than failure.

ACTIVITY 3 (10-15 MIN): Mini Matches with Angle Focus

Players engage in short matches, integrating angled shots as a strategic tool. Points are rewarded for effective use of angles to gain tactical advantages.

WARM-DOWN (5 MIN):

- Gentle jog followed by static stretches focusing on forearms, shoulders, and hips.

DEBRIEF (2-3 MIN):

Discuss how viewing missed shots as opportunities for adjustment helped maintain confidence and improve execution. Reflect on process goals (racquet preparation and balance) and performance goals (target accuracy). Highlight the strategic benefits of mastering angled shots in match play.

“

Respect for yourself and for those who provide your opportunities is the cornerstone of lasting success.

- Stewart Whicker

”

LESSON 35

HITTING ON THE RISE & MENTAL SHARPNESS

L35

OBJECTIVES:

Technical: Practice taking the ball early by hitting on the rise to reduce the opponent's reaction time and control court positioning.

Mental: Stay mentally sharp and composed; respond to timing errors with calm adjustments instead of negativity.

Process Goals: Focus on maintaining balance, consistent footwork, and precise contact points near the baseline.

Performance Goals: Achieve a 50% success rate in striking the ball on the rise during cooperative and competitive drills.

L35

EQUIPMENT & USAGE:

- **Cones:** Placed near the baseline to mark ideal contact zones for hitting on the rise.
- **Agility Ladder:** Warm-up tool to improve forward movement and explosive steps into the court.
- **Reaction Ball:** Used in warm-up to sharpen reflexes and prepare for quick timing adjustments.
- **Basket of Balls:** Used when needed.



L35

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to elevate heart rate and loosen up muscles.
- **Agility Ladder (2-3 min):** Perform forward step drills to simulate moving into the ball.
- **Reaction Ball (1-2 min):** Partner toss-and-catch drills to enhance reflexes and prepare for early ball contact.
- **Short Rally (1-2 min):** Exchange gentle baseline shots while standing slightly inside the baseline to get used to earlier contact.

ACTIVITY 1 (25-30 MIN): Cooperative On-the-Rise Drill

Players rally cooperatively, standing closer to the baseline and focusing on hitting the ball on the rise. If timing is off, players calmly say, “Adjust timing,” and try again. Emphasise controlled footwork and smooth swings.

ACTIVITY 2 (25-30 MIN): Sustained Rally Challenge

Players compete to see who can sustain the longest rally while consistently hitting on the rise. Encourage players to remain composed if timing errors occur and to make gradual adjustments.

ACTIVITY 3 (10-15 MIN): Mini Matches with Early Striking Focus

Players engage in short matches, prioritising early ball strikes during rallies. Points are rewarded for effective use of hitting on the rise to control play.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches for calves, shoulders, and forearms.

DEBRIEF (2-3 MIN):

Discuss how maintaining composure and calmly adjusting timing improved performance during the session. Reflect on process goals (balance and footwork) and performance goals (consistency in early ball strikes). Highlight the strategic advantage of hitting on the rise in matches.

“

*My game is a lot about
footwork. If I move well, I play
well.*

- Roger Federer

”

LESSON 36

ADJUSTING STRATEGIES MID-MATCH & POSITIVE PROBLEM-SOLVING

L36

OBJECTIVES:

Technical/Tactical: Develop the ability to switch tactics mid-game effectively, such as transitioning from baseline rallying to serve-and-volley play, or changing shot selection based on match conditions.

Mental: Approach adjustments as opportunities for problem-solving rather than sources of panic or frustration.

Process Goals: Focus on maintaining readiness, smooth transitions between strategies, and deliberate shot execution.

Performance Goals: Successfully adapt tactics mid-game at least 50% of the time during drills and match scenarios.

L36

EQUIPMENT & USAGE:

- **Cones:** Set patterns for different tactical targets (e.g., baseline rally vs. serve-and-volley positioning).
- **Agility Ladder:** Warm-up tool for practising quick footwork adjustments.
- **Reaction Ball:** Sharpen reflexes for responding to tactical cues.
- **Basket of Balls:** Used when needed.



WARM-UP (5-10 MIN):

L36

- **Light Jog (1-2 min):** Gentle jog to warm up muscles and increase circulation.
- **Agility Ladder (2-3 min):** Perform drills simulating transitions from baseline to net.
- **Reaction Ball (1-2 min):** Partner toss-and-catch drills to enhance alertness and focus.
- **Short Rally (1-2 min):** Exchange gentle baseline hits with a mindset of readiness for tactical changes.

ACTIVITY 1 (25-30 MIN): Tactical Adaptation Drill

The coach designates a mid-rally tactical change (e.g., switch from hitting deep to using drop shots or advancing to the net). Players practise adapting smoothly, focusing on calm, constructive problem-solving with affirmations like, “I find solutions.”

ACTIVITY 2 (25-30 MIN): Strategic Shift Drill

Players engage in competitive scenarios where they are required to change tactics based on the flow of the point (e.g., defensive lobs transitioning to an attacking volley). Emphasise treating adjustments as a puzzle to solve rather than a problem to fear.

ACTIVITY 3 (10-15 MIN): Mini Matches with Tactical Variety

Players compete in short matches, incorporating at least two different tactics within each game. Points are awarded for successfully transitioning between strategies and maintaining composure.

WARM-DOWN (5 MIN):

- Gentle jog followed by stretches targeting shoulders, hips, and legs. Include light breathing exercises to relax.

DEBRIEF (2-3 MIN):

Reflect on how viewing tactical changes as opportunities for problem-solving influenced players' mindset and adaptability. Discuss process goals (readiness and smooth transitions) and performance goals (successful tactical adaptations). Highlight the importance of maintaining a flexible mindset during competitive play.

“

Get the right people on your bus and remove those who drag you down—your team defines your trajectory.

- Stewart Whicker

”

LESSON 37

SPIN/SLICE VARIATION & MENTAL FLEXIBILITY

L37

OBJECTIVES:

Technical: Integrate and mix topspin, flat, and slice shots to disrupt the opponent's rhythm and improve tactical versatility.

Mental: Foster mental flexibility by calmly switching to a different spin type if one variation isn't effective, without self-criticism.

Process Goals: Focus on adjusting racquet angle and foot positioning for smooth transitions between spin types.

Performance Goals: Successfully execute spin variations in 50% of shots during cooperative drills and match scenarios.

L37

EQUIPMENT & USAGE:

- **Cones:** Mark target zones for different spins (e.g., deep for topspin, shorter for slice).
- **Agility Ladder:** Used in warm-up to enhance footwork needed for smooth adjustments between shot types.
- **Reaction Ball:** Train reflexes for adapting to different ball trajectories and spins.
- **Basket of Balls:** Used when needed.



L37

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to increase blood flow and loosen muscles.
- **Agility Ladder (2-3 min):** Perform lateral and diagonal drills to simulate smooth transitions in footwork.
- **Reaction Ball (1-2 min):** Toss-and-catch drills to sharpen reflexes and prepare for varied spins.
- **Short Rally (1-2 min):** Gentle baseline hits incorporating mild topspin and slice to get a feel for spin variations.

ACTIVITY 1 (25-30 MIN): Spin Variation Drill

Players rally cooperatively, alternating topspin and slice every few shots. Emphasise precise adjustments in racquet angle and footwork. Encourage calm experimentation, treating misses as opportunities to refine.

ACTIVITY 2 (25-30 MIN): Competitive Spin Mixing Drill

Players compete in point-based drills where mixing spins earns extra points. For example, one point for topspin, two points for slice. Focus on adaptability and maintaining positivity if a variation doesn't work as intended.

ACTIVITY 3 (10-15 MIN): Mini Matches with Spin Requirements

Players engage in short matches where each rally must include at least one spin variation. Emphasise smooth transitions and tactical application of different spins to control the rally.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches focusing on wrists, shoulders, and hips to relax after spin-intensive activity.

DEBRIEF (2-3 MIN):

Discuss how mental flexibility and calm adjustments improved experimentation and execution of spin variations. Reflect on process goals (racquet adjustments and foot positioning) and performance goals (successful application of spins in rallies). Highlight the strategic advantages of mixing spins in match play.

“

Even when things aren't going your way, you have to keep fighting.

- Caroline Wozniacki

”

LESSON 38

SERVE-AND-VOLLEY UNDER PRESSURE & SELF-EVALUATION

L38

OBJECTIVES:

Technical: Enhance the effectiveness of serve-and-volley play in more challenging conditions, focusing on approach consistency and volley placement.

Mental: Replace self-criticism with constructive self-evaluation after each attempt, such as “Need to close net quicker” instead of negative feedback.

Process Goals: Focus on smooth transitions from serve to net and deliberate volley targeting.

Performance Goals: Successfully execute serve-and-volley plays in at least 50% of attempts during drills and match play.

L38

EQUIPMENT & USAGE:

- **Cones:** Placed at the net to mark target zones for volley placement.
- **Resistance Bands:** Warm-up tool to stabilise shoulders for consistent serves and controlled volleys.
- **Tablet/Smartphone:** Optional for video feedback on footwork and approach patterns during serve-and-volley execution.
- **Basket of Balls:** Used when needed.



L38

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jog around the court to increase circulation.
- **Resistance Bands (2-3 min):** Perform shoulder mobility exercises to prepare for serving.
- **Shadow Serve + Volley (1-2 min):** Practise serving and moving forward to the net without hitting the ball.
- **Dynamic Stretches (1-2 min):** Include arm swings, wrist rotations, and hip stretches for flexibility and mobility.

ACTIVITY 1 (25-30 MIN): Serve-and-Volley Drill

Players practise serve-and-volley sequences, focusing on consistent movement toward the net and accurate volleys to cone-marked targets. After errors, players provide constructive feedback like “Need to move in sooner” or “Better racquet angle next time.”

ACTIVITY 2 (25-30 MIN): Serve-and-Volley Competitive Points

Players engage in competitive points with mandatory serve-and-volley attempts every few points. Emphasise calm, constructive self-evaluation after each play to identify areas for improvement.

ACTIVITY 3 (10-15 MIN): Mini Matches with Serve-and-Volley Focus

Players compete in short matches, incorporating serve-and-volley plays under mild scoring pressure. Points are awarded for successful net approaches and accurate volleys.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches for forearms, shoulders, and legs to relax after intense net play.

DEBRIEF (2-3 MIN):

Reflect on how replacing negative self-talk with constructive self-evaluation improved confidence and execution during serve-and-volley attempts. Discuss process goals (smooth transitions and net approach) and performance goals (successful execution under pressure). Highlight the importance of coaching your inner voice to support growth.

“

If you're not growing, you're going backward.

- Jim Courier

”

LESSON 39

HIGH-PRESSURE POINTS & CALM BREATHING TECHNIQUES

L39

OBJECTIVES:

Technical: Maintain reliable execution of core skills (serves, returns, and rally shots) during simulated high-pressure situations, such as break points.

Mental: Stay composed using a 4-count inhale/exhale breathing technique before critical points to reduce tension and maintain focus.

Process Goals: Emphasise consistent footwork, deliberate shot placement, and smooth breathing routines under pressure.

Performance Goals: Successfully execute planned strategies during at least 50% of high-pressure scenarios.

L39

EQUIPMENT & USAGE:

- **Cones:** Placed on the court to indicate target zones for serves, returns, and rally shots under pressure.
- **Reaction Ball:** Used in warm-up to sharpen reflexes and focus for handling critical points.
- **Tablet/Smartphone:** Optional for reviewing serve toss alignment or return positioning under stress.
- **Basket of Balls:** Used when needed.



L39

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to elevate heart rate and prepare for activity.
- **Reaction Ball (2-3 min):** Toss and catch drills to enhance alertness and concentration.
- **Dynamic Stretches (1-2 min):** Include shoulder rotations, hip stretches, and arm swings for mobility.
- **Shadow Serve/Return (1-2 min):** Simulate key moments, visualising calm responses during pressure situations.

ACTIVITY 1 (25-30 MIN): Simulated Break Point Scenario

Players practice serving or returning under simulated break-point calls. Before each point, they perform a 4-count inhale/exhale breathing routine to centre themselves and visualise the desired outcome.

ACTIVITY 2 (25-30 MIN): Competitive High-Pressure Drill

Players engage in competitive scenarios where they must either save or convert break points. Emphasise the use of calm breathing before each point and focus on deliberate shot execution.

ACTIVITY 3 (10-15 MIN): Mini Matches with Serve-and-Volley Focus

Players compete in short sets where certain points are designated as high-pressure moments. Scoring is weighted to simulate the importance of these points, encouraging composure and consistent performance under stress.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches targeting legs, shoulders, and back to relax and release tension after high-pressure scenarios.

DEBRIEF (2-3 MIN):

Reflect on how calm breathing techniques influenced performance during high-pressure moments. Discuss process goals (breathing, footwork, and shot placement) and performance goals (successful execution during critical points). Highlight the importance of maintaining a calm mindset to thrive under pressure.

“

Hard work, patience, and a good attitude are a winning combination.

- Kim Clijsters

”

LESSON 40

CONSOLIDATION OF STAGE 2 SKILLS & EMPHASISING RESPECT

L40

OBJECTIVES:

Technical: Reinforce and integrate all Term 2 skills, including serve variety, return placement, spin changes, and transitional play.

Mental: Reflect on mental resilience, respect for the process, and positive personal growth achieved throughout the term.

Process Goals: Focus on smooth transitions between skills, deliberate shot execution, and respectful engagement with peers.

Performance Goals: Successfully demonstrate improvements in at least 70% of combined drills and match scenarios.

L40

EQUIPMENT & USAGE:

- **Cones:** Strategically placed for serving, returning, and rally shot targets to represent skills from Term 2.
- **Agility Ladder:** Used in warm-up to reinforce refined footwork patterns.
- **Medicine Ball:** For warm-up core rotational throws to promote stability and power.
- **Basket of Balls:** Used when needed.



L40

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to loosen muscles and elevate heart rate.
- **Agility Ladder (2-3 min):** Perform drills reviewing footwork patterns developed during the term.
- **Medicine Ball (1-2 min):** Core rotational throws to reinforce balance and stability for consistent shot execution.
- **Short Rally (1-2 min):** Gentle exchanges focusing on integrating spin and directional changes.

ACTIVITY 1 (25-30 MIN): Integrated Skills Drill

Players participate in mixed drills combining serve variety, return focus, and rally complexity. Emphasise smooth transitions between skills and deliberate shot execution.

ACTIVITY 2 (25-30 MIN): Practice Sets with Mental Focus

Players engage in short practice sets, applying mental routines such as controlled breathing, positive self-talk, and maintaining a respectful demeanour toward themselves and others.

ACTIVITY 3 (10-15 MIN): Round-Robin Matches

Players compete in friendly round-robin matches designed to showcase improvements in technical and mental skills. Encourage players to celebrate their own growth and that of their peers.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches for legs, shoulders, and arms. Incorporate controlled breathing exercises to relax.

DEBRIEF (2-3 MIN):

Each player identifies one technical and one mental skill they've gained during Term 2. Reflect on the importance of respect for oneself, the process, and peers in achieving long-term success. Reinforce the value of continued growth and perseverance.

“

I try not to think about the future too much; I just try to enjoy the moment and focus on improving my game.

- Novak Djokovic

”

LESSON 41

OFFENSIVE POINT CONSTRUCTION & GROWTH MINDSET

L41

OBJECTIVES:

Technical: Recognise and attack short balls, transitioning forward with purpose to take control of points.

Mental: Embrace a growth mindset by viewing challenging points as opportunities for improvement rather than setbacks.

Process Goals: Focus on smooth transitions, controlled aggression, and deliberate shot placement when moving into the court.

Performance Goals: Successfully execute attack-and-approach sequences in at least 50% of drills and match play scenarios.

L41

EQUIPMENT & USAGE:

- **Cones:** Placed mid-court and in corners to guide attacking patterns and approach shot placement.
- **Agility Ladder:** Used in warm-up for explosive forward movements and transitions to the net.
- **Resistance Bands:** Activate shoulders and hips during warm-up for balanced posture and power during aggressive play.
- **Basket of Balls:** Used when needed.



L41

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Jog around the court to elevate heart rate and loosen up muscles.
- **Agility Ladder (2-3 min):** Perform forward sprint drills simulating movement toward short balls.
- **Resistance Bands (1-2 min):** Perform shoulder and hip activations for stability and smooth transitions.
- **Mini-Court Rallies (1-2 min):** Gentle exchanges focusing on timing and positioning for forward movement.

ACTIVITY 1 (25-30 MIN): Attack-and-Approach Drill

Players engage in cooperative rallies where the coach intermittently feeds a short ball. Players step in, attack the cone-targeted zone, and approach the net with control. Encourage positive self-talk such as “I’m growing through challenges” after tough attempts.

ACTIVITY 2 (25-30 MIN): Competitive Attack Drill

Introduce a scoring system where players earn extra points for successfully executing an attack-and-approach sequence. Emphasise staying composed and reaffirming a growth mindset if mistakes occur.

ACTIVITY 3 (10-15 MIN): Short Points with Offensive Focus

Players compete in short points starting from a neutral rally. The focus is on identifying and capitalising on short balls to transition into offence while maintaining a calm and positive attitude.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches targeting legs, shoulders, and arms to cool down after dynamic play.

DEBRIEF (2-3 MIN):

Players reflect on how adopting a growth mindset influenced their performance during tough points. Discuss process goals (smooth transitions and deliberate shot execution) and performance goals (success rates in attack-and-approach sequences). Reinforce the importance of viewing challenges as opportunities for growth.

“

Confidence is earned through honest effort, not given through mere talent.

- Stewart Whicker

”

LESSON 42

SERVE + VOLLEY PATTERNS & MANAGING ADVERSITY

L42

OBJECTIVES:

Technical: Refine serve-and-volley patterns by varying serve placement (wide, T) to set up effective volley opportunities.

Mental: Develop the ability to handle adversity calmly, treating unsuccessful attempts as opportunities to adjust and improve.

Process Goals: Focus on precise serve placement, smooth transition to the net, and controlled volley execution.

Performance Goals: Successfully execute serve-and-volley plays in at least 50% of attempts during drills and mini matches.

L42

EQUIPMENT & USAGE:

- **Cones:** Mark serve targets (e.g., wide, T) to guide initial volley positioning.
- **Resistance Bands:** Warm-up tool for stabilising shoulders and enhancing serving motion.
- **Reaction Ball:** Used to sharpen reflexes and quick hand movement for net play.
- **Basket of Balls:** Used when needed.



L42

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Warm up muscles and elevate heart rate.
- **Resistance Bands (2-3 min):** Perform shoulder stabilisation exercises to prepare for serving.
- **Reaction Ball (1-2 min):** Partner toss-and-catch drills to improve reflexes and net awareness.
- **Shadow Serve-and-Volley (1-2 min):** Simulate serve toss and net approach without hitting the ball to practice fluid motion.

ACTIVITY 1 (25-30 MIN): Serve-and-Volley Pattern Practice

Players practice serving to designated targets (e.g., wide or T) and following up with a volley to crosscourt cones. Encourage players to use constructive self-talk like, "I'll adjust next time," when initial attempts fail.

ACTIVITY 2 (25-30 MIN): Serve Variety and Adaptation Drill

Introduce varied serve targets to test different volley setups. Players focus on adapting calmly to challenges, treating adversity as part of the learning process.

ACTIVITY 3 (10-15 MIN): Mini Matches with Serve-and-Volley Focus

Players compete in short matches with the requirement to use serve-and-volley tactics at least once per game. Emphasise maintaining composure and problem-solving during varied outcomes.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches for shoulders, calves, and arms to cool down after dynamic net play.

DEBRIEF (2-3 MIN):

Reflect on how calmly handling adversity improved serve-and-volley success. Discuss process goals (serve placement and smooth transitions) and performance goals (successful plays). Reinforce the importance of persistence and adaptability in developing effective tactics.

“

I always work with a goal, and the goal is to improve as a player and as a person

- Rafael Nadal

”

LESSON 43

ADVANCED RETURN TACTICS & BETWEEN-POINTS ROUTINE

L43

OBJECTIVES:

Technical: Develop advanced return skills to neutralise big serves, such as deep blocking and low chipping returns.

Mental: Use a brief between-points routine (e.g., glance at racquet strings, inhale-exhale) to maintain focus and composure during matches.

Process Goals: Focus on early preparation, deliberate footwork, and precise targeting for returns.

Performance Goals: Achieve at least 50% success in executing neutralising returns to designated target zones during drills and mini matches.

L43

EQUIPMENT & USAGE:

- **Cones:** Placed in the deep middle or opponent's weaker side to guide return targets.
- **Agility Ladder:** Used in warm-up to improve lateral movement and return positioning.
- **Reaction Ball:** Used to sharpen reflexes for adapting to high-speed serves.
- **Basket of Balls:** Used when needed.



L43

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jogging to elevate heart rate and warm muscles.
- **Agility Ladder (2-3 min):** Perform lateral and diagonal movement patterns to simulate quick return positioning.
- **Reaction Ball (1-2 min):** Partner toss-and-catch drills to improve reflexes and alertness.
- **Short Rally (1-2 min):** Gentle half-court exchanges focusing on split-step readiness.

ACTIVITY 1 (25-30 MIN): Controlled Return Drill

The coach serves at varying speeds and angles. Players practice returning to cone-marked targets, focusing on neutralising power or creating tactical advantages. After each return, players perform their between-points routine (e.g., glance at strings, take a deep breath).

ACTIVITY 2 (25-30 MIN): Advanced Return Drill with Spin

Increase serve pace and introduce spin variations. Players focus on maintaining a calm mindset and effective return placement, reinforced by their between-points routine to reset focus after challenging serves.

ACTIVITY 3 (10-15 MIN): Mini Matches with Return Focus

Players compete in short matches, emphasising consistent return quality and adherence to their between-points routine. Points are awarded for tactical returns to target zones and maintaining focus under match conditions.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches targeting legs, shoulders, and arms to cool down and release tension from intense serves and returns.

DEBRIEF (2-3 MIN):

Discuss how the between-points routine helped sustain concentration and composure during high-pressure return scenarios. Reflect on process goals (footwork and targeting) and performance goals (successful tactical returns). Highlight the importance of mental resets in maintaining focus during matches.

“

*It's the passion for the sport
that keeps you pushing
forward.*

- Gustavo Kuerten

”

LESSON 44

HANDLING HEAVY SPIN & EMOTIONAL CONTROL IN LONG RALLIES

L44

OBJECTIVES:

Technical: Develop the ability to handle heavy topspin by adjusting racquet angle, positioning, and contact point for controlled returns.

Mental: Cultivate emotional control during extended spin-heavy rallies, maintaining composure and focus.

Process Goals: Focus on stable footwork, proper racquet preparation, and consistent net clearance when defending against heavy spin.

Performance Goals: Successfully neutralise heavy spin in at least 50% of extended rallies during drills and match play.

L44

EQUIPMENT & USAGE:

- **Cones:** Placed deep in the court to encourage higher net clearance and pushing opponents back.
- **Resistance Bands:** Warm-up tool to stabilise shoulders and back, ensuring controlled strokes under heavy spin impact.
- **Reaction Ball:** Pre-drill reflex training for handling unpredictable bounces caused by spin.
- **Basket of Balls:** Used when needed.



L44

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Warm up muscles and increase circulation.
- **Resistance Bands (2-3 min):** Perform scapular stabilisation exercises to strengthen shoulders for stability during spin impact.
- **Reaction Ball (1-2 min):** Partner toss-and-catch drills simulating unpredictable bounces.
- **Mini-Tennis (1-2 min):** Gentle rallies with exaggerated net clearance to get accustomed to spin handling.

ACTIVITY 1 (25-30 MIN): Spin Handling Drill

Cooperative rallies where the coach feeds heavy topspin. Players focus on early preparation, adjusting contact point, and maintaining a calm mindset. Emphasise stable racquet face and smooth follow-through.

ACTIVITY 2 (25-30 MIN): Competitive Neutralisation Drill

Players compete in rallies, counting successful neutralisations of heavy spin. Encourage players to pause and refocus using controlled breathing if frustration arises during long rallies.

ACTIVITY 3 (10-15 MIN): Spin-Focused Mini Matches

Players engage in short matches against “spiny” opponents. The focus is on maintaining composure and executing tactical responses to heavy spin throughout extended rallies.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches targeting wrists, shoulders, and back to release tension from high-spin impacts.

DEBRIEF (2-3 MIN):

Discuss how emotional control influenced the ability to handle heavy spin during prolonged rallies. Reflect on process goals (footwork, preparation, and consistent net clearance) and performance goals (successful neutralisation rates). Reinforce the importance of composure and adaptability when facing challenging opponents.

“

*I play my game; I'm not trying
to be anyone else.*

- Nick Kyrgios

”

LESSON 45

ATTACKING SECOND SERVES & POSITIVE FRAMING OF OPPORTUNITY

L45

OBJECTIVES:

Technical: Improve the ability to step in and attack second serves with compact, aggressive returns.

Mental: Frame second serves as scoring opportunities, maintaining a positive and confident mindset during returns.

Process Goals: Focus on proper positioning inside the baseline, compact swing mechanics, and accurate targeting.

Performance Goals: Successfully attack second serves to designated target zones in at least 50% of attempts during drills and match play.

L45

EQUIPMENT & USAGE:

- **Cones:** Placed in return areas to define target zones for aggressive returns.
- **Agility Ladder:** Used in warm-up to simulate quick forward steps for positioning inside the baseline.
- **Resistance Bands:** Shoulder and arm activation to ensure stable, controlled strokes.
- **Basket of Balls:** Used when needed.



L45

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jogging to elevate heart rate and prepare for movement.
- **Agility Ladder (2-3 min):** Perform forward step drills simulating movements into the court for second serve returns.
- **Resistance Bands (1-2 min):** Shoulder stability exercises to support compact swings.
- **Short Rally (1-2 min):** Light exchanges focusing on compact, controlled strokes.

ACTIVITY 1 (25-30 MIN): Second Serve Attack Drill

The coach feeds slower-paced “second serves” while players step inside the baseline to attack returns aimed at cone-marked target zones. Reinforce positive framing: “This is my chance.”

ACTIVITY 2 (25-30 MIN): Increased Serve Complexity

Add moderate pace and spin variations to second serves. Players focus on maintaining an aggressive mindset, stepping in with purpose, and targeting returns effectively without fear of errors.

ACTIVITY 3 (10-15 MIN): Mini Matches with Focused Returns

Players compete in short matches, prioritising attacking second serves to gain early control of points. Scoring rewards successful aggressive returns to target zones.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches for legs, shoulders, and arms to cool down and relax muscles after high-intensity returns.

DEBRIEF (2-3 MIN):

Reflect on how framing second serves as opportunities influenced return aggression and confidence. Discuss process goals (positioning and swing mechanics) and performance goals (target accuracy and return success rates). Highlight the importance of staying proactive and assertive during match play.

“

Surround yourself with a great team, and you can reach heights beyond your imagination.

- Stewart Whicker

”

LESSON 46

MIXING DROP SHOTS & CREATIVE THINKING

L46

OBJECTIVES:

Technical: Introduce and practice drop shots to add tactical variety and surprise opponents.

Mental: Develop a creative mindset, treating new tactics like drop shots as opportunities for fun and challenge rather than risks.

Process Goals: Focus on soft touch, precise placement, and proper footwork for effective drop shots.

Performance Goals: Execute successful drop shots in at least 40% of attempts during drills and match play.

L46

EQUIPMENT & USAGE:

- **Cones:** Placed near the net to define target zones for delicate drop shots.
- **Agility Ladder:** Used in warm-up to simulate forward bursts required for drop shot execution.
- **Reaction Ball:** Pre-drill exercises to enhance fine motor control and feel.
- **Basket of Balls:** Used when needed.



L46

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jogging to loosen muscles and warm up the body.
- **Agility Ladder (2-3 min):** Perform forward burst drills simulating quick movement to execute drop shots.
- **Reaction Ball (1-2 min):** Partner drills focusing on soft hands and coordination.
- **Mini-Court Rallies (1-2 min):** Engage in half-court exchanges, incorporating a few soft touches over the net to practice the feel for drop shots.

ACTIVITY 1 (25-30 MIN): Drop Shot Practice Drill

Players practice drop shots in cooperative rallies, aiming for cone-marked zones near the net. Emphasise soft touch, proper racquet angle, and footwork. Reinforce a positive outlook: “I’m exploring new skills.”

ACTIVITY 2 (25-30 MIN): Drop Shot Challenge Drill

Introduce competitive points where players earn bonus points for successful drop shots. Focus on keeping frustration at bay and treating missed attempts as valuable feedback for adjustment.

ACTIVITY 3 (10-15 MIN): Mini Matches with Drop Shot Integration

Players compete in short matches, requiring at least one drop shot attempt per game. Encourage tactical creativity and adaptability during points.

WARM-DOWN (5 MIN):

- Light jog followed by stretches, focusing on wrists, forearms, and shoulders to cool down after executing fine-motor-intensive drop shots.

DEBRIEF (2-3 MIN):

Discuss how viewing drop shots as a creative and fun option helped reduce fear and improve confidence. Reflect on process goals (soft touch and precision) and performance goals (success rates). Reinforce the importance of integrating creativity into match play to disrupt opponents’ rhythm.

“

*It is more important to be a
good person than a good
player.*

- Toni Nadal

”

LESSON 47

SERVE RHYTHM & MENTAL CONSISTENCY WITH MOMENTUM SWINGS

L47

OBJECTIVES:

Technical: Develop a smooth and consistent serve rhythm to maintain a high first-serve percentage.

Mental: Learn to handle momentum swings calmly by restoring serve rhythm and focus during losing streaks.

Process Goals: Focus on maintaining a fluid serving motion and following a consistent pre-serve routine.

Performance Goals: Achieve at least 60% first-serve success rate during drills and match scenarios.

L47

EQUIPMENT & USAGE:

- **Cones:** Placed at wide and T serve targets to encourage precision.
- **Resistance Bands:** Used in warm-up to activate shoulders for smooth serving motion.
- **Basket of Balls:** Used when needed.



L47

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jogging to warm up the body.
- **Resistance Bands (2-3 min):** Perform shoulder stabilisation and rotational exercises.
- **Shadow Serves (1-2 min):** Practise serve motion without hitting a ball, focusing on a smooth tempo.
- **Dynamic Stretches (1-2 min):** Arm swings, wrist circles, and trunk twists.

ACTIVITY 1 (25-30 MIN): Serve Rhythm Drill

Players focus on achieving a calm, consistent rhythm during serve drills. If they miss consecutive serves, they slow down, take a breath, and reset their rhythm. Emphasise finding a comfortable tempo.

ACTIVITY 2 (25-30 MIN): Serve Challenge Under Momentum Pressure

Competitive serve drills simulating match scenarios. If momentum shifts (e.g., losing consecutive points), players use their pre-serve routine to restore rhythm and regain focus.

ACTIVITY 3 (10-15 MIN): Mini Matches with Serve Focus

Players compete in short matches, prioritising serve tempo and rhythm to overcome pressure moments. Scoring rewards consistent serves and successful resets during momentum swings.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches targeting shoulders, arms, and back to cool down and release tension.

DEBRIEF (2-3 MIN):

Reflect on how restoring serve rhythm and following a consistent pre-serve routine helped manage momentum swings. Discuss process goals (fluid motion and routine) and performance goals (serve success rates). Highlight the importance of staying calm and composed under pressure.

“

You can have the nicest academy in the world, it doesn't make any difference, it's all about the people.

- Patrick Mouratoglou

”

LESSON 48

COUNTERPUNCHING & EMBRACING PRESSURE

L48

OBJECTIVES:

Technical: Develop the ability to transition from defence to offence by redirecting opponent's pace with controlled counterpunching.

Mental: Reframe pressure scenarios as opportunities to test and demonstrate resilience.

Process Goals: Focus on early preparation, stable footwork, and precise redirection of pace to deep targets.

Performance Goals: Successfully counterpunch deep into target zones in at least 50% of points during drills and match scenarios.

L48

EQUIPMENT & USAGE:

- **Cones:** Placed deep in the court to guide counterpunch shot placement.
- **Agility Ladder:** Used in warm-up to improve footwork for quick defensive-to-offensive transitions.
- **Reaction Ball:** Pre-drill reflex exercises to handle sudden pace changes.
- **Basket of Balls:** Used when needed.



L48

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jogging to elevate heart rate.
- **Agility Ladder (2-3 min):** Perform side-to-side and diagonal steps to simulate defensive movement.
- **Reaction Ball (1-2 min):** Toss-and-catch drills to sharpen reflexes.
- **Short Rally (1-2 min):** Light baseline exchanges focusing on timing and positioning.

ACTIVITY 1 (25-30 MIN): Cooperative Counterpunch Drill

One player hits with pace while the other practices counterpunching deep to cone-marked targets. Emphasise using opponent's pace to maintain control and composure.

ACTIVITY 2 (25-30 MIN): Competitive Counterpunching Points

Players compete in rallies, earning points for effective counterpunching into designated target zones. Encourage viewing pressure as an opportunity to shine rather than a challenge to avoid.

ACTIVITY 3 (10-15 MIN): Mini Matches with Counterpunch Tactics

Players engage in short matches focusing on counterpunching tactics under mild scoring pressure. Reward adaptive use of opponent's pace and strategic shot placement.

WARM-DOWN (5 MIN):

- Light jogging followed by static stretches for hips, legs, and shoulders to cool down after intense movement.

DEBRIEF (2-3 MIN):

Discuss how reframing pressure as a privilege influenced players' ability to counterpunch effectively. Reflect on process goals (stable preparation and precise redirection) and performance goals (counterpunch success rates). Reinforce the value of turning pressure moments into opportunities to showcase resilience.

“

*Defiance is in our DNA—
channel it to surpass
expectations, not sabotage
them.*

- Stewart Whicker

”

LESSON 49

ADAPTING SERVE PLACEMENT & FOCUSING ON DETAILS

L49

OBJECTIVES:

Technical: Adjust serve placement based on opponent's positioning or weaknesses (e.g., wide, body, T serves).

Mental: Stay composed under pressure by focusing on small, controllable details like foot alignment and toss height.

Process Goals: Focus on pre-serve routines and precise toss mechanics to enhance adaptability.

Performance Goals: Successfully adjust serve placement in at least 60% of attempts during drills and match play.

L49

EQUIPMENT & USAGE:

- **Cones:** Mark serve targets (wide, body, T) to develop accuracy and adaptability.
- **Resistance Bands:** Used in warm-up to stabilise shoulders and enhance serve mechanics.
- **Basket of Balls:** Used when needed.



L49

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jogging to warm up muscles and increase circulation.
- **Resistance Bands (2-3 min):** Perform shoulder stability exercises to ensure a smooth service motion.
- **Shadow Serves (1-2 min):** Practise toss alignment and foot placement without hitting the ball.
- **Dynamic Stretches (1-2 min):** Arm swings and wrist rotations to loosen joints and improve range of motion.

ACTIVITY 1 (25-30 MIN): Targeted Serve Drill

Players call their serve target (wide, body, or T) before executing the serve. Focus on a controllable detail, such as toss height or racket angle, under mild pressure.

ACTIVITY 2 (25-30 MIN): Adaptive Serve Scenarios

Simulate match scenarios where the opponent adjusts positioning after each serve. Players re-adjust serve placement calmly, focusing on a specific detail (e.g., smooth toss or balanced stance) each time.

ACTIVITY 3 (10-15 MIN): Mini Matches with Serve Adaptation

Players compete in short matches, adapting serve placement strategically based on the opponent's positioning. Points are awarded for successfully executed adaptive serves.

WARM-DOWN (5 MIN):

- Light jogging followed by stretches targeting shoulders, arms, and wrists to relax muscles and release tension.

DEBRIEF (2-3 MIN):

Reflect on how focusing on small details helped players stay calm and adapt serve placement effectively under pressure. Discuss process goals (consistent toss and foot alignment) and performance goals (success rates of adaptive serves). Highlight the importance of composure and adaptability in match play.

“

*Tennis is a mental game.
Everyone is fit, everyone hits
great forehands and
backhands.*

- Novak Djokovic

”

LESSON 50

RALLY PATTERNS (CROSSCOURT/DOWN-THE-LINE) & MENTAL PLANNING

L50

OBJECTIVES:

Technical: Practise structured rally patterns, such as initiating with crosscourt exchanges and transitioning to down-the-line attacks when the opportunity arises.

Mental: Approach each point with a tactical plan. If the plan doesn't work, adjust calmly and try again.

Process Goals: Focus on consistent shot execution and pattern recognition during rallies.

Performance Goals: Successfully execute deliberate rally patterns in at least 60% of attempts during drills and match play.

L50

EQUIPMENT & USAGE:

- **Cones:** Mark targets for crosscourt and down-the-line shots to reinforce planned patterns.
- **Agility Ladder:** Used in warm-up to simulate footwork required for executing rally patterns.
- **Medicine Ball:** For warm-up rotational throws to activate core stability during directional changes.
- **Basket of Balls:** Used when needed.



L50

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jogging to elevate heart rate and loosen muscles.
- **Agility Ladder (2-3 min):** Perform lateral and diagonal footwork drills to prepare for rally patterns.
- **Medicine Ball (1-2 min):** Engage core with rotational throws to simulate movement during directional changes.
- **Short Rally (1-2 min):** Light baseline hits focusing on smooth, consistent contact.

L50

ACTIVITY 1 (25-30 MIN): Crosscourt-to-Down-the-Line Drill

Players engage in cooperative rallies, hitting two crosscourt shots before attempting a down-the-line winner to cone-marked targets. Encourage mental rehearsal of the pattern before execution.

L50

ACTIVITY 2 (25-30 MIN): Announce-and-Execute Drill

Players announce their intended rally pattern before starting a point (e.g., “Two crosscourts, then down the line”). If the pattern fails, players remain calm and focus on refining their execution in the next attempt.

L50

ACTIVITY 3 (10-15 MIN): Mini Matches with Planned Patterns

Players compete in short matches, prioritising deliberate rally patterns over random shot placement. Points are awarded for successfully executing pre-planned patterns.

L50

WARM-DOWN (5 MIN):

- Light jog followed by static stretches targeting legs, shoulders, and core to cool down and prevent stiffness.

L50

DEBRIEF (2-3 MIN):

Reflect on how having a tactical plan improved mental clarity and focus during points. Discuss process goals (consistent execution of patterns) and performance goals (success rates of rally patterns). Reinforce the value of calm adjustments when initial plans don't succeed.

“

A match isn't just about winning; it's about showing my best self.

- Aryna Sabalenka

”

LESSON 51

RALLY PATTERNS (CROSSCOURT/DOWN-THE-LINE) & MENTAL PLANNING

L51

OBJECTIVES:

Technical: Enhance net coverage and improve volley accuracy when under pressure from challenging passing shots.

Mental: Reinforce positives after tough net points by acknowledging effort and initiative, e.g., “I made a strong play.”

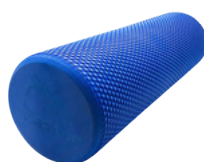
Process Goals: Focus on firm volley technique and quick recovery after each net engagement.

Performance Goals: Successfully volley to target zones in at least 50% of attempts during drills and match scenarios.

L51

EQUIPMENT & USAGE:

- **Cones:** Positioned in the service box corners to guide volley placement.
- **Resistance Bands:** Used in warm-up to stabilise shoulders for controlled volleys.
- **Foam Roller:** Optional for pre-session rolling to relax muscles.
- **Basket of Balls:** Used when needed.



L51

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jogging to warm up muscles and increase circulation.
- **Resistance Bands (2-3 min):** Perform shoulder activations, such as band pull-aparts and external rotations.
- **Foam Roller (1-2 min):** Light rolling for calves and quads to improve mobility.
- **Mini-Volleys (1-2 min):** Gentle volleys at the service line to establish stable and controlled contact.

ACTIVITY 1 (25-30 MIN): Challenging Volley Drill

Coach feeds challenging passing shots to players at the net. Players aim to maintain consistent volleys to cone-marked targets. After each point, reinforce effort with positive self-talk, such as “Strong effort at the net.”

ACTIVITY 2 (25-30 MIN): Competitive Net Engagements

Players participate in competitive drills focusing on volleys under pressure. Resist negative reactions to misses and focus on the value of taking initiative.

ACTIVITY 3 (10-15 MIN): Mini Matches with Net Play Focus

Players engage in short matches where approaching the net under pressure is encouraged. Success is measured by the ability to stay composed and execute volleys effectively.

WARM-DOWN (5 MIN):

- Light jog followed by static stretches targeting shoulders, wrists, and legs.

DEBRIEF (2-3 MIN):

Reflect on how positive reinforcement maintained courage and composure during net play. Discuss process goals (stable volley technique and quick recovery) and performance goals (success rates under pressure). Highlight the importance of taking initiative, even under challenging conditions.

“

*Tennis players are storytellers.
Which story will you tell today?*

- Stewart Whicker

”

LESSON 52

DEALING WITH SLICE & VIEWING CHALLENGES CONSTRUCTIVELY

L52

OBJECTIVES:

Technical: Learn to handle slice shots effectively by maintaining a low, stable posture and adjusting racket angle for better control.

Mental: View varied spins, such as slices, as opportunities to adapt and improve rather than as obstacles.

Process Goals: Focus on knee bending, stable posture, and smooth racket movement while handling slices.

Performance Goals: Successfully respond to slices and varied spins in at least 60% of attempts during drills and match scenarios.

L52

EQUIPMENT & USAGE:

- **Cones:** Placed deep and low to guide stable responses to slice shots.
- **Resistance Bands:** Used in warm-up to activate hips and legs for maintaining a low stance.
- **Basket of Balls:** Used when needed.



L52

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jog to warm up muscles and improve circulation.
- **Resistance Bands (2-3 min):** Perform hip abductions and lateral steps to strengthen leg muscles for low posture.
- **Dynamic Stretches (1-2 min):** Include leg swings and ankle rotations to enhance flexibility and balance.
- **Short Rally (1-2 min):** Gentle hitting, introducing a few slice shots to warm up for handling spin.

ACTIVITY 1 (25-30 MIN): Slice-Handling Drill

Players rally cooperatively, focusing on responding to slice shots with stable posture and consistent depth. Emphasise smooth racket movement and knee bending to adapt to low balls.

ACTIVITY 2 (25-30 MIN): Slice Specialist Challenge

Players engage in competitive points against a "slice specialist" (coach or partner feeding consistent slices). Emphasise calm and focused responses, treating the challenge as an opportunity to improve skills.

ACTIVITY 3 (10-15 MIN): Mini Matches Featuring Slice Usage

Players compete in short matches where slice shots are encouraged. Focus on remaining composed and using slices strategically during play.

WARM-DOWN (5 MIN):

- Light jog followed by stretches targeting legs, lower back, and shoulders to relax muscles and prevent stiffness.

DEBRIEF (2-3 MIN):

Reflect on how viewing slices as challenges encouraged adaptability and improved focus. Discuss process goals (posture stability and racket control) and performance goals (success rates against slice shots). Highlight the value of embracing challenges in skill development.

“

*You are stronger than you
think.*

- Angelique Kerber

”

LESSON 53

HANDLING PACE CHANGES & QUICK MENTAL RESETS

L53

OBJECTIVES:

Technical: Adapt to opponents' varying ball speeds, alternating between hard-hit and slower, floating shots.

Mental: Implement quick mental resets after unexpected pace changes, ensuring focus stays on the next shot rather than the previous error.

Process Goals: Maintain proper swing adjustments and balanced footwork regardless of ball speed.

Performance Goals: Respond effectively to varying pace in at least 70% of rally scenarios during drills.

L53

EQUIPMENT & USAGE:

- **Cones:** Placed in depth zones to encourage stable responses to different ball speeds.
- **Agility Ladder:** Used during warm-up to improve quick directional changes.
- **Reaction Ball:** Enhance reflexes and alertness to sudden pace variations.
- **Basket of Balls:** Used when needed.



L53

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle jog to increase heart rate and circulation.
- **Agility Ladder (2-3 min):** Perform forward and backward steps, simulating quick adjustments to pace changes.
- **Reaction Ball (1-2 min):** Toss/catch drills to sharpen reaction time.
- **Short Rally (1-2 min):** Cooperative hitting focusing on readiness for pace adjustments.

ACTIVITY 1 (25-30 MIN): Pace-Adjustment Rally

One player alternates between hard-hit and soft, floating balls, while the other adapts calmly. Focus on adjusting swing length and maintaining balanced footwork. Practice quick mental resets after unexpected changes.

ACTIVITY 2 (25-30 MIN): Composure Challenge Drill

Competitive points rewarding players who stay composed against alternating ball speeds. After errors, players take a calming breath, reset, and focus on the next point.

ACTIVITY 3 (10-15 MIN): Mini Matches With Pace Variation

Short matches emphasising handling pace changes without overreacting. Points awarded for effective adaptation and maintaining mental focus.

WARM-DOWN (5 MIN):

- Light jogging followed by static stretches for calves, legs, and shoulders to relax and prevent stiffness.

DEBRIEF (2-3 MIN):

Reflect on how quick mental resets helped manage pace variations and improved overall focus. Discuss process goals (swing adjustments and footwork stability) and performance goals (successful responses to pace changes). Reinforce the importance of staying present and adaptable during play.

“

*A solid foundation in
fundamentals leads to long-
term success.*

- Tony Roche

”

LESSON 54

SUSTAINING FOCUS IN LONG MATCHES & MENTAL STAMINA

L54

OBJECTIVES:

Technical: Maintain consistent stroke technique and controlled shot placement during extended rallies and prolonged games.

Mental: Build mental stamina to stay focused, patient, and positive throughout long, tiring points.

Process Goals: Focus on smooth rhythm, proper footwork, and steady technique under physical and mental fatigue.

Performance Goals: Sustain quality shot execution for 80% of rallies exceeding 10 shots.

L54

EQUIPMENT & USAGE:

- **Cones:** Placed deep to guide rally targets for consistency.
- **Medicine Ball:** Used in warm-up for core strength and posture maintenance.
- **Resistance Bands:** Activate shoulders and hips for stable, enduring strokes.
- **Basket of Balls:** Used when needed.



L54

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Raise heart rate and prepare muscles.
- **Medicine Ball (2-3 min):** Core rotations to enhance balance and endurance.
- **Resistance Bands (1-2 min):** Shoulder and hip stability exercises to support long-duration play.
- **Short Rally (1-2 min):** Gentle baseline exchanges focusing on rhythm and balance.

ACTIVITY 1 (25-30 MIN): High-Count Rally Drill

Cooperative rallies where players aim for a set number of shots (e.g., 20 or more). Emphasise steady rhythm, footwork, and consistent depth.

ACTIVITY 2 (25-30 MIN): Extended Rally Challenge

Competitive drill requiring rallies to exceed a set shot count before the point ends. Focus on composure and controlled technique, avoiding rushed or forced shots.

ACTIVITY 3 (10-15 MIN): Practice Set for Endurance

Short match focusing on sustaining shot quality and mental clarity across multiple games. Encourage staying composed and making tactical decisions even when fatigued.

WARM-DOWN (5 MIN):

- Gentle jog followed by static stretches targeting legs, hips, and shoulders to relax muscles and improve recovery.

DEBRIEF (2-3 MIN):

Reflect on the session, highlighting strategies that helped maintain focus and composure during prolonged play. Discuss process goals (rhythm and footwork) and performance goals (high rally success rates). Reinforce the importance of mental stamina as a key aspect of match performance.

“

What I have learned is to be true to myself and not try to copy what everyone else is doing.

- Ben Shelton

”

LESSON 55

PRE-MATCH ROUTINE & CONFIDENCE THROUGH VISUALISATION

L55

OBJECTIVES:

Technical: Perform a light review of all strokes (forehand, backhand, serve, volley) to reinforce confidence and readiness pre-match.

Mental: Establish a structured pre-match mental routine involving visualisation of ideal points, calm breathing, and affirmations to enhance confidence.

Process Goals: Focus on smooth execution of strokes and proper footwork during warm-up to simulate match intensity.

Performance Goals: Complete warm-up drills with at least 80% accuracy and a positive mental approach throughout.

L55

EQUIPMENT & USAGE:

- **Cones:** Used for target practice during light hitting drills.
- **Agility Ladder:** Simulate match-intensity footwork in the warm-up phase.
- **Resistance Bands:** Activate shoulders and hips for optimal posture and stability.
- **Tablet/Smartphone:** Optional for recording a short clip of a positive stroke for player reference.
- **Basket of Balls:** Used when needed.



L55

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Begin with light jogging to raise heart rate.
- **Agility Ladder (2-3 min):** Perform quick footwork drills to enhance intensity.
- **Resistance Bands (1-2 min):** Light shoulder and hip activations for stability.
- **Shadow Swings (1-2 min):** Practice smooth, visualised strokes without a ball.

ACTIVITY 1 (25-30 MIN): Pre-Match Light Hitting Routine

Players hit each stroke lightly (forehand, backhand, serve, volley) with cones as targets. Before starting, they briefly close their eyes and visualise a successful point.

ACTIVITY 2 (25-30 MIN): Simulated Warm-Up Games

Players engage in short rally games, maintaining calm breathing and repeating affirmations like, "I'm ready, I'm confident." Focus is on rhythm, not competition.

ACTIVITY 3 (10-15 MIN): Mini Matches with Visualisation

Players begin each mini match by visualising a positive opening point scenario. Play starts with controlled rallies, focusing on applying warm-up confidence.

WARM-DOWN (5 MIN):

- Gentle stretches for shoulders, legs, and hips.
- Conclude with calm breathing exercises to relax the body and reinforce mental clarity.

DEBRIEF (2-3 MIN):

Reflect on how visualisation and affirmations influenced the player's confidence and readiness. Discuss how to integrate this routine consistently before matches for optimal performance.

“

It is a lot cooler to see your name written huge right across the sky than in tiny writing at the bottom of a page.

- Stewart Whicker

”

LESSON 56

DEALING WITH NERVOUS STARTS & EMBRACING EARLY GAMES

L56

OBJECTIVES:

Technical: Focus on high-percentage shots and deep targets to establish rhythm and consistency at the start of a match.

Mental: Accept nerves as a natural part of competition and channel nervous energy into focused, deliberate play.

Process Goals: Execute conservative, well-placed shots with consistent net clearance during the first few games.

Performance Goals: Maintain 70% rally success on deep, safe targets in simulated match scenarios.

L56

EQUIPMENT & USAGE:

- **Cones:** Positioned deep in the court as large, safe targets for consistent rally practice.
- **Agility Ladder:** Warm-up footwork to feel balanced and prepared.
- **Resistance Bands:** Used for shoulder activation to ensure smooth swings.
- **Basket of Balls:** Used when needed.



L56

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Get blood flowing and warm up the body.
- **Agility Ladder (2-3 min):** Perform steady footwork patterns to reinforce balance.
- **Resistance Bands (1-2 min):** Shoulder stability exercises to prepare for smooth swings.
- **Short Rally (1-2 min):** Gentle exchanges focusing on rhythmic, relaxed strokes.

ACTIVITY 1 (25-30 MIN): Simulated Match Starts

Players mimic the start of a match, hitting safe, deep shots toward cone targets to find rhythm. Emphasise mental acceptance of nerves as a sign of caring and readiness.

ACTIVITY 2 (25-30 MIN): Calm Competitive Drills

Engage in competitive rally drills (e.g., first to 3 points) with an emphasis on staying composed after early mistakes. Players focus on executing high-percentage shots.

ACTIVITY 3 (10-15 MIN): Mini Matches with Conservative Starts

Players play short sets, prioritising conservative shot selection and deep targets until they feel comfortable progressing into more aggressive play.

WARM-DOWN (5 MIN):

- Gentle stretches for shoulders, hips, and legs.
- Breathing exercises to promote relaxation and focus.

DEBRIEF (2-3 MIN):

Discuss how accepting nerves as a normal part of competition helped improve composure and early performance. Highlight the importance of establishing rhythm and confidence in the opening games.

“ *In the end it is about trying, failing and improving.” “You have to give everything on court, everything you have inside. It is something I have worked really hard for and it is not time to be tired.*

- Carlos Alcaraz

”

LESSON 57

HANDLING MOMENTUM CHANGES & CONSTRUCTIVE SELF-TALK

L57

OBJECTIVES:

Technical: Maintain execution of fundamentals and consistent technique even after losing a lead. Avoid panic-driven changes in form or strategy.

Mental: Focus on resetting mentally one point at a time after momentum shifts, using positive, constructive self-talk.

Process Goals: Stick to steady footwork and proper stroke mechanics under pressure.

Performance Goals: Maintain 70% rally consistency during tight scoreline drills.

L57

EQUIPMENT & USAGE:

- **Cones:** Mark consistent target areas for rally practice.
- **Agility Ladder:** Reinforce precise, stable footwork during warm-up and transitions.
- **Resistance Bands:** For activation of shoulders and hips, ensuring balanced movement.
- **Basket of Balls:** Used when needed.



L57

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase heart rate and circulation.
- **Agility Ladder (2-3 min):** Perform lateral and forward footwork drills, emphasising stability under pressure.
- **Resistance Bands (1-2 min):** Shoulder and hip activations to promote balanced posture.
- **Short Rally (1-2 min):** Gentle baseline exchanges to establish rhythm and control.

ACTIVITY 1 (25-30 MIN): Scenario Drills

Simulate game situations, starting at a lead (e.g., 40-0 or 4-1). If the opponent closes the gap, players focus on maintaining form and staying calm, avoiding panicked changes in strategy.

ACTIVITY 2 (25-30 MIN): Constructive Self-Talk Drills

Players engage in competitive point drills, starting from tight scorelines. Emphasise constructive self-talk such as “Refocus, one point at a time,” after losing points or momentum.

ACTIVITY 3 (10-15 MIN): Mini Matches Under Pressure

Short sets begin with challenging scorelines (e.g., 4-4 or deuce). Players practice composure and persistence, focusing on each point individually without frustration.

WARM-DOWN (5 MIN):

- Light stretches for legs, shoulders, and arms.
- Breathing exercises to reinforce relaxation and focus.

DEBRIEF (2-3 MIN):

Reflect on how constructive self-talk influenced mental composure and technical consistency after losing a lead. Discuss how focusing on one point at a time can minimise stress and maintain performance.

“

I fear no one, but I respect everyone.

- Roger Federer

”

LESSON 58

RECOGNISING OPPONENT WEAKNESSES & TACTICAL CONFIDENCE

L58

OBJECTIVES:

Technical: Identify and target the opponent's weaker stroke or movement pattern, directing shots to exploit weaknesses effectively.

Mental: Develop tactical confidence—trust your strategic decisions and remain composed if immediate success isn't achieved.

Process Goals: Focus on accurate shot placement and maintaining consistent footwork while directing shots.

Performance Goals: Achieve 60% accuracy in targeting the weaker side during practice scenarios.

L58

EQUIPMENT & USAGE:

- **Cones:** Mark target zones to represent the opponent's weaker side.
- **Agility Ladder:** Reinforce quick and efficient foot positioning to exploit identified weaknesses.
- **Reaction Ball:** Enhance alertness and readiness to adapt to opponent's responses.
- **Basket of Balls:** Used when needed.



L58

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase heart rate and circulation.
- **Agility Ladder (2-3 min):** Lateral and forward drills to improve quick positioning.
- **Reaction Balls (1-2 min):** Reflex drills to sharpen alertness for tactical decisions.
- **Short Rally (1-2 min):** Gentle baseline exchanges focusing on consistency and accuracy.

ACTIVITY 1 (25-30 MIN): Targeted Practice

Coach simulates scenarios by designating an imaginary weaker wing (e.g., backhand). Players practice directing shots to that side using cones as a visual guide. Emphasise calm adjustments after errors.

ACTIVITY 2 (25-30 MIN): Competitive Drills

Players engage in competitive rallies where a certain percentage of shots must target the designated weaker side. Build persistence and tactical confidence—adjust strategy without frustration if initial attempts fail.

ACTIVITY 3 (10-15 MIN): Mini Matches

Players compete in short matches, focusing on identifying and exploiting the opponent's weaknesses during rallies. Encourage patience and strategic consistency.

WARM-DOWN (5 MIN):

- Light stretches focusing on legs, shoulders, and arms.
- Relaxation breathing exercises to reinforce calmness post-session.

DEBRIEF (2-3 MIN):

Reflect on how trusting your tactical plan impacted your composure and execution. Discuss the importance of persistence in applying strategies against opponents' weaknesses and when adjustments are necessary.

“

*You learn from defeats more
than you learn from victories.*

- Andy Murray

”

LESSON 59

PRE-POINT ROUTINE & CONSISTENCY UNDER STRESS

L59

OBJECTIVES:

- **Technical:** Sustain steady and accurate strokes during high-pressure scenarios.
- **Mental:** Develop and rely on a pre-point routine (bounce twice, quick inhale-exhale, visualise target) to stabilise focus and manage emotions during crucial points.
- **Process Goals:** Execute pre-point routines consistently before every rally or serve.
- **Performance Goals:** Maintain 70% rally accuracy after implementing the pre-point routine.

L59

EQUIPMENT & USAGE:

- **Cones:** Placed deep in the court to act as rally targets during visualisation.
- **Resistance Bands:** For warming up shoulders and hips to ensure stability during strokes.
- **Tablet/Smartphone:** Optional to provide feedback on player posture during pre-point routine.
- **Basket of Balls:** Used when needed.



L59

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase circulation and prepare muscles.
- **Resistance Bands (2-3 min):** Shoulder stabilisation exercises and hip activations.
- **Dynamic Stretches (1-2 min):** Loosen arms and legs with controlled swings.
- **Shadow Pre-Point Routine (1-2 min):** Practice the routine (bounce, breathe, visualise) without hitting a ball.

ACTIVITY 1 (25-30 MIN): Pre-Point Routine and Rally Drill

Players begin each rally by performing the pre-point routine. Coaches provide feedback on how the routine impacts mindset and shot quality during longer rallies.

ACTIVITY 2 (25-30 MIN): Competitive Routine Drill

Players engage in competitive scenarios, such as serve-return points, where the pre-point routine is mandatory before each serve or return. Consistency under pressure is the focus.

ACTIVITY 3 (10-15 MIN): Mini Matches

Players compete in short matches, using the pre-point routine to maintain focus and stability. Highlight how routine aids in handling challenging points.

WARM-DOWN (5 MIN):

- Light stretches focusing on shoulders, hips, and legs.
- Breathing exercises to reinforce calmness and relaxation post-session.

DEBRIEF (2-3 MIN):

Discuss how the pre-point routine impacted players' ability to remain consistent under pressure. Encourage integrating this mental technique into matches to stabilise emotions and sustain performance.

“

*I always fight for every ball.
That's the only way to win
matches, especially against the
best players.*

- Daniil Medvedev

”

LESSON 60

CONSOLIDATION OF STAGE 3 SKILLS & COMPETITIVE READINESS

L60

OBJECTIVES:

Technical: Integrate advanced tactical skills such as serve variety, approach shots, spins, and drop shots alongside consistent execution of mental routines.

Mental: Reflect on personal growth in competitiveness, resilience, and adopting a growth mindset.

Process Goals: Demonstrate calm adaptability and steady execution in mixed scenarios.

Performance Goals: Maintain a 70% success rate in key drills and competitive points.

L60

EQUIPMENT & USAGE:

- **Cones:** Placed for various skills such as serving, returning, and targeting different zones.
- **Agility Ladder:** To review footwork patterns learned during the term.
- **Medicine Ball:** For core rotation exercises, reinforcing stability in strokes.
- **Tablet/Smartphone:** To share highlight clips, showcasing progress and celebrating milestones.
- **Basket of Balls:** Used when needed.



L60

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase circulation and prepare the body.
- **Agility Ladder (2-3 min):** Execute a variety of patterns from previous sessions to reinforce footwork.
- **Medicine Ball (1-2 min):** Perform core throws to enhance stability and posture.
- **Short Rally (1-2 min):** Gentle hits alternating spins and directions to ease into the session.

ACTIVITY 1 (25-30 MIN): Integrated Tactical Drills

Players practice mixed scenarios combining all learned skills: serve variety, return placement, spin changes, and approach shots. Coaches encourage using mental tools such as controlled breathing and positive self-talk.

ACTIVITY 2 (25-30 MIN): Competitive Sets

Players engage in short sets emphasising tactical adaptability and maintaining composure under pressure. Focus is on reading opponents and executing advanced strategies.

ACTIVITY 3 (10-15 MIN): Friendly Round-Robin Matches

Players participate in round-robin matches, applying all technical and mental skills in competitive settings. Coaches provide feedback on readiness for formal competition.

WARM-DOWN (5 MIN):

- Light stretches for legs, shoulders, and hips.
- Slow breathing exercises to wind down and reflect.

DEBRIEF (2-3 MIN):

Encourage each player to identify one key mental and one technical skill they've mastered this term. Reflect on how these skills contribute to competitive readiness and discuss goals for the next term.

“

Success isn't just about winning titles; it's about feeling proud of the work you've put in.

- Ash Barty

”

LESSON 61

TOURNAMENT-STYLE WARM-UPS & PERSONAL RESPONSIBILITY

L61

OBJECTIVES:

Technical: Review and execute all strokes in a structured pre-match warm-up format.

Mental: Cultivate self-reliance by encouraging players to take responsibility for their own readiness through self-driven warm-ups and mental routines.

Process Goals: Execute a complete pre-match warm-up independently with consistent focus and rhythm.

Performance Goals: Achieve 80% success rate in structured hitting routines during warm-up.

L61

EQUIPMENT & USAGE:

- **Cones:** Placed to guide a structured hitting routine (forehands, backhands, volleys, serves).
- **Agility Ladder:** For footwork drills to simulate pre-match intensity and engagement.
- **Resistance Bands:** To warm up shoulders and hips independently without coach direction.
- **Smartphone/Tablet:** Optional for players to check stroke tempo or footwork if desired.
- **Basket of Balls:** Used when needed.



L61

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Players jog independently to increase circulation.
- **Agility Ladder (2-3 min):** Self-selected ladder patterns for dynamic footwork activation.
- **Resistance Bands (1-2 min):** Players perform their choice of band exercises (e.g., shoulder external rotations).
- **Mini Rallies (1-2 min):** Light hitting in service box while mentally focusing on readiness.

ACTIVITY 1 (25-30 MIN): Structured Warm-Up Routine

Players follow a tournament-style warm-up independently, covering:

- Baseline forehands and backhands
- Volleys and overheads
- Serving practice
- Emphasis is on using visualisation, calm breathing, and self-assessment to prepare for match play.

ACTIVITY 2 (25-30 MIN): Simulated First Two Games

Players simulate the start of a match, using their own pre-point routines to maintain focus and readiness. Minimal coach input—players manage their own preparation and adjustments.

ACTIVITY 3 (10-15 MIN): Debrief-Style Short Points

Players play short points, focusing on mental resets and adjustments between points. The coach observes but does not intervene, allowing players to take control of their mindset.

WARM-DOWN (5 MIN):

- Players perform light stretches independently, focusing on areas they feel need attention.

DEBRIEF (2-3 MIN):

Ask players to reflect on how taking responsibility for their warm-up and routines impacted their mindset and confidence. Discuss how these habits can transfer to tournament settings.

“

*I give everything on every point.
That's how I show respect for
my opponent and the game.*

- Alex de Minaur

”

LESSON 62

HIGH-PRESSURE SERVING (MATCH/BREAK POINTS) & MENTAL COMPOSURE

L62

OBJECTIVES:

Technical: Refine serve accuracy and placement under simulated high-pressure conditions (e.g., match points, break points).

Mental: Normalize high-pressure situations by maintaining composure and executing consistent pre-serve routines.

Process Goals: Focus on consistent toss, breathing, and rhythm for all serves.

Performance Goals: Achieve a 70% success rate in hitting target zones during pressure scenarios.

L62

EQUIPMENT & USAGE:

- **Cones:** Mark specific service box targets for practice under high-pressure scenarios.
- **Resistance Bands:** Shoulder activations for fluid serving motion and stability.
- **Smartphone/Tablet:** Optional for players to review toss consistency or serve rhythm.
- **Basket of Balls:** Used when needed.



L62

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Get heart rate up and warm muscles.
- **Resistance Bands (2-3 min):** Perform shoulder exercises to promote stability and control.
- **Shadow Serves (1-2 min):** Focus on pre-serve breathing and visualising success.
- **Dynamic Stretches (1-2 min):** Include arm circles and wrist rotations to ensure flexibility.

ACTIVITY 1 (25-30 MIN): Pressure Serve Drills

Players practice serving in high-stakes scenarios, such as:

- "You're down match point."
- "You have break point."
- Emphasise maintaining a steady pre-serve routine and visualizing a successful serve.

ACTIVITY 2 (25-30 MIN): Scoring Under Pressure

Players earn bonus points for serving into target zones during simulated pressure situations. On misses, they reset calmly and focus on the next serve.

ACTIVITY 3 (10-15 MIN): Critical Point Mini Matches

Players start mini matches at high-pressure scores (e.g., 40-30, deuce). Focus on composure and executing the routine before each serve.

WARM-DOWN (5 MIN):

- Light stretches for shoulders and arms.
- Practice slow, deep breathing to relax after intense play.

DEBRIEF (2-3 MIN):

Discuss how treating big points as normal points impacted serve execution and mindset. Encourage players to reflect on which aspects of their routine helped maintain composure.

“

Tennis is a long journey. Each match is a chance to learn something new.

- Jannik Sinner

”

LESSON 63

OFFENSIVE BASELINE PLAY & ACKNOWLEDGING RISK-TAKING

L63

OBJECTIVES:

Technical: Improve aggressive baseline play while maintaining control and consistency.

Mental: Celebrate calculated risks and the intent behind bold plays, even if execution falters.

Process Goals: Focus on early preparation, controlled acceleration, and precise shot placement.

Performance Goals: Aim for a 60% success rate in hitting deep corner targets during aggressive rallies.

L63

EQUIPMENT & USAGE:

- **Cones:** Placed deep in corners to encourage attacking shots with precision.
- **Agility Ladder:** Warm-up tool to refine footwork for attacking positions.
- **Medicine Ball:** Core activation to stabilise strokes during high-intensity play.
- **Basket of Balls:** Used when needed.



L63

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Elevate heart rate and loosen up.
- **Agility Ladder (2-3 min):** Perform lateral and forward movements to simulate attacking positions.
- **Medicine Ball (1-2 min):** Rotational throws for core strength and stability.
- **Mini Rallies (1-2 min):** Gentle exchanges focusing on maintaining balance and controlled pace.

ACTIVITY 1 (25-30 MIN): Controlled Aggression Drill

Cooperative rally where players gradually increase pace while maintaining control. After an error on an aggressive shot, players praise the effort, e.g., “Good attempt stepping in.”

ACTIVITY 2 (25-30 MIN): Competitive Aggression Points

Players compete in rallies where controlled aggression is rewarded. Points are awarded for deep or angled shots into designated zones. No negative reactions if a bold shot misses; instead, focus on the intent.

ACTIVITY 3 (10-15 MIN): Offensive Baseline Mini Matches

Players compete in short matches, focusing on dictating rallies from the baseline. Emphasise staying confident and proactive.

WARM-DOWN (5 MIN):

- Gentle jog to relax muscles.
- Stretch legs and shoulders, focusing on releasing tension.

DEBRIEF (2-3 MIN):

Reflect on how positively acknowledging risk-taking affected confidence and shot selection. Discuss how calculated aggression can improve match play and encourage continual growth.

“ *If you practice the wrong thing, you will get really good at the wrong thing, listen to your coach so you get great at the right things.*

- Stewart Whicker

”

LESSON 64

ADVANCED RETURN STRATEGIES (CHIP/DROP) & QUICK ADAPTATION

L64

OBJECTIVES:

Technical: Experiment with advanced return techniques like chip-and-charge and drop returns to disrupt opponents' rhythm.

Mental: Quickly adapt after unsuccessful attempts without frustration, returning to a confident baseline mindset.

Process Goals: Focus on early preparation, smooth execution of chip/drop returns, and balanced recovery.

Performance Goals: Successfully execute advanced returns 40% of the time during drills and matches.

L64

EQUIPMENT & USAGE:

- **Cones:** Set return targets for chip and drop shots to reinforce precision.
- **Agility Ladder:** Improve footwork for swift forward movement during chip-and-charge attempts.
- **Reaction Ball:** Train reflexes for adjusting to unexpected serves or shot angles.
- **Basket of Balls:** Used when needed.



L64

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Loosen up and elevate heart rate.
- **Agility Ladder (2-3 min):** Practice forward bursts simulating chip-and-charge movement.
- **Reaction Ball (1-2 min):** Quick reaction drills to enhance adaptability.
- **Short Rally (1-2 min):** Gentle half-court exchanges focusing on control and wrist work for drop shots.

ACTIVITY 1 (25-30 MIN): Alternating Return Drills

Coach serves while players alternate between standard returns and advanced tactics (chip-and-charge, drop returns). Emphasize trying different strategies without fear of mistakes.

ACTIVITY 2 (25-30 MIN): Competitive Return Scenarios

Players compete in scenarios where bonus points are awarded for successful surprise returns. After errors, they calmly reset and either retry or switch tactics.

ACTIVITY 3 (10-15 MIN): Mini Matches with Tactical Returns

Players engage in short matches, incorporating advanced returns strategically to keep opponents off balance. Focus on seamless transitions back to standard play when tactics fail.

WARM-DOWN (5 MIN):

- Gentle jog followed by static stretches, with an emphasis on wrists, forearms, and shoulders.

DEBRIEF (2-3 MIN):

Discuss how quick mental shifts improved resilience and adaptability. Reflect on the tactical benefits of chip-and-charge and drop returns when executed confidently.

“

*There's no way around hard work.
Embrace it.*

- Roger Federer

”

LESSON 65

SERVE-AND-VOLLEY IN REAL CONDITIONS & BELIEF IN AGGRESSIVE TACTICS

L65

OBJECTIVES:

Technical: Execute serve-and-volley tactics during match-like scenarios, combining serve spins and placement to set up effective volleys.

Mental: Cultivate confidence in aggressive net play. Affirm: "Attacking the net is part of my game."

Process Goals: Focus on smooth transitions from serve to net with balanced footwork and consistent volley placement.

Performance Goals: Successfully execute serve-and-volley plays in at least 40% of attempts during drills and match play.

L65

EQUIPMENT & USAGE:

- **Cones:** Serve targets (wide, T, body) for placement drills to enhance volley setups.
- **Resistance Bands:** Warm-up tool for shoulder and arm stability.
- **Basket of Balls:** Used when needed.



L65

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Loosen up muscles and increase circulation.
- **Resistance Bands (2-3 min):** Shoulder rotations and scapular stability exercises.
- **Shadow Serve + Volley (1-2 min):** Simulate toss, serve, and quick net approach without a ball.
- **Dynamic Stretches (1-2 min):** Arm circles, trunk twists, and hip rotations.

ACTIVITY 1 (25-30 MIN): Serve-and-Volley Drills

Players practice serve-and-volley sequences with cones as serve targets and focus on clean volley execution. Mild scoring is used to simulate light pressure. After misses, players are encouraged to reset with confidence: “I commit again next time.”

ACTIVITY 2 (25-30 MIN): Partial Set Simulations

Players engage in simulated games where serve-and-volley is mandatory for at least one point per service game. Encourage composure and adaptability if the first attempt is unsuccessful.

ACTIVITY 3 (10-15 MIN): Mini Matches

Players compete in short matches, integrating serve-and-volley tactics naturally into their game plans. Focus on maintaining belief in aggressive net play, regardless of outcomes.

WARM-DOWN (5 MIN):

- Gentle jog followed by static stretches, targeting shoulders, calves, and quads.

DEBRIEF (2-3 MIN):

Reflect on how belief in aggressive tactics influenced performance and confidence. Discuss process improvements in serve-and-volley execution and how to integrate this strategy more consistently into matches.

“

I always believe I can beat the best, achieve the best. I always see myself in the top position.

- Serena Williams

”

LESSON 66

DEALING WITH OPPONENT'S CHANGING TACTICS & EMBRACING ADAPTATION

L66

OBJECTIVES:

Technical: Maintain effective shot selection and positioning when opponents alter tactics (e.g., switching from baseline play to net rushes).

Mental: View tactical shifts as an opportunity for growth. Affirm: "Changing my plan is part of high-level tennis."

Process Goals: Stay composed and adjust tactics smoothly without overthinking.

Performance Goals: Successfully adapt to opponent strategy changes in at least 50% of points during practice drills and matches.

L66

EQUIPMENT & USAGE:

- **Cones:** Mark baseline and net zones to guide shot selection for quick tactical changes.
- **Agility Ladder:** Footwork drills to simulate defensive-to-offensive transitions.
- **Reaction Ball:** Alertness training for sudden pace or direction changes.
- **Basket of Balls:** Used when needed.



L66

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Warm up muscles and increase circulation.
- **Agility Ladder (2-3 min):** Lateral and forward-backward patterns for smooth tactical transitions.
- **Reaction Balls (1-2 min):** Toss and catch drills to sharpen reflexes.
- **Short Rally (1-2 min):** Gentle hits with focus on adjusting positioning during rallies.

ACTIVITY 1 (25-30 MIN): Adaptation Drills

Coach signals mid-rally changes in strategy (e.g., aggressive net approach or sudden baseline retreat). Players respond calmly, affirming: “I embrace change.”

ACTIVITY 2 (25-30 MIN): Competitive Points with Shifting Tactics

Players compete in points where the “opponent” alters their style frequently. Focus on staying composed and adjusting without frustration.

ACTIVITY 3 (10-15 MIN): Mini Matches with Known Strategy Shifts

Players compete in short matches, where strategy shifts are announced at specific scores (e.g., net rushing at 30-15). Practice composure and tactical adaptation under match-like conditions.

WARM-DOWN (5 MIN):

- Gentle stretches for legs, shoulders, and back to relieve tension from rapid changes in play.

DEBRIEF (2-3 MIN):

Discuss how embracing tactical shifts as a natural part of competitive tennis improved composure and adaptability. Reflect on which adaptations felt natural and areas to refine.

“*Peak performance isn’t just about trying your best—it’s about raising the limits you once thought you had.*

- Stewart Whicker

LESSON 67

ENDURANCE DRILLS & SELF-MONITORING IN LONG RALLIES

L67

OBJECTIVES:

Technical: Maintain consistent technique, footwork, and depth throughout prolonged rallies.

Mental: Develop self-awareness by monitoring breathing, posture, and inner voice during extended play to sustain composure.

Process Goals: Focus on smooth stroke mechanics and relaxed breathing in extended rallies.

Performance Goals: Sustain technique and mental focus for at least 50 consecutive shots in cooperative drills.

L67

EQUIPMENT & USAGE:

- **Cones:** Set deep to promote consistent depth in long rallies.
- **Medicine Ball:** Use in warm-ups to activate core stability, helping with posture.
- **Resistance Bands:** For shoulder and hip activation to prepare for sustained activity.
- **Basket of Balls:** Used when needed.



L67

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Circulate blood and loosen muscles.
- **Medicine Ball (2-3 min):** Core rotational throws to activate stability muscles.
- **Resistance Bands (1-2 min):** Shoulder external rotations and hip abductions for form stability.
- **Short Rally (1-2 min):** Gentle hits focusing on maintaining smooth rhythm and relaxed strokes.

ACTIVITY 1 (25-30 MIN): Cooperative Rally Drills

Players engage in extended rallies aiming for high shot counts (e.g., 50+). Periodically, players self-assess breathing, tension in shoulders, and posture. Relax as needed to sustain composure and form.

ACTIVITY 2 (25-30 MIN): Competitive Endurance Points

Players compete to maintain technique and consistency during long points. Focus on mental cues such as: “I stay composed and steady,” and avoid rushing strokes even under fatigue.

ACTIVITY 3 (10-15 MIN): Mini Matches with Endurance Focus

Short games designed to test players’ ability to sustain performance over multiple long rallies within games. Emphasis on monitoring posture and inner voice during high-pressure moments.

WARM-DOWN (5 MIN):

- Gentle stretches for hips, shoulders, and lower back to relieve tension from extended play.
- Controlled breathing exercises to transition into a relaxed state.

DEBRIEF (2-3 MIN):

Discuss how self-monitoring improved composure during long rallies. Reflect on the ability to maintain form under fatigue and any specific cues that helped sustain focus.

“

*The time your game is most
vulnerable is when you're ahead.
Never let up.*

- Rod Laver

”

LESSON 68

GUEST INSIGHTS & ENHANCED MENTAL STRATEGIES

L68

OBJECTIVES:

Technical/Mental: Observe professional-level strokes, hitting patterns, and mental routines.

Mental: Gain insights into handling pressure, setbacks, and building confidence from a high-level player's perspective.

Process Goals: Focus on replicating observed techniques and integrating mental strategies shared by the guest.

Performance Goals: Identify and apply one specific technical and mental tip from the session.

L68

EQUIPMENT & USAGE:

- **Cones:** To assist the guest in demonstrating hitting patterns and drills.
- **Resistance Bands:** For warming up and introducing players to routines the guest might recommend.
- **Smartphone/Tablet:** To record demonstrations and discussions for players' future reference.
- **Basket of Balls:** Used when needed.



L68

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Basic circulation.
- **Resistance Bands (2-3 min):** Engage in shoulder and hip activations, incorporating any warm-up routines the guest might suggest.
- **Mini Rallies (1-2 min):** Gentle hitting with the guest observing for feedback.

ACTIVITY 1 (25-30 MIN): Guest Demonstration & Interactive Play

The guest player demonstrates professional strokes, hitting patterns, and footwork techniques. Players take turns hitting with the guest while observing their preparation and execution.

ACTIVITY 2 (25-30 MIN): Q&A Session

Players ask questions about the guest's mental strategies, routines, and experiences in handling high-pressure situations and setbacks. The guest shares insights on building resilience, confidence, and maintaining focus during matches.

ACTIVITY 3 (10-15 MIN): Applied Drill

Players participate in a drill suggested by the guest, incorporating both technical advice (e.g., specific shot mechanics) and mental strategies (e.g., pre-point routines or positive self-talk).

WARM-DOWN (5 MIN):

- Light stretches for shoulders, legs, and hips.
- Reflect quietly on the guest's advice while cooling down.

DEBRIEF (2-3 MIN):

Players share one technical and one mental takeaway they plan to integrate into their game. Emphasise the importance of long-term application of insights gained from the session.

“

I want to show that anyone can achieve big things if they believe in themselves and keep working hard.

- Iga Świątek

”

LESSON 69

FINE-TUNING WEAK AREAS & EMBRACING VULNERABILITY

L69

OBJECTIVES:

Technical: Identify and focus on improving a personal weak stroke (e.g., backhand down-the-line).

Mental: Shift perspective to view weaknesses as opportunities for growth rather than frustration.

Process Goals: Execute consistent repetitions with proper form and control on the weak stroke.

Performance Goals: Achieve measurable improvement in accuracy or consistency by the end of the session.

L69

EQUIPMENT & USAGE:

- **Cones:** Specific targets to guide the focus on improving the weak stroke.
- **Resistance Bands:** Stabilisation warm-ups to ensure balanced posture during technical corrections.
- **Tablet/Smartphone:** Record before-and-after clips to visually track progress.
- **Basket of Balls:** Used when needed.



L69

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase circulation.
- **Resistance Bands (2-3 min):** Shoulder and hip activations to stabilise key areas.
- **Dynamic Stretches (1-2 min):** Full-body stretches to loosen muscles.
- **Short Rally (1-2 min):** Gentle hits focusing on finding rhythm and timing.

ACTIVITY 1 (25-30 MIN): Focused Isolated Drills

Players work exclusively on their weak stroke, with repeated practice targeting cones. Each improvement, no matter how small, is acknowledged with self-praise: "I'm improving this area."

ACTIVITY 2 (25-30 MIN): Integrated Rally Drills

Incorporate the weak stroke into rally scenarios. For example, alternate forehands and backhands, ensuring repeated use of the weaker stroke. Emphasise maintaining composure and positivity after errors.

ACTIVITY 3 (10-15 MIN): Mini Matches

Competitive games where players are encouraged or required to use their previously weak stroke during rallies or specific situations. This builds confidence and reinforces improvements under mild pressure.

WARM-DOWN (5 MIN):

- Light stretches, focusing on the muscle groups heavily involved in the weak stroke.
- Controlled breathing to cool down and relax the mind.

DEBRIEF (2-3 MIN):

Players reflect on how embracing vulnerability allowed them to approach their weak stroke with patience and persistence. Discuss technical and mental progress observed during the session.

“

I learned to trust in my own abilities. If you can believe in yourself, you're already halfway there.”

- Ash Barty

”

LESSON 70

VISUALISING MATCH SCENARIOS & CALM ANTICIPATION

L70

OBJECTIVES:

Technical: Practise executing strokes and strategies in specific high-pressure match scenarios (e.g., serving for the set, returning at 5-5).

Mental: Replace pre-scenario anxiety with calm anticipation through focused visualisation and mental preparation.

Process Goals: Execute pre-visualised scenarios with controlled strokes and mental clarity.

Performance Goals: Successfully complete at least 70% of scenario-based drills with positive outcomes.

L70

EQUIPMENT & USAGE:

- **Cones:** Mark zones to guide precise execution during scenario drills (e.g., wide serve, deep return).
- **Agility Ladder:** Warm-up tool for enhancing footwork speed and intensity for match simulation.
- **Resistance Bands:** Shoulder and hip activations to maintain stability during pressure scenarios.
- **Basket of Balls:** Used when needed.



L70

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** General circulation.
- **Agility Ladder (2-3 min):** Increase intensity to simulate match-level movement.
- **Resistance Bands (1-2 min):** Focus on shoulder and hip stabilisation.
- **Short Rally (1-2 min):** Gentle baseline hits, focusing on timing and rhythm.

ACTIVITY 1 (25-30 MIN): Scenario Drill: Serving Under Pressure

- Players are presented with scenarios such as "Serving at 5-5, 30-30."
- Before executing, players pause, close their eyes, and visualise a successful outcome (e.g., a wide serve and forehand winner).
- Execute serve and follow-up shot focusing on maintaining composure.

ACTIVITY 2 (25-30 MIN): Scenario Drill: Returning Under Pressure

- Players simulate return scenarios like "Down break point" or "Up match point."
- Visualisation precedes execution—players imagine the return strategy and execute with purpose.
- Feedback highlights consistency and adaptability.

ACTIVITY 3 (10-15 MIN): Mini Matches: Key Moment Simulations

- Players engage in short matches where every point is treated as a key moment.
- Visualise success before each point, practicing calmness under imagined match pressure.

WARM-DOWN (5 MIN):

- Light stretches, focusing on the muscle groups heavily involved in the weak stroke.
- Controlled breathing to cool down and relax the mind.

DEBRIEF (2-3 MIN):

Reflect on how visualisation techniques affected mindset and execution. Players discuss whether calm anticipation improved their confidence in key scenarios.

“

I play with a lot of heart—win or lose, I want to walk away knowing I left it all out there.

- Alex de Minaur

”

LESSON 71

TACTICAL VARIABILITY & RAPID DECISION-MAKING

L71

OBJECTIVES:

Technical: Adapt mid-point by employing various tactical choices such as high balls, slices, drop shots, and driving shots.

Mental: Trust quick instincts and decisions without overthinking or second-guessing.

Process Goals: React instantly to tactical demands with smooth execution.

Performance Goals: Successfully implement varying tactics in 70% of scenarios presented.

L71

EQUIPMENT & USAGE:

- **Cones:** Mark zones to guide tactical choices (e.g., deep safe zone, short drop zone).
- **Reaction Ball:** Enhance reflexes for quick adjustments during drills.
- **Agility Ladder:** Improve footwork adaptability for seamless transitions between tactics.
- **Resistance Bands:** Stabilise shoulders and hips, supporting controlled stroke variations.
- **Basket of Balls:** Used when needed.



L71

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** General warm-up to boost circulation.
- **Agility Ladder (2-3 min):** Quick change-of-direction patterns to simulate tactical adaptability.
- **Reaction Ball (1-2 min):** Reflex training for immediate tactical responses.
- **Short Rally (1-2 min):** Gentle hits to prepare mentally for variety.

ACTIVITY 1 (25-30 MIN): Cooperative Rally with Tactical Shifts

- Coach calls a specific tactic mid-rally (e.g., “Slice now!” or “Go deep!”).
- Players must execute the change immediately and maintain rhythm.

ACTIVITY 2 (25-30 MIN): Competitive Tactical Switching Points

- Players earn points for effectively switching tactics during points.
- Emphasise trusting instinctive responses with affirmations like, “I trust my judgment.”

ACTIVITY 3 (10-15 MIN): Mini Matches with Tactical Variability

- Players integrate tactical variety during short matches.
- Focus on adaptability under pressure without hesitation.

WARM-DOWN (5 MIN):

- Light stretches for shoulders, arms, and legs.
- Slow breathing exercises to relax and reflect.

DEBRIEF (2-3 MIN):

Discuss how trusting instincts impacted decision-making and adaptability during points. Reflect on moments where tactical shifts were seamless versus moments of hesitation.

“

You have to keep believing in yourself, even if the match doesn't go perfectly.

- Jannik Sinner

”

LESSON 72

MENTAL RECOVERY AFTER LOSSES & CONSTRUCTIVE POST-MATCH ANALYSIS

L72

OBJECTIVES:

Technical: Engage in light hitting to relax muscles and reinforce comfort strokes.

Mental: Shift focus from self-blame to learning opportunities after tough losses, fostering resilience and growth.

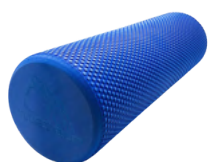
Process Goals: Maintain a calm and constructive mindset during reflection and practice.

Performance Goals: Identify at least one technical and one mental takeaway from a simulated loss.

L72

EQUIPMENT & USAGE:

- **Cones:** For gentle target hitting, encouraging precision without pressure.
- **Foam Roller:** For muscle relaxation before or after practice.
- **Smartphone/Tablet:** Optional to display a positive highlight or clip for encouragement.
- **Basket of Balls:** Used when needed.



L72

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle movement to ease into the session.
- **Foam Roller (1-2 min):** Light rolling to relax tight muscles.
- **Resistance Bands (1-2 min):** Mild shoulder activations for a loose and fluid hitting motion.
- **Short Rally (1-2 min):** Gentle, low-pressure exchanges to establish rhythm.

ACTIVITY 1 (25-30 MIN): Simulated Tie-Break Loss & Reflection

- Players engage in a tie-break scenario with the result being a simulated tough loss.
- Afterward, each player discusses what they learned, identifying technical and mental improvements instead of focusing on the negative.

ACTIVITY 2 (25-30 MIN): Cooperative Rally for Relaxation

- Partners engage in a relaxed rally, focusing on consistency and comfort.
- Players remind themselves of their strengths during the rally, such as “I’m consistent,” or “I move well.”

ACTIVITY 3 (10-15 MIN): Short, Positive Reinforcement Games

- Players engage in short games where the goal is to apply lessons learned from the simulated loss.
- Emphasise celebrating small wins and staying composed.

WARM-DOWN (5 MIN):

- Gentle stretches for shoulders, legs, and arms.
- Deep breathing exercises to reinforce relaxation and mental calm.

DEBRIEF (2-3 MIN):

Ask players how viewing a loss as a learning opportunity changed their perspective. Discuss how focusing on takeaways instead of self-blame helped them approach the practice with a positive mindset.

“

*I don't like to lose—at anything—
yet I've grown most not from
victories, but setbacks.*

- Serena Williams

”

LESSON 73

HIGH-INTENSITY DRILLS & IMMEDIATE MENTAL RESETS

L73

OBJECTIVES:

Technical: Handle high-intensity feeding drills demanding rapid responses.

Mental: After each intense point, perform a quick mental reset—one breath, positive phrase.

Process Goals: Focus on staying balanced and composed during rapid shot sequences.

Performance Goals: Achieve a 70% success rate in accurate shot placement during rapid-fire feeding drills.

L73

EQUIPMENT & USAGE:

- **Cones:** Set in various spots to direct rapid-fire drills.
- **Reaction Ball:** Warm-up reflexes for intense exchanges.
- **Agility Ladder:** Improve explosive movement needed for rapid-fire drills.
- **Resistance Bands:** Shoulder/hip activation ensuring stability under stress.
- **Basket of Balls:** Used when needed.



L73

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Circulation.
- **Agility Ladder (2-3 min):** Quick, explosive patterns.
- **Reaction Balls (1-2 min):** Heighten alertness.
- **Short Rally (1-2 min):** Gentle hits to feel comfortable before intensity spikes.

ACTIVITY 1 (25-30 MIN): Rapid-Fire Feeding Drills

- Coach feeds balls rapidly, alternating placements.
- Player focuses on maintaining consistency and quick recovery.
- After each mini-rally, take one deep breath and say a positive phrase, such as “I reset” or “Next ball.”

ACTIVITY 2 (25-30 MIN): Competitive High-Intensity Drills

- Points awarded for sequences of successful returns during high-speed feeds.
- If overwhelmed, players pause for a short breath reset and reframe with a positive affirmation before continuing.

ACTIVITY 3 (10-15 MIN): High-Tempo Mini Matches

- Matches are played with an emphasis on maintaining composure during fast-paced exchanges.
- Players practice resetting mentally after each tough point to remain focused on the next play.

WARM-DOWN (5 MIN):

- Light Stretches: Focus on shoulders, hips, and legs to relax muscles post-drill.
- Slow Exhale Exercises: Calming breathing techniques to reduce heart rate.

DEBRIEF (2-3 MIN):

- Discuss how mental resets helped manage the intensity of drills and improved responses.
- Encourage players to adopt quick reset routines during actual matches.

“

I'm not the next anybody—I'm the first Ash Barty.

- Ash Barty

”

LESSON 74

HIGH-INTENSITY DRILLS & IMMEDIATE MENTAL RESETS

L74

OBJECTIVES:

Technical: Adjust strokes for adverse conditions, focusing on higher net clearance, safe targets, and steady footwork.

Mental: Accept external challenges, such as wind or sun, and focus on controllable factors to maintain composure.

Process Goals: Use proper technique to adapt to imaginary weather conditions, ensuring consistency in shot selection and execution.

Performance Goals: Maintain at least 70% shot accuracy in rallies while adapting to simulated unfavourable conditions.

L74

EQUIPMENT & USAGE:

- **Cones:** Set deep targets to encourage higher, safer trajectories under simulated windy conditions.
- **Agility Ladder:** Warm-up for balanced footwork when adjusting for uneven footing.
- **Resistance Bands:** Shoulder and hip activation to maintain form under simulated conditions.
- **Basket of Balls:** Used when needed.



L74

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Raise circulation.
- **Agility Ladder (2-3 min):** Practice stable footwork to simulate uneven conditions.
- **Resistance Bands (1-2 min):** Shoulder and hip stability exercises.
- **Short Rally (1-2 min):** Focus on net clearance to simulate wind adjustment.

ACTIVITY 1 (25-30 MIN): Simulated Windy Conditions Drill

- Players rally cooperatively, imagining a strong wind affecting ball trajectory.
- Focus on higher net clearance and safer targets marked by cones.
- Use affirmations like “I adjust and stay steady,” maintaining a positive outlook.

ACTIVITY 2 (25-30 MIN): Competitive Points in Adverse Conditions

- Players compete in points while visualizing tough conditions (e.g., gusty wind or glaring sun).
- Emphasise calm, controlled strokes and mental adaptability, even when conditions are "challenging."
- No complaints; players must mentally adapt after each point.

ACTIVITY 3 (10-15 MIN): Mini Matches with Changing Conditions

- Short matches where conditions shift mid-game (e.g., imaginary gusts of wind, direct sun).
- Players adjust tactics, such as using more topspin or targeting safer areas, to respond effectively.
- Reward adaptability and focus on controllable aspects of play.

WARM-DOWN (5 MIN):

- Light Stretches: Focus on shoulders, hips, and legs to relax muscles post-drill.
- Slow Exhale Exercises: Calming breathing techniques to reduce heart rate.

DEBRIEF (2-3 MIN):

- Discuss how mental resets helped manage the intensity of drills and improved responses.
- Encourage players to adopt quick reset routines during actual matches.

“

I learned that the will to keep fighting, even when things aren't going your way, is what makes the biggest difference.

- Andy Murray

”

LESSON 75

FINE-TUNING SERVE PLACEMENT & PRE-MATCH RESEARCH

L75

OBJECTIVES:

Technical: Serve strategically by targeting an opponent's weaker return side or tailoring serve spin based on hypothetical scouting.

Mental: Adopt a professional mindset by envisioning pre-match research and executing strategic plans confidently.

Process Goals: Focus on precise serve placement and controlled spin variations to simulate opponent-specific tactics.

Performance Goals: Achieve 70% accuracy in serves directed at marked targets representing opponent weaknesses.

L75

EQUIPMENT & USAGE:

- **Cones:** Mark specific areas on the weaker return side for targeted serves.
- **Resistance Bands:** Warm-up shoulders to ensure precise serving mechanics.
- **Smartphone/Tablet:** Optional for reviewing toss alignment and stroke consistency related to targets.
- **Basket of Balls:** Used when needed.



L75

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Increase circulation and prepare for activity.
- **Resistance Bands (2-3 min):** Perform shoulder stabilisation exercises.
- **Shadow Serves (1-2 min):** Visualise serving to specific targets.
- **Dynamic Stretches (1-2 min):** Perform arm circles, wrist rotations, and gentle trunk twists.

ACTIVITY 1 (25-30 MIN): Specific Serve Practice

- Players imagine an opponent's weaker side and aim serves at cone-marked targets.
- Emphasise controlled toss and follow-through for consistency.
- Affirmation after each serve: "I trust my plan and adjust if needed."

ACTIVITY 2 (25-30 MIN): Scenario-Based Serve Adjustments

- Introduce hypothetical opponent scenarios (e.g., "Struggles with slice wide," "Prefers backhand returns").
- Players adjust serve spin or placement accordingly.
- Encourage calmness and learning from early mistakes.

ACTIVITY 3 (10-15 MIN): Mini Matches with Pre-Match Strategy

- Players apply pre-planned strategies during short matches, focusing on serves tailored to hypothetical opponent tendencies.
- Evaluate the effectiveness of serve adjustments in real-time.
- Maintain composure, adapt strategy if needed, and avoid frustration.

WARM-DOWN (5 MIN):

- Light static stretches focusing on shoulders and legs.
- Perform slow, deep breathing exercises to relax and reset.

DEBRIEF (2-3 MIN):

- Discuss how the pre-match planning mindset affected serve accuracy and confidence.
- Reflect on the challenges of tailoring serves and the benefits of a calm, adaptive approach.

“

*Sometimes, you have to accept
you're not playing your best and
find a way to still win.*

- Daniil Medvedev

”

LESSON 76

TIE-BREAKS & ONE-POINT-AT-A-TIME MENTALITY

L76

OBJECTIVES:

Technical: Execute reliable and controlled tennis during tie-break scenarios, prioritising serve, return, and straightforward rally patterns.

Mental: Manage the heightened pressure of tie-breaks by focusing on one point at a time and avoiding score-related anxiety.

Process Goals: Focus on clear, controlled shot selection and consistent pre-point routines.

Performance Goals: Achieve a 75% success rate in tie-break scenarios, emphasising serve and return accuracy.

L76

EQUIPMENT & USAGE:

- **Cones:** Set safe target zones for serves and rally shots during tie-breaks.
- **Resistance Bands:** Warm-up shoulders and hips to stabilise strokes.
- **Reaction Ball:** Prepare reflexes for quick, intense exchanges during short tie-break points.
- **Basket of Balls:** Used when needed.



L76

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Prepare for activity by increasing circulation.
- **Resistance Bands (2-3 min):** Perform shoulder and hip stability exercises.
- **Reaction Ball (1-2 min):** Sharpen reflexes for quick responses.
- **Short Rally (1-2 min):** Focus on rhythm and light footwork.

ACTIVITY 1 (25-30 MIN): Tie-Break Scenario Practice

- Players simulate tie-break situations, practicing consistent serve-and-return patterns.
- Focus on safe targets and rhythm. After each point, perform a mental reset with the phrase, “This point matters most.”

ACTIVITY 2 (25-30 MIN): Competitive Tie-Break Drills

- Players engage in competitive tie-breaks, emphasising deep breathing and a short focus phrase (e.g., “Calm and steady”) before each serve or return.
- Build confidence in handling high-pressure points by committing fully to each one.

ACTIVITY 3 (10-15 MIN): Mini Tie-Break Matches

- Players participate in short matches starting at 6-all, simulating real tie-break pressure.
- Apply pre-point routines and adapt strategy as needed to stay calm and focused.

WARM-DOWN (5 MIN):

- Light static stretches focusing on shoulders and legs.
- Perform slow, deep breathing exercises to relax and reset.

DEBRIEF (2-3 MIN):

- Reflect on how focusing on one point at a time influenced tie-break performance.
- Discuss the importance of pre-point routines and staying in the moment under pressure.

“

A disciplined warm-up, a focused mind, and a respectful attitude are foundations for lasting success.

- Stewart Whicker

”

LESSON 77

INTEGRATING ALL MENTAL TOOLS IN A PRACTICE SET

L77

OBJECTIVES:

Technical: Execute a full practice set while integrating technical and tactical skills learned throughout prior lessons.

Mental: Independently apply mental tools, including pre-match routines, between-point resets, and positive affirmations, without relying on external prompts.

Process Goals: Maintain focus and composure throughout the set, using mental strategies to navigate pressure and momentum shifts.

Performance Goals: Complete the set with a 70% success rate in utilising mental tools effectively during critical moments.

L77

EQUIPMENT & USAGE:

- **Cones:** Optional, for accuracy reference during serves and rallies.
- **Agility Ladder:** Used in warm-up to review quick footwork patterns.
- **Resistance Bands:** Activate shoulders and hips for stroke stability.
- **Basket of Balls:** Used when needed.



L77

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gradually increase circulation and loosen muscles.
- **Agility Ladder (2-3 min):** Review footwork patterns for agility and balance.
- **Resistance Bands (1-2 min):** Stabilise shoulders and hips.
- **Mini Rallies (1-2 min):** Engage in relaxed hitting to mentally prepare for the set.

ACTIVITY 1 (25-30 MIN): Practice Set with Mental Tool Integration

- Begin a full practice set. Players focus on executing pre-point routines, visualising shot placement, and resetting between points.
- Handle pressure situations (e.g., break points) using learned breathing and self-affirmation techniques.

ACTIVITY 2 (25-30 MIN): Mid-Set Reflection

- Players pause mid-set to reflect silently on their mental strategies and identify areas to adjust or strengthen.
- Resume play, applying insights gained during the reflection period.

ACTIVITY 3 (10-15 MIN): Set Completion with Focus on Finishing Strong

- Players complete the set, emphasising persistence and maintaining composure regardless of the score.
- Use positive affirmations and visualisation to navigate key moments and close out points effectively.

WARM-DOWN (5 MIN):

- Perform light static stretches focusing on legs, shoulders, and hips.
- Practice slow, deep breathing to calm the body and mind.

DEBRIEF (2-3 MIN):

- Discuss the experience of relying solely on mental tools during the set.
- Reflect on moments of success and opportunities for improvement in handling pressure.

“

I feel the pressure.

- Novak Djokovic

”

LESSON 78

OFF-COURT CONSIDERATIONS: NUTRITION, RECOVERY & MINDSET

L78

OBJECTIVES:

Technical: Engage in light on-court hitting to stay loose while focusing on recovery techniques.

Mental: Understand the role of nutrition, hydration, sleep, and mental preparation in consistent performance and mental clarity.

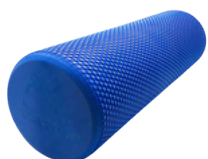
Process Goals: Gain actionable insights into off-court habits that support on-court performance and mental resilience.

Performance Goals: Identify at least one nutrition or recovery strategy to implement consistently.

L78

EQUIPMENT & USAGE:

- **Cones:** Minimal use for light on-court hitting as the primary focus is off-court preparation.
- **Foam Roller:** Demonstrate effective recovery routines for muscle relaxation.
- **Resistance Bands:** Show simple off-court exercises for injury prevention.
- **Smartphone/Tablet:** Present visual aids, such as nutrition infographics or short informational clips.
- **Basket of Balls:** Used when needed.



L78

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle circulation to stay loose.
- **Resistance Bands (1-2 min):** Demonstrate light exercises for mobility and stability.
- **Short Rally (1-2 min):** Comfortable hitting to prepare for the discussion.

ACTIVITY 1 (25-30 MIN): Presentation on Nutrition, Recovery, & Sleep

- Coach delivers an interactive discussion covering essential nutrients (carbohydrates, proteins, hydration), sleep hygiene, and recovery techniques.
- Players are encouraged to ask questions and relate the information to their routines.

ACTIVITY 2 (25-30 MIN): Q&A on Off-Court Habits and Mental Stability

- Players share challenges they face with off-court habits and seek practical advice.
- Discussion links how habits like hydration and proper sleep improve mental focus and performance under pressure.

ACTIVITY 3 (10-15 MIN): Calm Rally with Mental Freshness

- Players return to the court for a cooperative rally focusing on calm and controlled hitting.
- Players apply insights from the off-court discussion to maintain a relaxed and focused mindset.

WARM-DOWN (5 MIN):

- **Foam Rolling:** Highlight recovery benefits for key muscle groups.
- **Static Stretches:** Focus on flexibility and relaxation.
- Reflect on actionable takeaways from the off-court session.

DEBRIEF (2-3 MIN):

- Ask players to identify one off-court habit they will focus on improving and why.
- Encourage players to share how the information can enhance their performance.

“

I believe you should give 100% on the court, so I chase every ball.

- Holger Rune

”

LESSON 79

SETTING FUTURE GOALS & REFLECTING ON PROGRESS

L79

OBJECTIVES:

Technical: Conduct a brief review of core skills to reinforce confidence and highlight improvements.

Mental: Reflect on the journey throughout the season—acknowledge progress, set long-term goals, and identify areas for further growth.

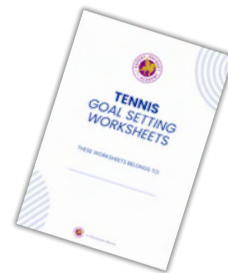
Process Goals: Maintain a positive, forward-looking mindset during reflection and goal-setting.

Performance Goals: Define at least one long-term technical target and one mental target for the next phase of training.

L79

EQUIPMENT & USAGE:

- **Cones:** Light target hitting to reinforce consistent strokes.
- **Agility Ladder:** Quick review of footwork basics for stability.
- **Resistance Bands:** Warm-up shoulders and hips to revisit fundamental habits.
- **Goal Setting Worksheets:** Distributed off-court for players to write and reflect on future targets.
- **Basket of Balls:** Used when needed.



L79

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle movement to increase circulation.
- **Agility Ladder (2-3 min):** Quick footwork patterns as a refresher.
- **Resistance Bands (1-2 min):** Shoulder/hip activations to promote stability.
- **Short Rally (1-2 min):** Gentle hitting to acknowledge and apply technical improvements.

ACTIVITY 1 (25-30 MIN): Reflective Rally & Acknowledging Progress

- Players engage in an easy rally focusing on smooth, consistent strokes while thinking about what they've improved throughout the season.
- Coach offers feedback on visible progress and encourages self-praise for specific improvements.

ACTIVITY 2 (25-30 MIN): Goal-Setting Session (Off-Court)

- Distribute Goal Setting Worksheets and guide players to write new long-term goals, including technical, tactical, and mental targets.
- Players reflect independently, then share their goals with a partner for accountability.

ACTIVITY 3 (10-15 MIN): Group Discussion: Sharing Achievements & Goals

- Players gather to share one mental skill and one technical skill they're most proud of developing during the season.
- Foster a supportive environment where peers and the coach provide positive reinforcement.

WARM-DOWN (5 MIN):

- **Light Stretches:** Focus on relaxation and flexibility.
- **Calm Breathing:** Encourage players to visualise their future goals.

DEBRIEF (2-3 MIN):

- **Discussion Prompt:** Reflect on how far you've come this season. What is one key improvement you're most proud of, and how will your goals guide you forward?

“

Always dream big, and don't let anyone limit your dreams because the possibilities are endless

- Coco Gauff

”

LESSON 80

FINAL REVIEW, CELEBRATION & PEAK PERFORMANCE

L80

OBJECTIVES:

Technical: Engage in light hitting to enjoy the game, focusing on flow, fun, and showcasing skills developed over the program.

Mental: Celebrate individual and group achievements, reinforcing a mindset of continuous growth and positivity.

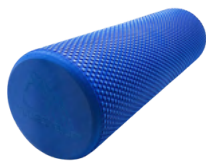
Process Goals: Stay present during activities, appreciating progress without overanalysis.

Performance Goals: Share at least one personal takeaway about tennis and one about individual growth during the group circle.

L80

EQUIPMENT & USAGE:

- **Cones:** Used minimally for fun target games or challenges.
- **Foam Roller:** Optional for recovery and relaxation after the session.
- **Smartphone/Tablet:** Display before/after clips to visually highlight improvements over the program.
- **Resistance Bands:** Optional light warm-up to maintain familiar routines.
- **Basket of Balls:** Used when needed.



L80

WARM-UP (5-10 MIN):

- **Light Jog (1-2 min):** Gentle circulation to start.
- **Resistance Bands (1-2 min):** Light shoulder activation to maintain routine familiarity.
- **Mini Rallies (1-2 min):** Relaxed hitting, focusing on enjoying the sport.

ACTIVITY 1 (25-30 MIN): Friendly Round-Robin Matches

- Organise informal matches (singles or doubles) focusing on enjoying the game and showcasing improvements.
- No pressure on winning—highlight the joy of playing and camaraderie with peers.

ACTIVITY 2 (25-30 MIN): Journey Highlights and Feedback Session

- Coach shares observations on each player’s progress and may play a short video or slideshow of the journey through the program.
- Players are encouraged to reflect on their growth and thank their peers for their support.

ACTIVITY 3 (10-15 MIN): Group Circle: Lessons Learned

- Gather players in a circle. Each shares one thing they learned about tennis and one personal growth insight.
- Encourage an open, supportive environment to close the session on a positive note.

WARM-DOWN (5 MIN):

- **Gentle Stretches:** Loosen up post-session, focusing on relaxation.
- **Relaxed Chat:** Discuss favorite moments from the program.

DEBRIEF (2-3 MIN):

- **Coach Summary:** Recap the program’s journey, celebrating individual and group accomplishments. Encourage players to continue building on their progress both on and off the court.

“

It is those who want more—and who ask and pursue more—who show and remind us of life's true gift: the ability to overcome adversity and seek out happiness.

- Stewart Whicker

”

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