

INTERNATIONAL

PROGRAM

MORNING TRAINING STRUCTURE

MONDAY TO SATURDAY

7:30 – 9:30 AM

12 PLAYERS PER SESSION

PLAY

LEARN

IMPROVE

COMPETE



PURPOSE

Combine individual development, physical and mental intensity, and competitive application within the same training session.

INDIVIDUAL DEVELOPMENT

INTENSITY

LIVE APPLICATION

MONDAY TO FRIDAY

A CLEAR STRUCTURE. A CLEAR PURPOSE.

7:30 – 7:40

10 MIN

ACTIVATION & SESSION SETUP

- Players complete activation
- Coaches organize courts
- Players know their individual objective
- Start with purpose and intensity

PREPARE TO PERFORM

7:40 – 8:20

40 MIN

SPECIFIC DEVELOPMENT WORK

- Based on player assessments
- Individual or small groups
- Tactical, technical or movement priorities
- Serve + next shot / return + next shot
- Game-style and ACE toolbox focus
- Direct and objective feedback

DEVELOP THE PLAYER

8:20 – 8:40

20 MIN

DEPLETION DRILLS

- High physical intensity
- High repetition
- Limited recovery
- Clear tactical objective
- Maintain ball quality under fatigue
- Reinforce competitive behaviours

TRAIN UNDER PRESSURE

8:40 – 9:30

50 MIN

LIVE SITUATIONS ALL PLAYERS TOGETHER

- Points and situational play
- Ups & downs format
- Competitive scoring
- Apply individual objectives
- Decision-making and problem solving

1 COURT FOR TECHNICAL HELP

Walker or Pierre work with players on specific technical needs (serve, return, stroke, movement, etc.)

TRANSFER TO COMPETITION

SATURDAY

COMPETE. APPLY. FIND SOLUTIONS.

7:30 – 9:30

120 MIN

LIVE DRILLS & POINTS SITUATIONS

Ups & downs | Match situations | Competitive games

- Focus on application, competition and problem solving
- Different opponents and tactical situations
- Lower coaching intervention (let players compete)
- Observe what players can execute independently

DEVELOP COMPETITIVE BEHAVIOURS

- Make decisions
- Adapt
- Find solutions
- Compete with intention

KEY COACHING PRINCIPLES

GUIDE. SUPPORT. DEVELOP. TOGETHER.

1

EVERY PLAYER HAS A PURPOSE

Each player knows what they are working on.

BE CLEAR

2

COACH THE OBJECTIVE

Give feedback connected to the player's individual priorities.

BE RELEVANT

3

INTENSITY IS OUR RESPONSIBILITY

Create a high-energy environment with high repetition and engagement.

SET THE TONE

4

DEVELOPMENT MUST TRANSFER TO LIVE PLAY

What we develop must survive in competition.

CONNECT THE DOTS

5

ONE TEAM. ONE VOICE.

Different roles, same objectives. Communicate and support each other.

MAKE CHAMPIONS