

The 5-Day Weekly Structure

Each week follows our position-based training model, with each day focusing on mastering a specific area of the court.

Level 1: Behind Baseline

Defensive position focused on consistency, depth, and neutralizing opponent attacks with heavy topspin and defensive slices. Primary goal is to reset points and create a solid foundation. Your Level-1 Weapons: Topspin + Depth.

Level 2: Inside Baseline

Neutral to offensive position that leverages court position to take time away from opponents. Focus on driving the ball with controlled aggression and looking for opportunities to advance forward. Your Level-2 Weapons: Topspin + Power.

Level 3: Attack and Punish

When your power generates a weak ball allowing you to set up well inside the baseline, it's time to attack with your strongest shot and punish your opponent's weakest. Your Level-3 Weapons: Control and Angle.

Level 4: Transition Volley

As you move towards the net, your first volley is crucial - it's your transition shot. Execute an aggressive driving volley with a "shield-bash" mechanic, extending your arm towards the top of the net. Your Level-4 Weapons: Backspin + Arm Extension.

Level 5: Close-out Volley

You've arrived at the net, in prime position to finish the point decisively. From this finishing position, we focus on high volleys and overhead smashes, emphasizing a "chin-up, aim-down" mental approach. The goal is to end the point with practiced confidence.

Monday

Level 1: Behind the Baseline

Defensive positioning and heavy topspin groundstrokes to control the point with consistency and depth.

- Focus: Defensive skills & shot tolerance
- Key Skills: Heavy topspin, court depth, defensive slices

Tuesday

Level 2: Inside the Baseline

Aggressive court positioning and taking the ball early to apply pressure and dictate play with controlled power.

- Focus: Control & aggressive play
- Key Skills: Taking ball on the rise, penetrating drives

Wednesday

Level 3: Attack and Punish

Using control and angle to attack weak balls with both feet well inside the baseline, forcing opponents into defensive positions.

- Focus: Recognizing and attacking opportunities
- Key Skills: Shot selection, directional control, angle creation

Thursday

Level 4 & 5: Transition & Net

Mastering the transition game with driving volleys and executing decisive finishing volleys and overheads to close out points.

- Focus: Transition and finishing skills
- Key Skills: Drive volleys, overheads, net positioning

Friday

Match Play & Mental Focus

Integrating all court levels in competitive play with mental performance training and strategic point construction application.

- Focus: Competitive resilience & application
- Key Skills: Match strategy, mental toughness, adaptability

Weekly Learning Progression

Our weekly structure is designed to build skills progressively from defensive to offensive positions, culminating in match play that integrates all elements:

