Six-week learning plan: choose and adapt

Twelve possible sessions and a blank weekly sheet; repeat or extend the sequence as needed.

Use the sequence responsibly

Example: 8 supervised beginners, a court and 4 balls. Two sessions per week is only one possible schedule. Replace existing blocks rather than automatically adding load. Count water and transitions. Adapt space, ball and net; stop for pain or unsafe spacing. This is not rehabilitation or an official programme.

Twelve session choices

1A: partner toss–pass–catch. Easier: gentle predictable feed; next: one step toward a reachable ball.

1B: move and call. Easier: fixed lanes; next: a small direction choice without crowding.

2A: partner setting. Easier: toss–set–catch; next: successive controlled sets.

2B: pass–set–send. Easier: one catch; next: a short cooperative rally.

3A: close underhand serving. Easier: large target and shorter distance; next: adjust one feature.

3B: serve reception. Easier: toss; next: a manageable serve to a reachable teammate.

4A: walking approach and standing send. Keep spacing; no automatic extra jumps.

4B: choose an open area, send and become ready. Easier: fewer choices; next: uncertainty.

5A: free ball and second-contact ownership. Easier: slower feed; next: start the rally.

5B: small-sided serve-start games. Easier: catch or shorter court; next: simple scoring.

6A: revisit one observed pattern. Keep, simplify or progress one condition.

6B: cooperative games and review. Ask what to repeat; the calendar is not a test.

Fictional timing example

45 minutes: warm-up 8; previous-task review 5; main task 12; water/transition 3; small-sided game 12; finish/notes 5. Total 45. If explanation takes longer, shorten the game rather than rush breaks.

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Your blank week

Week label / dates / existing training or matches: _____

Group / space / balls / supervision: _____

One learning goal / observation definition: _____

Session A task / easier option / possible progression: _____

Session B task / repeat decision: _____

Water / transitions / planned finish: _____

Player feedback / fatigue or safety adjustment: _____

Observed action / unknowns / next decision: _____