

## Introduction/Foundation Phase Childhood

## Refinement/Transition Phase Pre & Post Puberty

## World-Class Performance Phase Post Puberty & Adulthood

### LEARNING THEME – FUN AND FUNDAMENTALS

### LEARNING THEME – TRAINING AND COMPETITION

### LEARNING THEME – PERSONAL EXCELLENCE



5–8



8–12



Girls: 10–13 Boys: 11–15



Females: 12–16 Males: 15–20



Females: 15+ Males: 18+

#### Teaching Emphasis

##### Physical Skills

- Agility, balance (static and dynamic) and coordination (simple to complex)
- Throwing overarm, catching, jumping and running
- Speed
- Reaction (response time)
- Tracking skills
- Warm up and cool down
- Other sports
- Hydration/nutrition

##### Tactical (On 36' court)

- Serve, return and baseline skills
- Developing accuracy and consistency

##### Technical (Use 19", 21" & 23" racquets and foam balls)

- Developing basic stroke patterns of serve, groundstrokes and volleys
- Basic grips
  - Serve—continental grip
  - Forehand—eastern to semi-western grip
  - Backhand—single or double-handed

##### Mental and Emotional Skills

- Fun and enjoyment of sport
- 'Best of 3' scoring principles
- Coping with winning and losing
- Sportsmanship and respect for other players

##### Length of Sessions

- 2-3 tennis sessions per week of 45–60 minutes
- At least 6–10 hours of physical activities (including tennis) per week

##### Type of Competition and Scoring

- Fun entry-level team events, including Team Tennis
- 36' court events on intra- and interclub basis
- Modified scoring—best of 3 tiebreaks to 7 points

##### Type of Coaching and Program

- Coaches/teachers/parents with experience of age group, together with tennis skills
- FUN, well-structured program
- Group teaching

#### Teaching Emphasis

##### Physical Skills

- Complex coordination
- Agility and balance
- Running, jumping, throwing and catching
- Body awareness and control
- Core and shoulder stability
- Speed
- Reaction (response time)
- Other sports
- Hydration/nutrition

##### Tactical (On 60' to full-size court)

- Understand singles game situations: serve, return, baseline, approaching and at net
- Doubles
- Basic ready position
- Ability to move opponent using width and length of court

##### Technical (Use 23", 25", 26" & full-size racquets, low-compression ball graduating to regular ball)

- Basic strokes patterns in both offense and defense
- Quality footwork
- Ball control for serve, groundstrokes and volley
- Good positioning and recovery on baseline

##### Mental and Emotional Skills

- Fun and enjoyment of tennis
- Quality effort in practice and competition
- Solving problems
- Decision-making
- Fostering independence

##### Length of Sessions

- 4–6 tennis sessions per week of 1 hour with recovery before next session
- At least 12–15 hours of physical activities (including tennis) per week

##### Type of Competition and Scoring

- 60' court events on intra- and interclub basis
- Modified scoring for 10 and under—best of 1st to 4 game sets (tiebreak at 3-3) with 3rd set tiebreak to 7 points
- Jr. Team Tennis
- USTA local and Sectional tournaments

##### Type of Coaching and Program

- Coaches with experience of age group and necessary tennis skills
- FUN, well-structured program
- Group and individual sessions
- At age 8/9, max. of 20 matches per year
- Unlimited practice matches

#### Coaching Emphasis

##### Physical Skills Growth Spurt Issues

- Complex coordination
- Dynamic balance
- Footwork and movement
- Endurance
- Flexibility
- Core and shoulder stability
- Other complementary sports
- Nutrition/hydration
- Rest and recovery
- Testing and tracking

##### Tactical

- Development of game style
- Playing the ball at different heights
- Different serve and return options
- Sequencing of shots
- Offense and defense in all game situations
- High percentage play
- Tactics for different surfaces

##### Technical

- Sound technique on lob, overhead, drop shot, etc.
- Developing use of spin
- Developing racquet head speed
- Preparation for next shot, especially after serve
- Appropriate footwork patterns
- Ball speed control for serve, volley and groundstroke
- Shot placement to move opponent
- Taking control of the point
- Developing sense of shot selection

##### Mental and Emotional Skills

- Developing goal-setting
- Developing self-discipline
- Concentration
- Anxiety control
- Developing decision-making
- Developing pride in performance

##### Length of Sessions in a Training Phase

- 2 hours with recovery before next session
- 15–20 hours of physical activities (including tennis) per week

##### Type of Competition

- Jr. Team Tennis
- Club competition
- High School
- USTA local, Sectional and National tournaments

##### Type of Coaching and Program

- High Performance coaches with understanding of growth and development
- Established Development Plan
- At age 11, max. of 40 matches per year
- Unlimited practice matches

#### Coaching Emphasis

##### Physical Skills Individualized Post Puberty

- Complex coordination and movement
- Linear/multi-directional speed
- Strength
- Flexibility
- Core and shoulder stability
- Power
- Injury prevention and fitness testing
- Other complementary sports
- Nutrition/hydration
- Rest and recovery
- Testing and tracking

##### Tactical

- Knowledge of game style
- Use of strengths
- Tactics against different game styles
- 'Scouting' opponents

##### Technical

- Weapon development—serve and at least one other
- Appropriate power and racquet head speed on all shots
- Adaptation of technique for different surfaces
- Power and variation on baseline even under pressure
- Sound footwork and recovery on all strokes

##### Mental and Emotional Skills

- Goal-setting skills
- Increasing confidence
- Routines
- Concentration
- Relaxation skills
- Resilience
- Sound decision-making skills

##### Length of Sessions in a Training Phase

- 2.5 hours with recovery before next session
- 24–27 hours of physical activities (including tennis) per week

##### Type of Competition

- High School
- USTA Sectional and National tournaments
- ITF events
- Collegiate
- Futures/Challengers

##### Type of Coaching and Program

- High Performance coaches with experience of post-puberty issues
- Established Development Plan with 2–3 cycle periodized year moving toward increased competition levels
- At age 14, max. of 60 matches per year
- At age 16+, max. of 90 matches per year
- Unlimited practice matches

#### Coaching Emphasis

##### Physical Skills Individualized Program

- Speed
- Strength
- Endurance
- Power
- Flexibility
- Core and shoulder stability
- Injury prevention and fitness testing
- Nutrition/hydration
- Rest and recovery
- Testing and tracking

##### Tactical

- Adjustment to different surfaces, opponents and environments
- Well-defined game style
- Control of points with pace, accuracy and quality passing shots
- Sound shot selection for different tactics

##### Technical

- Sound technique related to game style
- Solid, dependable weapons—serve and at least one other
- All shots with appropriate power and racquet head speed
- Adaptable technique for different surfaces and demands of the game
- Baseline play uses power and variation even when under pressure
- Sound footwork with excellent recovery skills

##### Mental and Emotional Skills

- Self-reliant and independent
- Intrinsic motivation
- Anxiety and stress control
- Well-established routines
- Quality goal-setting
- Positive self-talk and body language
- Excellent attentional control
- Fighting spirit and courage
- Desire to win with pride in performance

##### Length of Sessions in a Training Phase

- 2.5 hours with recovery before next session
- 27–30 hours of tennis per week

##### Type of Competition

- Collegiate
- Challengers
- ATP and WTA Tour
- Grand Slams
- Davis Cup and Fed Cup

##### Level of Coaching and Program

- High Performance coach
- Physical trainer/strength coach
- Network of sport science specialists
- Individually planned program
- 3–4 cycle periodized program