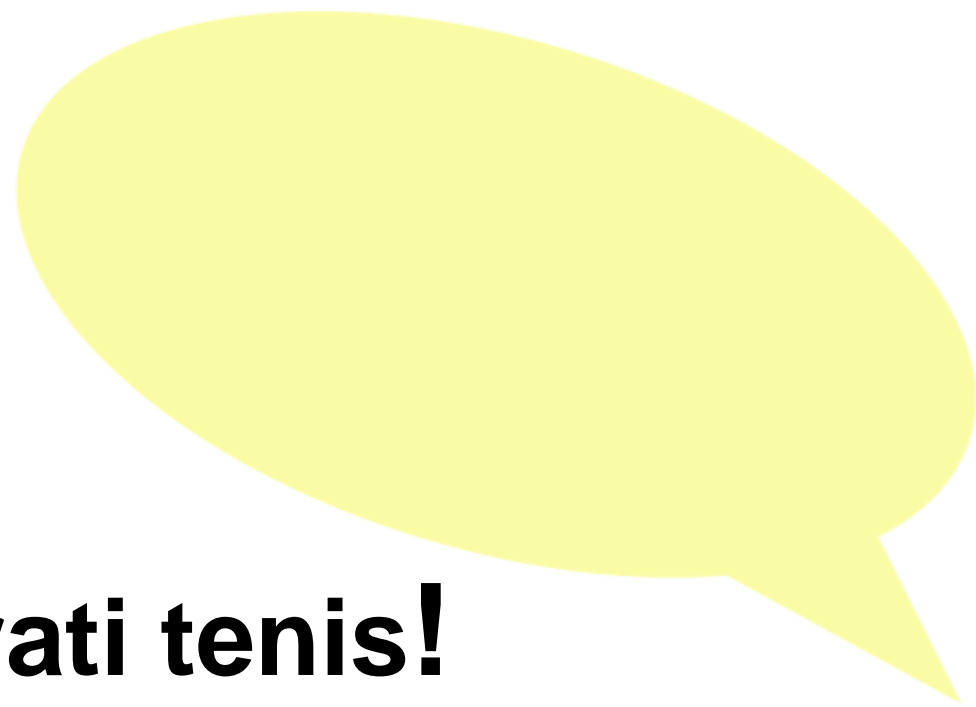




Tennis...Play and Stay





Kako popularizirati tenis!



Intro to Tennis Task Force

- Osnovan 2002
- Pozicija tenisa
- Nove ideje za popularizaciju tenisa
- Razmjena ideja



Clanovi Task Force-a

- Japanese Tennis Association
- USTA
- FFT France
- DTB Germany
- British LTA
- KNLTB Netherlands
- COSAT (South America)
- Belgium
- Tennis Australia
- ITF

Izazov!

- Promjene u načinu života.
- Velika konkurencija zabavnih igara i sportova
- Tenis je zanimljiv, ali
- Velik broj igrača brzo odustaje od tenisa!

- 6-8
- 9-11
- 12-17
- 18-24
- 25-40
- 40+

Prilagoditi tenis
zahtjevima igrača i
njihovim potrebama!

Ciljevi projekta

- Popularizacija tenisa
- Kako zadržati što više igrača u tenisu
- Suradnja s proizvođačima opreme
- Razmjena ideja



3 slogana za promociju tenisa!

- **Tennis is easy!**

- **Tennis is fun!**

- **Tennis is healthy!**



**“Očito je najveća
tajna”!!**

- Mnoge zemlje imaju uspješne programe za popularizaciju tenisa
- ITF nije “otkrio toplu vodu”!



- ITF je krovna institucija te želi omogućiti svima korištenje najboljih ideja i programa
- Usaglasiti najvažnije organizacije u tenisu te kako nauspješnije podučavati početnike
- Predstaviti tenis kao:
Sport koji može svatko igrati (Easy)
Sport koji je zabava (Fun)
Sport koji je zdrav (Healthy)



- Mnogi ljudi probaju igrati...ali brzo odustanu!
- Vrlo često su prva iskustva frustrirajuća!
- Previše pažnje posvećeno tehnici, a premalo razvoju igre!



Lopta je najvažnija!

- Korištenje optimalne lopte za početnike svih uzrasta!!!
- Ako početnik nemože uspostaviti izmjenu s normalnom loptom treba koristiti mekše lopte!



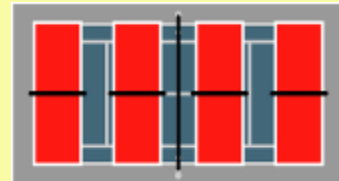


PLAY+STAY
SERVE · RALLY · SCORE

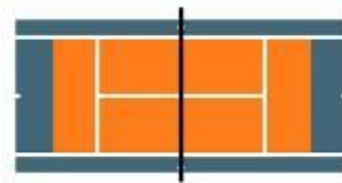
Tennis is easy...ako igrač s optimalnom loptom!



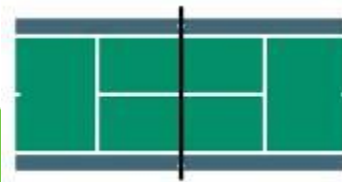
Red – Mini tenis!
11 metara



Orange – 50% polakša – optimalna za poduku svih uzrasta!
18 metre



Green – 25% polaša – optimalna za početak igranja na cijelom terenu!



Tennis za djecu

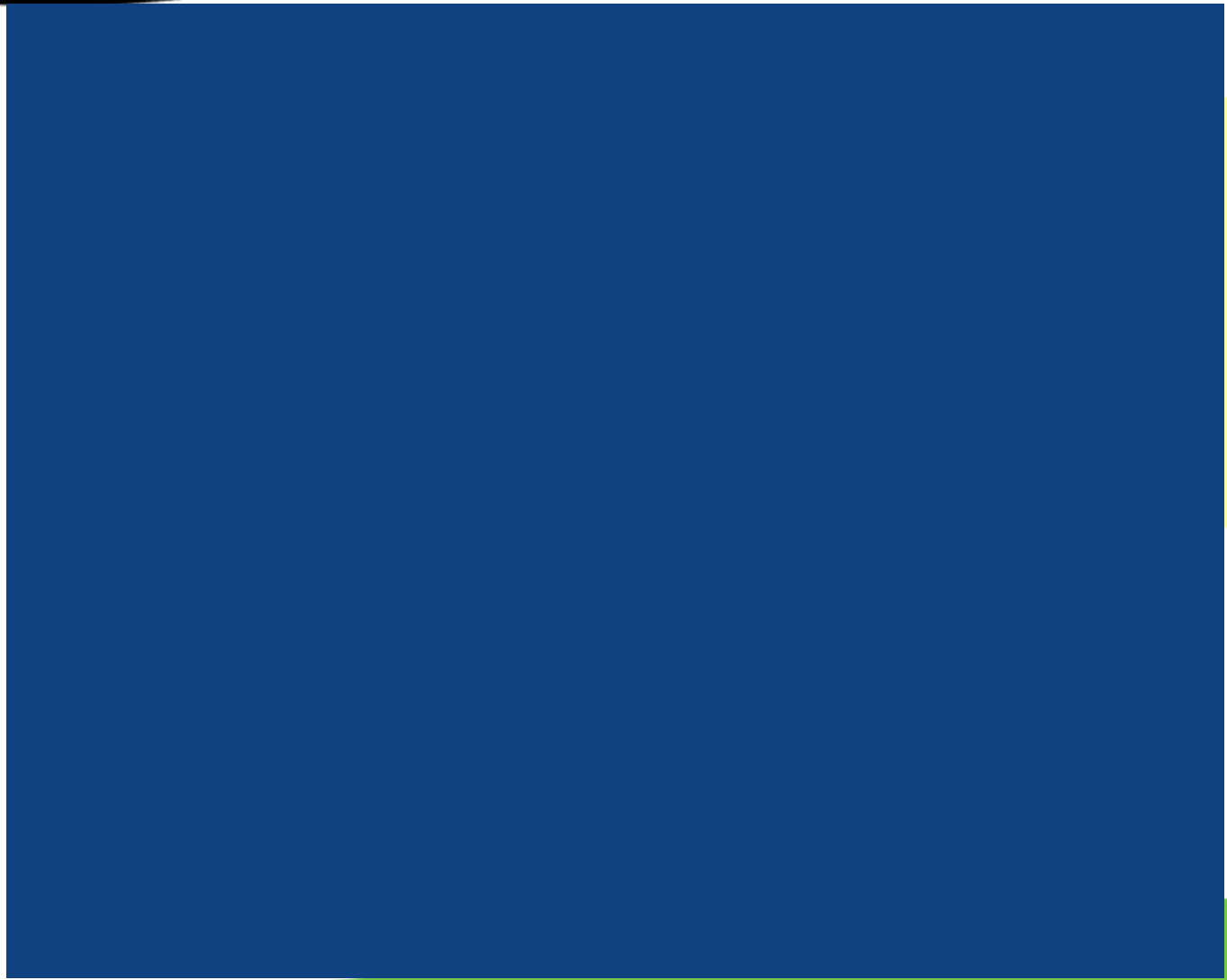
KidsTennis	Ages for early starters	Court Size
White	3-5	Coordination in function of tennis
Blue GO	5-6	8m
Blue PRO	6-7	
Red GO	7-8	12m
Red PRO	8-9	
Orange GO	9	18m
Orange PRO	10	
Green	10-12	24m



36/60 USTA

- Red ball na terenu od 12m(36")
- Orange ball na terenu od 20m(60")
- Green ball na cijelom terenu

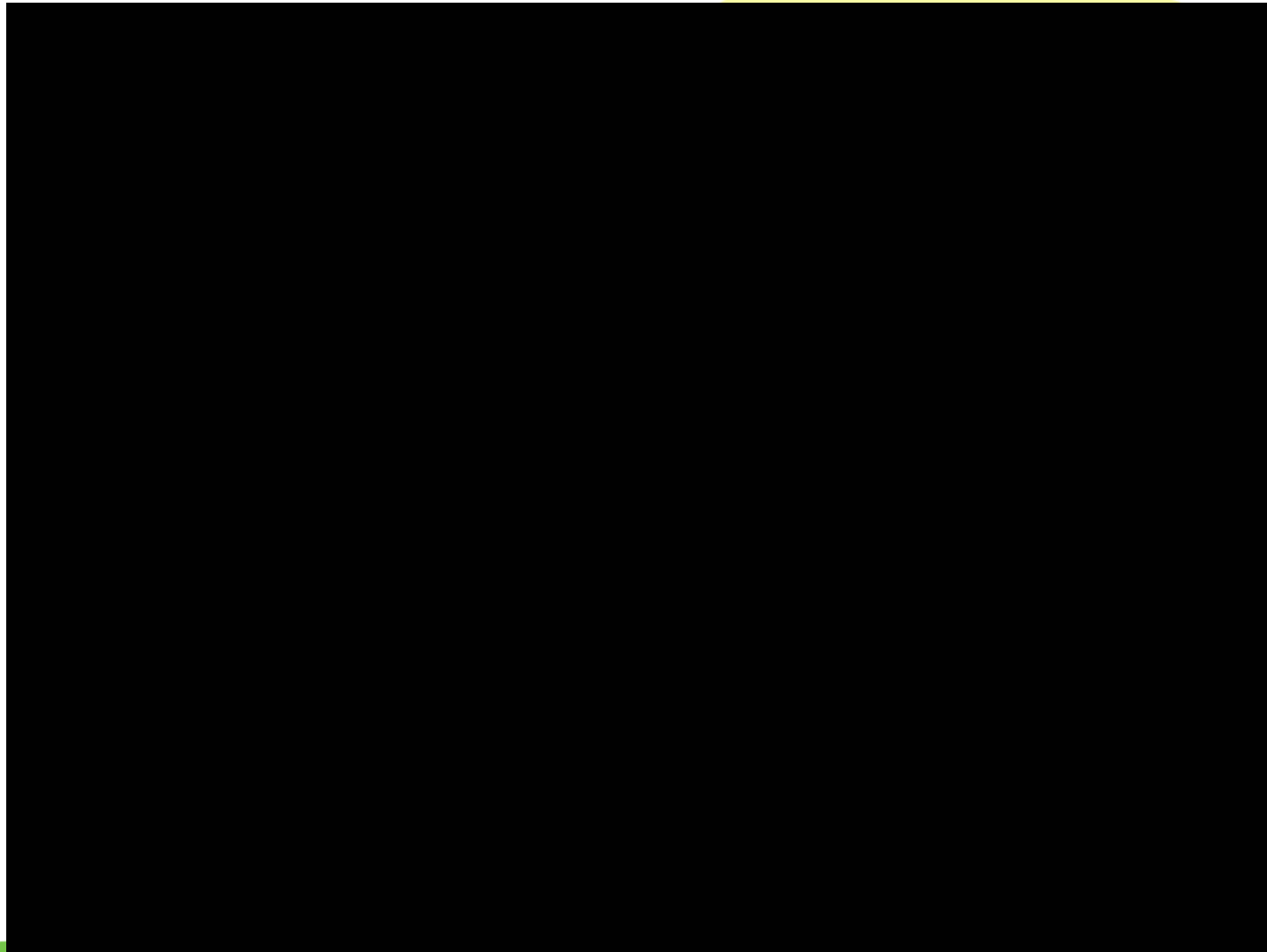




3. Controlling the Court Red Court



FFT Adult tennis!





Tennis is fun...

if you serve, rally and score!

TENNIS IS EASY & FUN

**USE THE SLOWER RED, ORANGE
AND GREEN BALLS AND PLAYERS
WILL SERVE, RALLY AND SCORE
FROM THE FIRST LESSON**

First play the
game, then teach
technique so players
play better.



ITF As recommended by:
The International Tennis Federation
tennisplayandstay.com



Prvi dojmovi početnika

- Početnici trebaju igrati.....“Serve Rally and Score” od prvog sata!
- Kako ste vi počeli igrati?
- Kako djeca uče druge sportove?

Koja je uloga trenera?

- Organizacija igre
- Pomoći igračima da igraju bolje
- Tehnika je samo jedan element

Game based approach

- Najčešće krivo interpretiran....Treneri misle da netreba podučavati tehniku;Misle da ponovo moraju učiti NOVU metodiku.....Nije tako!!
- Tehnika je i dalje veoma važna!
- “Serve, Rally and Score”i tada podučvaj relevantnu tehniku i taktiku kako bi igrači mogli “Serve rally and score more effectively”

Izazov!?

1. Većina trenera i dalje ne upotrebljava različite lopte i GBA u radu s početnicima
2. Ne vjeruju da time bitno smanjuju broj igrača koji odustaju.
3. U mnogim zemljama ponuda mekših lopti je loše organizirana ili su lopte skupe (malo tržište)
4. Neki treneri upotrebljavaju meke lopte s djecom, ali skoro nikad s odraslim početnicima!!!

Što učiniti - lopte?

- Bolja promocija lopti među trenerima
- U suradnji s proizvođačima poboljšati opskrbu

Što učiniti - lopte?

- Osim u iznimnim slučajevima djeca do 10g trebaju se natjecati s mekšim loptama
- U Belgiji.....obavezno
- FRA/UK/NLD....”strong guidelines”

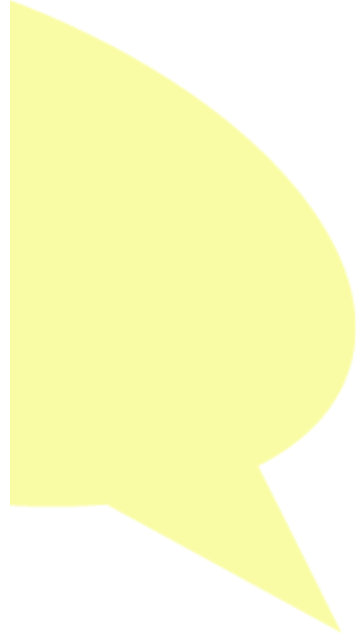


SLOWER BALLS, SMALLER COURTS, EASY GAME

Slower balls give young players more time and control and help them develop technique and tactics sooner.

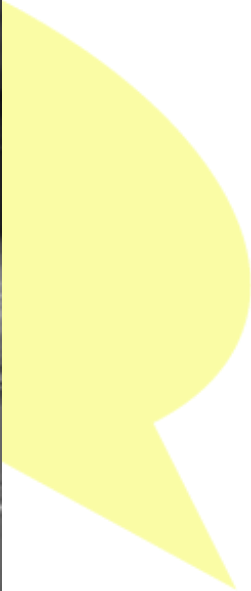


ITF As recommended by:
The International Tennis Federation
tennisplayandstay.com



Uloga mekših lopti u razvoju talentirane djece

- Lakši razvoj optimalne tehnike (npr. Ubrzanja glave reketa)
- Ne koriste ekstremne zahvate
- Mogućnost razvoja veće varijabilnosti u igri





PLAY TENNIS ...FAST

**USE SLOWER RED, ORANGE AND
GREEN BALLS TO GET PLAYERS
TO SERVE, RALLY AND SCORE
IN THEIR FIRST LESSON**

More fun
for the players;
more players for
the game.



ITF As recommended by:
The International Tennis Federation
tennisplayandstay.com





Natjecanje je najvažniji dio
teniske igre



***Novi formati natjecanja
i načini brojanja se
nedovoljno promoviraju
i upotrbljavaju!!!***

- Brojanja
 - Kratki setovi (do 4 gema)
 - Tie break za 3 set
 - No Ad
- Multi Meč formati
 - round robin
 - feed in
 - compass draws



*Tennis competition can
be funa postoje
formati koji odgovaraju
modernom tempu
života!*

SERVE RALLY & SCORE

**MAKE COMPETITION GREAT
FUN... USE NEW FORMATS
AND SCORING SYSTEMS
TO FIT TENNIS TO
PLAYERS' LIFESTYLES**

Short sets
Tie-break 3rd set
No ad scoring
Multimatch formats/
round robins



ITF As recommended by:
The International Tennis Federation
tennisplayandstay.com



Competition website

Competitions Home - Mozilla Firefox

File Edit View Go Bookmarks Tools Help

http://www.thetennisexpert.com/play-tennis/competi

Play Tennis

global link | global link | global link | global link | global link | global link | global link

search go

- Competitions
- Fun Games
- Game Based Coaching
- Fitness
- Schools
- The Ball is Key
- ITN 10 to 7
- Resources
- Tournament Formats
 - CHALLENGE FORMATS:**
 - Ladders (1)
 - Pyramids (2)
 - 'Round the racket' (3)
 - Box leagues (4)
 - Related Link
 - ELIMINATION FORMATS:**
 - Traditional (5)
 - Progressive draws (6)
 - Staggered draws (7)
 - Compass draws (8)

Play Tennis Home Page

Competition Home Page

Click on the table below for competition formats to suit players and time available:

	CHILDREN	TEENS	ADULTS		MIXED	
	Under 10	11-17	18-25	25-50	50 +	Mixed groups
1 hour	Competitive	Competitive	Competitive	Competitive	Competitive	
	Social	Social	Social	Social	Social	
3 hour	Competitive	Competitive	Competitive	Competitive	Competitive	
	Social	Social	Social	Social	Social	
1 day	Competitive	Competitive	Competitive	Competitive	Competitive	
	Social	Social	Social	Social	Social	
2 day	Competitive	Competitive	Competitive	Competitive	Competitive	
	Social	Social	Social	Social	Social	
> 2 days	Competitive	Competitive	Competitive	Competitive	Competitive	
	Social	Social	Social	Social	Social	
On-going	Competitive	Competitive	Competitive	Competitive	Competitive	
	Social	Social	Social	Social	Social	



Tenis i zdravlje!



**GET FIT
STAY FIT
PLAY
TENNIS**

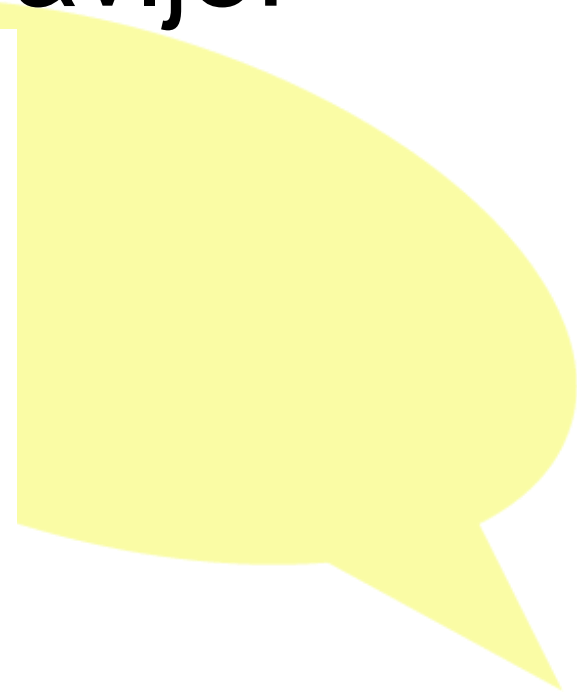
**RESEARCH* SHOWS THAT TENNIS
PLAYERS ARE FITTER THAN ACTIVE
NON-TENNIS PLAYERS**

Playing tennis
can help you
lose weight.

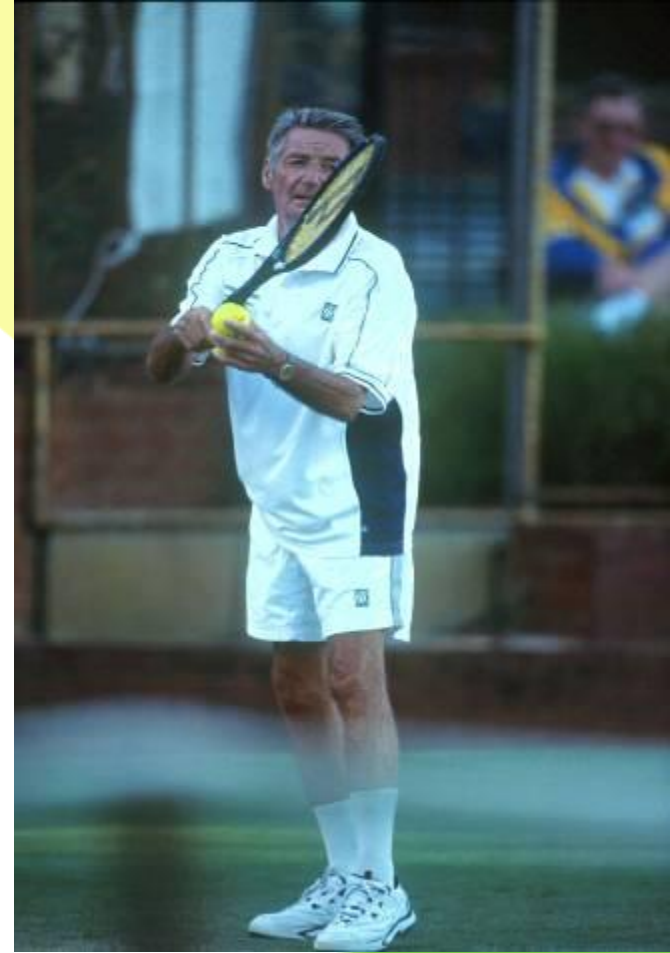


For more information, go to:
tennisplayandstay.com
Or contact the ITF on:
healthytennis@itftennis.com

*Fitness Journal of Sports Medicine 2008, 40, 281-289

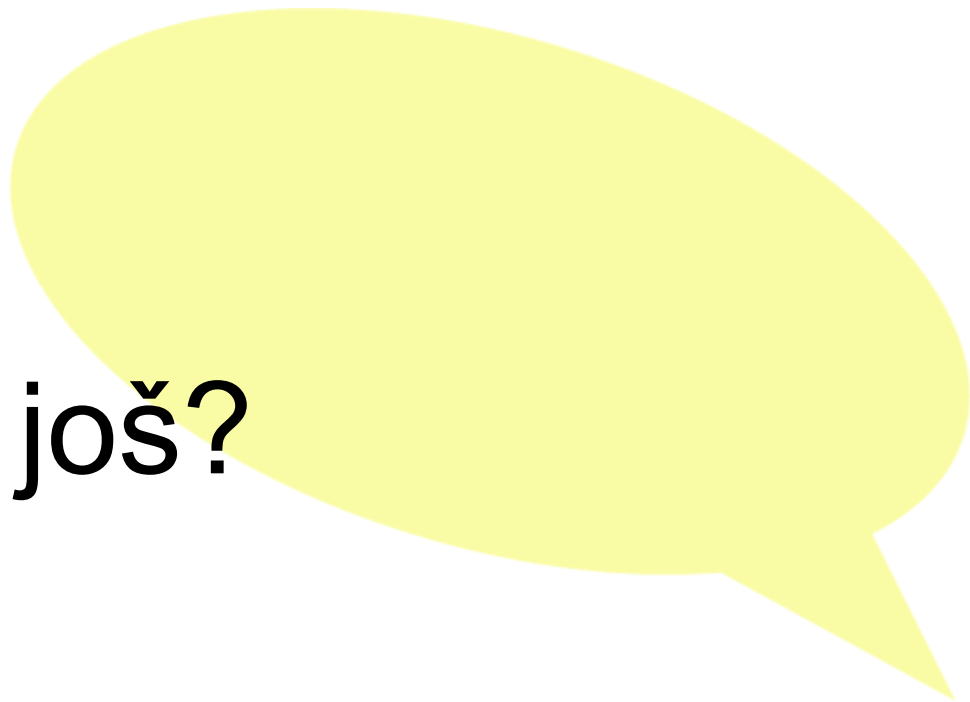
The central graphic is a rectangular poster with a white background and green and orange accents. It features the ITF logo in the top left corner. The main headline is in large, bold, black letters. Below it is a research finding in bold black text. A black speech bubble contains the text 'Playing tennis can help you lose weight.' To the right of this is the PLAY+STAY logo. At the bottom left, there is contact information for the website and email. A small footnote is at the very bottom.

- Fiziološki zahtjevi igre
- Koji su utjecaji teniske igre na zdravlje odraslih
- Objavljeno u “British Journal of sports medicine”





I što još?



Sustav rejtinga

- Označava igračevu razinu igre
- ITN 1: profesionalac
- ITN 10: Početnik

what's your number?



International Tennis Number



PLAY+STAY
SERVE · RALLY · SCORE

ITF THE OFFICIAL INTERNATIONAL TENNIS FEDERATION

WWW.ITF.TENNIS.ITF



INTERNATIONAL TENNIS NUMBER

Home Overview Ratings ITN On Court Assessment Growing the Game



ITN On Court Assessment increase in Popularity
(11 May 2004) The ITN On Court Assessment is a fantastic tool that is being used by National Tennis Federations to help the ITN become established. It's also a great promotional activity that all standards of players enjoy doing...



ITN On Court Assessment Workshops
(11 May 2004) ITN On Court Assessment Workshops are being conducted throughout Australia. These workshops being used to help speed the word on how coaches can use the ITN in their existing coaching businesses...

Calculation System for ITN

Registration: Yes No

Age: 12-14 15-17 18-24 25-34 35-44 45-54 55-64 65+

Gender: Male Female

Level: Beginner Intermediate Advanced

Frequency: 1-2 times 3-4 times 5-6 times 7-8 times 9-10 times

ITF

ITN Calculation Formula
(04 Jun 2004) Once players have been rated, they will begin playing competitions. It will then be necessary, on the basis of matches played, to re-evaluate and re-rate the players on a regular basis...



ITN On Court Assessment website
(02 Jun 2004) An ITN On Court Assessment website has been developed to enable players to track and chart their own development and improvement. It also allows players to compare their scores to other players on a local, national and international basis...

Spot Poll

What is the best way to initially rate players?

- ITN On Court Assessment.
- Subjectively by a coach.
- Subjectively by self rating using the Description of Standards.
- Guess.

Vote

Photo Gallery



What is the ITN
(26 May 2004) The ITN is an international tennis number that represents a player's general level of play. In time it is hoped that every tennis player worldwide will have an ITN...

ITF International Tennis Number Manual



English Documents to download

(13 May 2004) The Official ITF ITN Manual is designed for national federations as a guide to how to implement the ITN of a national level...

ITF **Beachtensregeln**

Leitfaden zur praktischen ITN-Bestimmung
(International Tennis Ratings)

ITN Brochure and the ITN On Court Assessment Guide. (German version)
(27 May 2004) The ITN Brochure and the ITN On Court Assessment guide have been translated in to German...

ITF **Guide d'évaluation**

Evaluation officielle du numéro ITN sur le court

ITN On Court Assessment Guide & ScoreSheet. (French version)
(27 May 2004) The ITN On Court Assessment guide and ScoreSheet have been translated in to French...

ITF **Guía de Evaluación**

Evaluación Oficial del ITN en Cancha

ITN On Court Assessment Guide & ScoreSheet (Spanish version)
(02 Jun 2004) The ITN On Court Assessment guide and ScoreSheet have been translated in to Spanish...





TENNIS... A SPORT FOR ALL

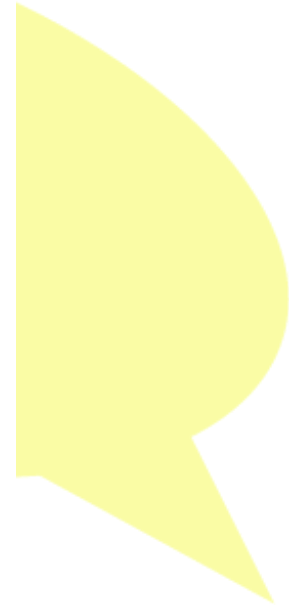


**EVERYONE CAN SERVE, RALLY
AND SCORE AND HAVE
A TENNIS RATING**

A tennis rating
helps players find
similar level partners
and makes tennis
more enjoyable.



ITF As recommended by:
The International Tennis Federation
tennisplayandstay.com





Programi za odrasle

ADULT TENNIS PROGRAMME Teaching and experiencing tennis differently

UK The evolution of society and of attitudes in recent years has paved the way for new trends in sports activities. Today, people expect activities that are closer to nature, easier and more accessible and where the notions of fitness, well-being and immediate enjoyment, as well as the quest for new sensations and freedom are essential. These new trends meet these expectations. In the light of this evolution, the search for an answer in tennis has led to the development of the adult tennis programme.

The three trends that have come out of this programme have helped to reorganise the educational content. The "discovery" trend is about the immediate enjoyment of the game, the "fitness" trend is focused on the quest for well-being and physical condition and finally, the "performance" trend is about making progress in match play or improving a specific stroke.

Through real situations, the film illustrates the ideas behind this teaching approach adapted to adults. It also presents fun and original sports activities which contribute to creating a friendly atmosphere and a positive energy within the club.

ES La evolución de la sociedad y de las actitudes durante los últimos años ha facilitado e cambiado para la aparición de nuevas tendencias en las actividades deportivas. En la actualidad, la gente gusta de actividades que son más cercanas a la naturaleza, más fáciles y accesibles y en las que las nociones de forma física, bienestar y disfrute inmediato, así como la búsqueda de sensaciones nuevas y de libertad son esenciales. Estas nuevas tendencias cumplen esas expectativas. En consonancia con esta evolución, la respuesta del tenis ha llevado al desarrollo de un programa de tenis para adultos.

Las tres tendencias que se han desarrollado a partir del programa han contribuido a reorganizar los contenidos educativos. La tendencia hacia el descubrimiento está enfocada sobre el disfrute inmediato de jugar, la tendencia de "forma física" se centra en la búsqueda de bienestar y de la condición física y, finalmente, la tendencia de "rendimiento" contempla proponer competitivamente o mejorar un golpe en especial.

Mediante situaciones reales, este vídeo ilustra las ideas que subyacen a este enfoque de enseñanza adaptado a los adultos. También presenta actividades deportivas originales y divertidas que ayudan a crear una atmósfera amigable y positiva en el ambiente de club.

Technical cooperation:
FORUM DDTTC, FFET, NATHAN DELACROIX

Distribución:
RUBIN PIZARRA ZENITH S

Producción: FFET 2000

FFET • E av Gordon Bennett • 73014 PAFWIL

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FFET logo

DVD NTSC
NTSC Subtitle

English version
versión española

The French Federation of Tennis presents

ADULT TENNIS PROGRAMME
Teaching and experiencing tennis differently

ADULT TENNIS PROGRAMME Teaching and experiencing tennis differently

english version
versión española



Promocija programa





CARDIO TENNIS™

HEART PUMPING FITNESS







Street tennis





Beach tennis





PLAY+STAY
SERVE · RALLY · SCORE

www.tennisplayandstay.com

PLAY+STAY
SERVE · RALLY · SCORE

TENNIS IS EASY, FUN & HEALTHY
AND IS THE IDEAL SPORT FOR STARTER PLAYERS OF ALL AGES!
TENNIS IS FUN... IF YOU SERVE, RALLY AND SCORE!
PLAY THE GAME FIRST... THEN LEARN TO PLAY BETTER!

THE DIFFERENT RACKET SIZES

RED, ORANGE AND GREEN SIZE COURTS

TENNIS IS EASY IF YOU USE THE RIGHT BALL
RED, ORANGE AND GREEN BALLS

TENNIS IS A SPORT FOR ALL
IF PLAYERS CAN SERVE, RALLY AND SCORE THEY SHOULD HAVE A RATING

SIGN UP FOR OUR FREE NEWSLETTER!
First Name: _____
Last Name: _____
E-Mail: _____
[Submit]

DOWNLOAD ALL THE TENNIS PLAY AND STAY POSTERS

PLAY+STAY VIDEO
Click here to Start

TENNIS CANADA



Ciljevi:

- Da svi treneri koriste mekane lopte I podučavaju “Serve, rally and score” od prvog sata
- ITF želi promovirati optimalnu metodiku za poduku početnika
- Unaprijediti percepciju tenisa kao sporta: “Easy, fun & healthy”



Play and Stay Seminar, London





Play and Stay Seminar, Poznan





Brazil

Promovirao Play & Stay program za vrijeme Davis Cup susreta u Aprilu.



ITF Play Tennis Kurs



- 4-everdnevni kurs za rad s početnicima
- Promocija GBA s upotrebom mekših lopti
- Jednostavne vježbe kojim će početnici postići “Serve, rally & score...from the first lesson”
- Play & Stay Manual

- WTA i ATP igrači promoviraju program
- Israel je održao Play and Stay seminar u svibnju
- BBC će prikazivati Play & Stay poruke za vrijeme Wimbledona
- Irska započela Play and Stay za vrijeme Iris Open-a u srpnju
- Promoviran na Švedskoj konferenciji trenera u rujnu
- PTR posvetio rujanski broj magazina za Play & Stay
- AUT, GER i CHE će zajedno prevesti Play & Stay materijale na njemački jezik





- Program nije obvezujući
- Pruža mogućnost korištenja ITF materijala
- Podržava postojeće programe
- Katalizator u kreiranju i uvođenju novih programa za razvoj tenisa



Za 5 godina.....

- **Tenis je atraktivan sport u kojem ljudi ostaju cijeli život !**
- **Veći broj ljudi igra tenis**

