

TENIŠKI KLUB
TRIGLAV KRANJ



*Successful training for junior
players in a Slovenian
Tennis Club*



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Training programs

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Presentation of TC Triglav Kranj



- Founded in 1956
- Club players started to play in 1963 on 6 own courts
- In 1980 4 new courts were built

Presentation of TC Triglav Kranj



- In 1994 2 bubbles with 4 indoor courts and club house were built.
- In 1998 tennis hall with 3 courts was built.

Presentation of TC Triglav Kranj



- Past achievements: one of the best club in Slovenia
- Represented by successful players: B.Mulej, B.Urh, Z.Janskovec, M.Por etc.

Presentation of TC Triglav Kranj



- Men's Team
Champion:
'92, '95, '99.
- Women's Team
Champion:
'97, '98, '99.

Situation in Club in 1998

- Professional Coach from Slovakia worked with 10 competitive players
- 6 part time coaches worked with 30 players and 60 kids in tennis school
- Some players were not satisfied with training programme
- Coaches were not organised and they did not co-operate.

Goals, programs and activities

Our team started to work in October 1, 1998. First important tasks were:

- to set up our strategy of organisation
- to get information about situation in club (interweaves with board members, coaches, players, parents etc.)
- to collect data and prepare financial plan for following year
- to prepare new training program for tennis school, pre- and competitive groups and players.

Training programs

- **Training programs** are mainly organised in groups. Every program contains proper number and volume of tennis and condition training sessions.
- **Individual training** is possible when club and players have interest and abilities.
- During weekends and holidays **sparing matches** are added to the program.

Training programs

Program	Volume
Tennis School	3 hr./week
Pre-competitive	4.5-6 hr./week, 3 hr. condition tr.
Competitive	7.5-13 hr./week, 6 hr. condition tr.
Professional	13-19 hr./week, 7-12 hr. condition tr.

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Planing of training and tournaments

Plan of training for U12 & U14:

1. Non-competitive training period
2. Competitive training period.

* See prints.

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Planing of training and tournaments

Plan of training for U16 & U18:

1. Preparatory training period
2. Pre-competitive training period
3. Competitive training period.

* See prints.

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Planing of training and tournaments

Plan of training for U19 & others:

1. Preparatory training period
2. Pre-competitive training period
3. Competitive training period.

* See prints.

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Planing of training and tournaments

We prepare general yearly tournament plan in November for following year.

We adapt yearly tournament plan at least 3 times (STA, ETA, ITF calendar).

We prepare plans for best players in club. For others we adapt the plan.

Our coaches lead our players to almost all international tournaments, and 60% of national tournaments.

Selection and financial support

Every year from June to September we select players to training groups and programs.

In June we present our proposal to players and parents. They have to confirm or refuse our plan.

Criteria is: interest & motivation, age and abilities. Every player is selected to training group but with different program.

Selection and financial support

We financially support every player in club with 50% price of indoor courts.

We pay part of costs for training to successful players:

- top 20 players on STA r.l. - 50%
- top 10 players on STA r.l. - 75%
- top 5 players on STA r.l. - 90%.

We pay all expenses for coach for national and international tournaments.

Level of participation for players depends from their performance (not results).

Coaches Team

Coaches team has 12 members; head coach, 2 coach assistants, 7 tennis coaches, 1 condition coach and director of club. Team has meeting every Wednesday.

Team is responsible for executing of training programs, tournament plan etc.

At the moment we have two professionals: director and coach who is responsible for tennis school.



Coaches Team

Coaches work from 15 to 30 hr. per week.
During the tournament period they have to go 2 times per months to tournaments.

Level of coaches knowledge is high, mostly are students, ex players with different levels of coaches education.



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President, Board, Technical Commission, Parents

President is an ex tennis player, general manager of telecommunication company, highly motivated for work in club.

Board has 7 members, Technical commission has 5.

In all bodies parents have their representative.

Tennis School

In Tennis School 80 kids from 6 to 9 years of age are involved. They have 3 hr. training (2 lessons) per week. In group we have 6 kids per coach. We use mini and midi tennis approach and methods.

Important part of programme are co-ordination, agility and sport games.

Leader is responsible for work in tennis school. We enter kids twice a year. We promote tennis in primary schools.

Pre-competitive program

In this program kids from 9 to 12 years of age are involved. They practise from 3 to 4 times a week (plus 2 condition training). We have 4 to 5 kids in group.

Basic tennis program contains: base line strokes, serve-return, other strokes. To condition program we add speed and balance.

We plan to employ one coach responsible for this kids and add at least one individual training session per week for talented kids.

Competitive program

Number of players in age categories:

- U19 & others: 3
- U16-18: 6
- U12-14: 10

Three tennis and one condition coach are working with players. We co-operate with sport psychologist.

We make general test of players at least once a year (motor, morphological, functional).

All players except one are attending the school

Four players in this group are real talents (from our point of view).

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Competitive program - on court presentation

Warming up (20'): before tennis practise.

Co-ordination training (15'): half-volley, other hand, backhand smash, smash - volley, backhand slice & drop shot, all court forehand, volley & smash only up, “tricky” shots etc.

Rhythm (15'): 3 or 4 balls; different target size, forehand-backhand, up to 50, only forehand, etc.

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Matjaž Pogačnik



- Born 1977.
- STA ranking: '98 - 26.
- '00 - 11. Men's.
- ATP ranking: '00 - 1037.
- Practicing 3 years.

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Competitive program - on court presentation

Technical training (30-45'): only one or two strokes, using ball feeding drills, using Dr. Schönborn's target system, imagination of playing a point).

- 1) base line (forehand cross court, 3-2)
- 2) in court (all court forehand)
- 3) net game (forehand-backhand, wide balls)
- 4) serve - return (s-r on serve line)
- 5) accelerating (spin volley & winner).

Boštjan Ošabnik



- Born 1982.
- STA ranking:
'98 - 28. U18,
'00 - 04. U18,
- ATP ranking:
'00 - 1010.

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Competitive program - on court presentation

Game situations (30-45'): real playing situation, using target system, bringing technical drill in game situation, often they do alone.

- 1) base line (3 fields, no 5)
- 2) in court (one only in 4 if chance approach, after that all court)
- 3) net game & defensive situations (volley in 4 if not passing or lob)
- 4) serve - return (s-r and one stroke)
- 5) playing for points and sets (singles & doubles).

Žiga Janškovec



- Born 1971.
- Best ATP ranking:
- '95 - 898.
- '95 - DC Team Member
- Assistant Coach.



Highest achievements

In last two years our players achieved:

- national team champion in men's and women's category
- 4 national individual champions
- 2 players got ATP points (4)
- 3 players got ITF points
- 9 players are in top 20 on STA r.l.



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Regional activities

In winter 1999/2000 we started with organising kids tournaments for our region. Once a month we organised mini, midi and tennis tournaments. In March 00' we invited all kids (150) to participate on masters.

This year we will continue with tournaments and we will start to organise regional weekend training for best players from the region.

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Future goals

In future we plan to:

- improve our training programme
- to support successful players
- to collect “know how” of developing a successful player (international)
- to become no. 1 club in Slovenia
- to become training centre for our region
- to educate and support other clubs and coaches in region.

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Thank you for your attention!

