

TENIŠKI KLUB
TRIGLAV KRANJ



Tennis clubs – future of tennis



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Introduction

Back to Båstad after 12 years (Davis cup match between Sveden and Jugoslavija). Today with Slovene passport.

In 1992 Slovene coaches and players got opportunity to create their own tennis future. That was very important for Slovene sport in general.

First years were very promising. We increase number of players, level of tournaments and level of international result (Davis, Fed cup, Youth cup U14, ETA Tour etc). Tennis Association and clubs work together.

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Introduction

In last years level of Slovene tennis in general was growing, but mostly because of good work in clubs and enthusiastic individuals.

And now to the very tough and interesting question: What Swedish coaches learn from our country?

At the moment I don't know. I will ask you to tell me after my presentation. In this very short presentation I will present organisational and training system in our club.

I am very sure that well organised clubs are and will be future of tennis.



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

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.



Planing of training and tournaments

We prepare general yearly tournament plan in November for following year. During the year we adapt yearly tournament plan (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.



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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.

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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 once every week.

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

At the moment we have three professionals: director and two coaches.





Coaches Team

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

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





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 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 (U12).

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, doctor, fizioterapists.

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).

Competitive program

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.

Competitive program

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).

Competitive program

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).

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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.



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. On 2000 Masters tournament participate 150 kids, on this year masters 220 kids.

In future we will continue with tournaments and regional weekend training for best players from the region.



On court

- A. Warming up – cross court (10-15')
- B. Rythm – objectiv goal and target (15-20')
- C. Cross court drill – tactical point of view (3 steps)
 - 1. cross court 3-3
 - 2. cross court - if player is out of court - down the line
 - 3. cross court – if player is out of court - down the line or cross court
- D. Accelereting
 - 1. spin volley and winner (10-15 rep., 3-5 ser.)
 - 2. fast forhend or backhand (12-15 rep., 3-5 ser.)
 - 3. serve with time delay

On court

- E. Serve – 3 directions (objectiv goal, for example 6 * 10 serves)
- F. Return – technical drill
- G. Serve and return always together with rally (+ 1 stroke)
- H. Clay tactics (differnet scoring system – unforced error 3 points, winner and forced error 1 point).