

TENIŠKI KLUB
TRIGLAV KRANJ



Successful training for U12 & U14 juniors



Dr. Aleš Filipčič, head coach TC
Triglav Kranj, Slovenia
E-mail: ales.filipcic@guest.arnes.si

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Main topics

- Presentation of club
- Goals, programs and activities
- Selection and financial support
- Training program for U12
- Training program for U14 players.

Presentation of TC Triglav Kranj



- Founded in 1956
- 10 outdoor, 7 indoor courts, other sport facilities (swimming pool, fitness center, track & field stadium etc.)
- Regional training center
- Oriented to work with competitive players

Presentation of TC Triglav Kranj



- 120 juniors, 80 kids in tennis school, 3 profesional coaches, 8-10 part-time coaches, 350 club members
- One of 3 most successful clubs in Slovenia
- Organising Men's Futures Tournament

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 (interview 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.

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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. - 25%
- top 10 players on STA r.l. - 50%
- top 5 players on STA r.l. - 75%.

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

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



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 organised for young, talented and successful players.
- During weekends and holidays **special trainings and sparing matches** are added to the program.
- Group of young talented players have 1 session with sport psychologist per week.
- We test players at least once a year (motor, morphological, functional, strength).



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Training program U12

- **Number of training sessions per week:**
5 – 6 group t.s.; some of them 1-2 individual t. s.
- **Volume:** 60 - 90 min.
- **Goals:**
 - to develop co-ordination, balance
 - to develop optimal technique of movement & strokes
 - to use strokes in different game situations.

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Co-ordination

- **Drills:**
 - half-volley
 - half-volley & volley
 - other hand
 - backhand smash & stop volley
 - backhand slice & drop shot
 - “tricky” shots etc.
- **Volume:** 15 min. / beginning of every t.s.
- **Intensity:** medium to high
- **Other:** on beginning correct technique, after intensity.

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Balance

- **Drills:**
 - forhend, backhand (on one leg, recovery step)
 - volley (body weight transfer, recovery step)
 - smash (position close to the net, jump)
 - serve (legs together, jump on front leg)
 - return (on the servis line)
- **Volume:** 15 - 30 min.
- **Intensity:** low - medium
- **Other:** correct technique, after in game situation.

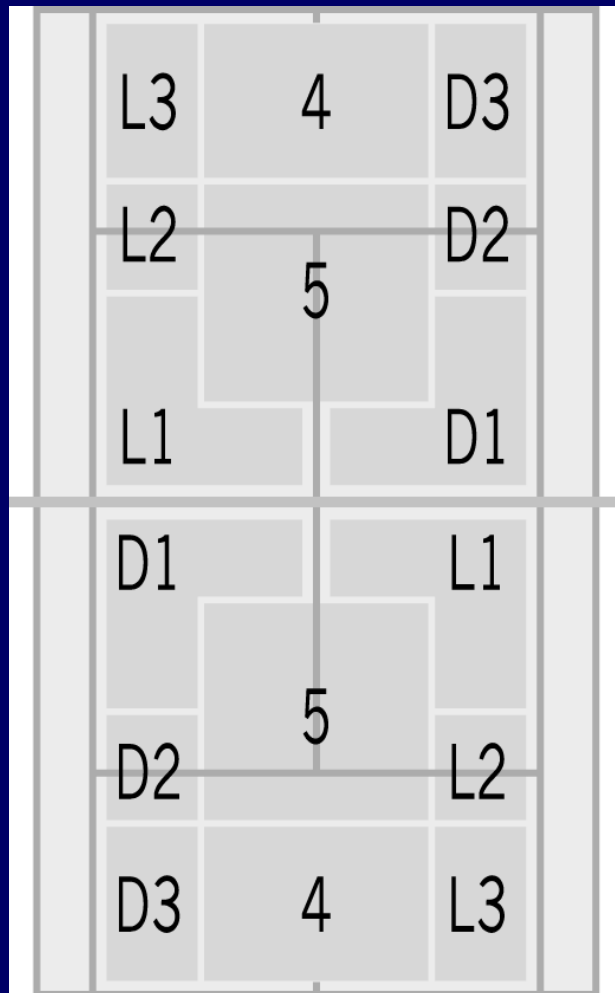


Optimal technique of movement & strokes

- **Important:**
 - mostly on mid court (technical training)
 - different positions of strokes & movements
 - target system
- **Drills (ball feed & game):**
 - rhythm of the strokes (on the base line, objective goal, height, length, rotation, balance - 4 balls in field 4)
 - forehand, backhand (different direction 2-3-4, height of contact point, rotation of the ball)
 - serve – return & one stroke each
- **Volume:** 30 - 45 min.
- **Intensity:** medium - high



Schönborn's target system



- **Field D1 in L1:** drop shot, stop volley, cross etc.
- **Field D2 in L2:** volley, smash, passing, forehand & backhand winner, return
- **Field D3 in L3:** return, base line forehand & backhand, winner, volley, smash
- **Field 4:** base line forehand & backhand lob, return
- **Field 5:** better not to play.



Strokes in different game situations

- **Important:**
 - “open” game situations
 - target system
 - coaches feed back
- **Game situations:**
 - on base line (3 fileds)
 - mid court (1 m behind base line)
 - attack on short & slow ball
 - at the net (to 4 if not passing or lob)
 - defensive (one 3-4, another all court)
- **Volume:** 20 - 30 min.
- **Intensity:** high



Training program U14

- **Number of training sessions per week:** 6 – 7 group t.s.; some of them 2-3 individual t. s.
- **Volume:** 90 - 120 min.
- **Goals:**
 - to develop speed
 - to build all court game
 - to play with different opponents on different court surfaces
- **Goals from U12 training program:**
 - *to develop optimal technique of movement & strokes*
 - *to use strokes in different game situations*

Speed - acceleration

- **Basic condition training program** (speed movement, reaction speed, time programs- unspecific program)
- **Drills** (tennis specific):
 - spin volley & winner
 - spin volley (closer to the net)
 - fast forehand (backhand)
 - volley (rescue – reaction speed)
- **Volume:** 10 - 15 min.
- **Intensity:** high
- **Number of repetitions:** 12 –15
- **Number of series:** 2 – 4
- **Rest between series:** 3 min.



Build all court game

- **Important:**
 - “open” game situations
 - work on players weaknesses
 - player & coach cooperation
- **Specific game situations:**
 - backhand cross-court and 3 solutions:
 - a. backhand down the line
 - b. in side out forehand
 - c. drop shot
- **Volume:** 20 - 30 min.
- **Intensity:** medium – high.



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Different opponents & court surfaces

- **Important:**
 - sparing matches
 - match analysis
 - optimal tournament plan
- **Tournaments & matches:**
 - in year 2001 (age 13) 43 matches
 - 15 tournaments (9 national U14, 2 national U16, 4 ETA U14)
 - win – lose ratio: 32 – 11