

## TRAINING PROGRAMME AND PRINCIPLES

Ages & Stages	6-7	8-10
Playing level	Mini red	Mini orange & green
Total tennis hours per week (To include free play)	3-7	6-9 (8yr old)    7-10 (9yr old)    7-12 (10yr old)
Hours of other sports	2-5	2-5
Annual programme ratio	80% Practice & Training - 20% Competiton	70% Practice & Training - 30% Competiton
Rest & Recovery	Minimum 2 non-tennis days per week	Minimum 2 non-tennis days per week / minimum of 4 non-tennis weeks per year
Min/Max tournament matches per year (can include practice matches)	100-150	60-100 (8yr old)    80-120 (9yr old)    50-80 (10yr old)
Hours of S & C	1	1.5 (8yr old)    2.25 (9yr old)    4-5 / 3 (10yr old)
S & C schedule (Can be incorporated into tennis session also)	2 x 30 mins	3 x 30 mins    3 x 45 mins    4-5 sessions
Training environment	Fun yet challenging with good discipline and organisation. High volume of tennis with strong emphasis on reception, movement, and tec/tac skills	Fun yet challenging with good discipline and organisation. High volume of tennis with strong emphasis on reception, movement, and tec/tac skills
Coach	Experienced coaches with good knowledge of U10 tennis - an expert skill developer	Experienced coaches with good knowledge of U10 tennis - an expert skill developer
Planning	Termly syllabus with individual planning for priority players. Session planning and rotations used to maximise the amount of physical, matchplay, and stroke development	Termly syllabus with individual planning for priority players. Session planning and rotations used to maximise the amount of physical, matchplay, and stroke development
Development blocks (Physical and game development work)	Total game development focus	Total game development focus
Coaching ethos and philosophy	Insist on strong fundamentals	Coach the player with their future development in mind
Parental support and guidance	Regular parents evenings, newsletters, player reports, web support, and facilitate links with sports science and physio	Regular parents evenings, newsletters, player reports, web support, and facilitate links with sports science and physio

## PLAYER DEVELOPMENT

	Priority areas	6-7	8-10
Technique	Priority areas	Focus on motor skills, receiving skills, technical progressions, movement and footwork. Strong emphasis on sound basics, well organised shapes, consistent contact points. Relatively small range of acceptability	Focus on motor skills, receiving skills, technical progressions, movement and footwork. Strong emphasis on sound basics, well organised shapes, consistent contact points. Relatively small range of acceptability
	Process	Sound basics with high variation. Movement and receiving skills constantly challenged	Sound basics with high variation. Movement and receiving skills constantly challenged
Tactics	Priority areas	Consistency, accuracy, and recognising space	Play in all five game situations and start identifying opponent's strengths & weaknesses
	Process	Increase understanding of the game with an introduction to competition	Develop basic patterns of play to increase understanding of tactics and intentions
Physical	Priority areas	Agility, balance, coordination, speed, running, jumping, throwing, kinesthetics, gliding, buoyancy and striking	Agility, balance, coordination, speed, running, jumping, throwing, kinesthetics, gliding, buoyancy and striking
	Process	Use tennis-relevant physical games	Use specific physical training sessions
Mental	Priority areas	Identify basic concept of practice and effort, highlight basic skills to practice, and react positively after points and games	Identify improvement through effort, cope with mistakes and challenging tasks, and learn to cooperate with peers
	Process	Focus on fun and enjoyment, encourage smiling and positive self-talk with effort-focused feedback from parents/coaches	Develop basic concentration skills, simple match-reflection and task-focused goals with basic routine development
Personal	Priority areas	Develop a love of the game with respect for coaches, club and opponents. Care for equipment and prepare properly for matches	Develop a love of the game with respect for coaches, club and opponents. Care for equipment and prepare properly for matches
	Process	Watch matches, support role models, compete and seek feedback from matches	Watch matches, support role models, compete and seek feedback from matches

## LTA SUPPORT STRUCTURE

	Talent Team	Talent Team
	PERFORMANCE SUPPORT: performance analysis, sports science, sports medicine, online tools	PERFORMANCE SUPPORT: performance analysis, sports science, sports medicine, online tools

## TRAINING PROGRAMME AND PRINCIPLES

Ages & Stages	11-12	13-14
Playing level	Tennis Europe Junior Tour U12 National circuit	Tennis Europe Junior Tour U14 National circuit
Total tennis hours per week (To include free play)	9-14 (11 yr old)    9-12 (12 yr old)	11-14
Hours of other sports	2-4 1-4 (11 yr old)    1-3 1-4 (12 yr old)	1-2
Annual programme ratio	60% Practice & Training - 40% Competition	60% Practice & Training - 40% Competition
Rest & Recovery	Minimum 1 rest day per week / minimum 4 non-tennis weeks per year	Minimum 1 rest day per week / minimum 4 non-tennis weeks per year
Min/Max tournament matches per year (can include practice matches)	60-150	70-150
Hours of S & C	5-6 / 5    7-8 / 7 (11 yr old)    (12 yr old)	8
S & C schedule (Can be incorporated into tennis session also)	6-10 sessions per week	6-12 sessions per week
Training environment	Create an environment that rewards effort and application - 'working hard is cool'. Encourage variety with high levels of deliberate practice	Create an environment that rewards effort and application - 'working hard is cool'. Encourage variety with high levels of deliberate practice
Coach	Continued commitment to skill development with coach skilled in motivation	Coach needs strong understanding of international standards, attention to detail, skill developer
Planning	Individual player goals alongside a periodised annual plan with specific training blocks	Individual player goals alongside a periodised annual plan with specific training blocks
Development blocks (Physical and game development work)	Two main training blocks: recommended 8 weeks each	Three main training blocks: recommended 6 weeks each
Coaching ethos and philosophy	Continue to possess an uncompromising commitment to improve and develop	Continue to possess an uncompromising commitment to improve and develop
Parental support and guidance	Regular individual feedback and one-to-one meetings with a focus on the positive outcomes that high level tennis brings	Regular individual feedback and one-to-one meetings with a focus on the positive outcomes that high level tennis brings

## PLAYER DEVELOPMENT

Category	Priority areas	11-12	13-14
Technique	Priority areas	Building effective and efficient skill base. Technique suitable for long term development and repeatable without fatigue or injury. Strokes should be potential weapons with relaxed technique, long swing planes through contact, use of legs and body.	Building effective and efficient skill base. Technique suitable for long term development and repeatable without fatigue or injury. Strokes should be potential weapons with relaxed technique, long swing planes through contact, use of legs and body.
	Process	Sell technical developments tactically. Use role models and video analysis with specific technical goals	Sell technical developments tactically. Use role models and video analysis with specific technical goals
Tactics	Priority areas	Building a game style (girls) Experiment with multiple game styles (boys)	Building a game style (girls) Experiment with multiple game styles (boys)
	Process	Match charting with specific tactical goals. Set tasks and discuss opponent scouting, watching pros, log books and other tactical tools	Match charting with specific tactical goals. Set tasks and discuss opponent scouting, watching pros, log books and other tactical tools
Physical	Priority areas	Agility, balance, coordination, speed, running, jumping, throwing, kinesthetics, gliding, buoyancy and striking	Agility, balance, coordination, speed, running, jumping, throwing, kinesthetics, gliding, buoyancy and striking
	Process	Regular physical testing with individual training programmes and specific physical goals. Identify key nutritional strategies and screening issues	Regular physical testing with individual training programmes and specific physical goals. Identify key nutritional strategies and screening issues
Mental	Priority areas	Develop self-regulation skills with a greater responsibility for training, improvement, and performance. Use more established routines and maintain high levels of confidence	Develop self-regulation skills with a greater responsibility for training, improvement, and performance. Use more established routines and maintain high levels of confidence
	Process	Use match reviews and journals. Develop communication for pre-match discussions. Empower emotional and problem-focused coping skills. Work on body language, breathing, imagery and self-talk	Use match reviews and journals. Develop communication for pre-match discussions. Empower emotional and problem-focused coping skills. Work on body language, breathing, imagery and self-talk
Personal	Priority areas	Love competition and enjoy the challenge of improving every day. Starting to understand the potential reduction of non-tennis activities that lie ahead	Love competition and enjoy the challenge of improving every day. Starting to understand the potential reduction of non-tennis activities that lie ahead
	Process	Watch matches, set personal goals, arrange practices and respect academic requirements	Watch matches, set personal goals, arrange practices and respect academic requirements

## LTA SUPPORT STRUCTURE

Support Area	Talent Team	MEN'S AND WOMEN'S TENNIS
PERFORMANCE SUPPORT:	performance analysis, sports science, sports medicine, online tools	performance analysis, sports science, sports medicine, online tools

## TRAINING PROGRAMME AND PRINCIPLES

Ages & Stages	15-16	17-19
Playing level	ITF Junior Circuit Tennis Europe Junior Tour U16	ATP Challenger Tour (men) / ITF Pro Circuit \$50K-\$100K (women) ITF Pro Circuit: \$10K-\$15K (men) / \$10K-\$25K (women) ITF Junior Circuit
Total tennis hours per week (To include free play)	15-18	British Tour 18-22
Hours of other sports	1	1
Annual programme ratio	40% Practice & Training - 60% Competition	30% Practice & Training - 70% Competition
Rest & Recovery	Minimum 1 rest day per week / minimum 4 non-tennis weeks per year	Minimum 1 rest day per week / minimum 4 non-tennis weeks per year
Min/Max tournament matches per year (can include practice matches)	80-90	80-90
Hours of S & C	8 - 12	8 - 12
S & C schedule (Can be incorporated into tennis session also)	10+ sessions per week	10+ sessions per week
Training environment	Create an environment of expectation - train hard to win. Encourage a robust, resilient attitude towards losing	Create an environment of expectation - train hard to win. Encourage a robust, resilient attitude towards losing
Coach	A combination of travelling coach and experienced base coach. Needs to be a positive, motivating, and experienced supporter of the player in what can be a challenging career transition	A combination of travelling coach and experienced base coach. Needs to be a positive, motivating, and experienced supporter of the player in what can be a challenging career transition
Planning	Tournament scheduling and evolving goals with travelling coach. The plan needs to demonstrate day-to-day work with an unconditional commitment to personal improvement - led by a long term vision of the transition from junior to senior tennis	Tournament scheduling and evolving goals with travelling coach. The plan needs to demonstrate day-to-day work with an unconditional commitment to personal improvement - led by a long term vision of the transition from junior to senior tennis
Development blocks (Physical and game development work)	Four training blocks per year: recommended 1 x 6 weeks / total around 12 weeks	Four training blocks per year: recommended 1 x 6 weeks / total around 12 weeks
Coaching ethos and philosophy	Continue to possess an uncompromising commitment to improve and develop	Continue to possess an uncompromising commitment to improve and develop
Parental support and guidance	Consistent feedback and parent support - discuss and plan for career transitions ahead	Consistent feedback and parent support - discuss and plan for career transitions ahead

## PLAYER DEVELOPMENT

<b>Technique</b>	Priority areas	Continued reinforcement of technical efficiency. Addition of power and strength to develop weapons	Maintenance with small developments based on game need
	Process	Match charting with ongoing technical assessment	Fine-tuning and grooving with specific process goals
<b>Tactics</b>	Priority areas	Defining a game style	Defining a game style
	Process	Use log books, pre & post match reviews and opponent scouting reports	Use log books, pre & post match reviews and opponent scouting reports
<b>Physical</b>	Priority areas	Anaerobic power, speed & agility, endurance, strength and flexibility	Anaerobic power, speed & agility, endurance, strength and flexibility
	Process	Regular physical testing with individual training programmes and specific physical goals. Identify key nutritional strategies and screening issues	Develop and follow a bespoke on-the-road programme with built-in training blocks
<b>Mental</b>	Priority areas	Effectively manages attention between tennis and other tasks. Can maintain confidence in game identity and self-esteem. Uses greater emotional management with maturing reactions to disappointments	Effectively manages attention between tennis and other tasks. Can maintain confidence in game identity and self-esteem. Uses greater emotional management with maturing reactions to disappointments
	Process	Key strategies will include time management, organisation, planning, positive social support, scouting opponents, and reviewing matches more expertly. More match-like conditions used for practice also	Key strategies will include time management, organisation, planning, positive social support, scouting opponents, and reviewing matches more expertly. More match-like conditions used for practice also
<b>Personal</b>	Priority areas	Develop travel skills, communication, understanding of finances, and general ownership of programme	Develop travel skills, communication, understanding of finances, and general ownership of programme
	Process	Coaching team to encourage player responsibility and self- regulation as often as possible	Coaching team to encourage player responsibility and self- regulation as often as possible

## LTA SUPPORT STRUCTURE

	MEN'S AND WOMEN'S TENNIS	MEN'S AND WOMEN'S TENNIS
	PERFORMANCE SUPPORT: performance analysis, sports science, sports medicine, online tools	PERFORMANCE SUPPORT: performance analysis, sports science, sports medicine, online tools

## TRAINING PROGRAMME AND PRINCIPLES

Ages & Stages	20+
Playing level	ATP/WTA Tour, ATP Challenger Tour (men) / ITF Pro Circuit \$50K-\$100K (women) ITF Pro Circuit: \$10K-\$15K (men) / \$10K-\$25K (women), British Tour
Total tennis hours per week (To include free play)	20+
Hours of other sports	0
Annual programme ratio	30% Practice & Training - 70% Competition
Rest & Recovery	Minimum 1 rest day per week / minimum 4 non-tennis weeks per year
Min/Max tournament matches per year (can include practice matches)	70+
Hours of S & C	10
S & C schedule (Can be incorporated into tennis session also)	10+ sessions per week
Training environment	Create an environment of expectation - train hard to win. Encourage a robust, resilient attitude towards losing
Coach	Continue to put the best coaches with the best players
Planning	Player-led career management with access to interdisciplinary expertise
Development blocks (Physical and game development work)	Three training blocks per year: recommended 6 / 3 / 3 weeks
Coaching ethos and philosophy	Celebrate success and use role-modeling for younger generations
Parental support and guidance	Advise with career choices, financial management and future career networking

## PLAYER DEVELOPMENT

<b>Technique</b>	Priority areas	Maintenance with small developments based on game need
	Process	Fine-tuning and grooving with specific process goals
<b>Tactics</b>	Priority areas	Mastering a game style
	Process	Ongoing individual discussion on the road with travelling coach
<b>Physical</b>	Priority areas	Anaerobic power, speed & agility, endurance, strength and flexibility
	Process	Develop and follow a bespoke on-the-road programme with built-in training blocks
<b>Mental</b>	Priority areas	Continually striving for improvement and success while remaining confident after set-backs
	Process	Daily planning, managing and working with individual coach and sports science team to produce self-monitoring performance plans
<b>Personal</b>	Priority areas	Work positively with the media and understand the role of agents
	Process	Seek advice from coaching team and ex-players

## LTA SUPPORT STRUCTURE

	MEN'S AND WOMEN'S TENNIS	MEN'S AND WOMEN'S TENNIS
	PERFORMANCE SUPPORT: performance analysis, sports science, sports medicine, online tools	PERFORMANCE SUPPORT: performance analysis, sports science, sports medicine, online tools