

TRAINING METHODOLOGY

TRAINING OUTLINE

LEVEL OF PLAY

RECREATION

BEGINNER

INTERMEDIATE

COMPETITIVE

COLLEGE

DESCRIPTION

BALL CONTACT FUNDAMENTALS
ESTABLISHING BASIC TECHNIQUES
LEARNING THE SPORT

BEGINNER FUNDAMENTALS INTRODUCED
MOVEMENT/POINT-PLAY INTRODUCED
UNDERSTANDING SCORING & BASIC
BALL DIRECTIONALS

INTERMEDIATE FUNDAMENTALS INTRODUCED
CONSISTENCY AND POINT-PLAY ESTABLISHED
INTRODUCTION TO MATCH-PLAY

ADVANCED TECHNICAL DEVELOPMENT
LEARNING UNIQUE GAMESTYLE
PRACTICE WITH PURPOSE OF COMPETING
[USTA, UTR, ALTA, HIGH SCHOOL, CHALLENGE
LADDERS, PRACTICE MATCHES, ETC]

COMPETING AT THE NCAA DI, II, III
NAIA OR NJCAA LEVELS
COLLEGE LEVEL TOURNAMENTS,
ITF AND USTA ProCIRCUIT

COMPETITION

NONE

GAMES DURING PRACTICE

MATCH-PLAY DURING PRACTICE

USTA, UTR, ALTA,
HIGH SCHOOL, CHALLENGE LADDERS,
PRACTICE MATCHES, ETC

USTA NATIONAL, ITF FUTURES,
FLEX LEAGUES, ETC.

TIME WITH COACH [HRS/WEEK]

1+

2+

3+

4+

6+

GROUP TRAINING [HRS/WEEK]

0

1

2

3

5

SEMI OR PRIVATE [HRS/WEEK]

1

1

1

1

1

MATCH-PLAY [# MATCHES/WEEK]

0

0

0

1

1

TOTAL [TIME ON-COURT]

1

2

3

6

8

FITNESS [STRENGTH] [STRETCHING] [PRE-HAB]

0

0

1

2

3

TOTAL [TRAINING/WEEK]

1

2

4

6+

11+

TRAINING METHODOLOGY

TRAINING OUTLINE [DETAIL]

LEVEL OF PLAY	RECREATION	BEGINNER	INTERMEDIATE	COMPETITIVE	COLLEGE
DESCRIPTION	BALL CONTACT FUNDAMENTALS ESTABLISHING BASIC TECHNIQUES LEARNING THE SPORT	BEGINNER FUNDAMENTALS INTRODUCED MOVEMENT/POINT-PLAY INTRODUCED UNDERSTANDING SCORING & BASIC BALL DIRECTIONALS	INTERMEDIATE FUNDAMENTALS INTRODUCED CONSISTENCY AND POINT-PLAY ESTABLISHED INTRODUCTION TO MATCH-PLAY	ADVANCED TECHNICAL DEVELOPMENT LEARNING UNIQUE GAMESTYLE PRACTICE WITH PURPOSE OF COMPETING [USTA, UTR, ALTA, HIGH SCHOOL, CHALLENGE LADDERS, PRACTICE MATCHES, ETC]	COMPETING AT THE NCAA DI, II, III NAIA OR NJCAA LEVELS COLLEGE LEVEL TOURNAMENTS, ITF AND USTA PRO CIRCUIT
COMPETITION	NONE	GAMES DURING PRACTICE	MATCH-PLAY DURING PRACTICE	USTA, UTR, ALTA, HIGH SCHOOL, CHALLENGE LADDERS, PRACTICE MATCHES, ETC	USTA NATIONAL, ITF FUTURES, FLEX LEAGUES, ETC.
TRAINING DETAILS	THIS LEVEL IS FOR THE PLAYER LOOKING TO LEARN THE BASICS OF THE SPORT. THEY WILL LEARN THE FUNDAMENTAL COMPONENTS OF ALL THE STROKES.	AT THE BEGINNER STAGE OF TENNIS, THE FUNDAMENTALS OF ALL STROKES ARE ESTABLISHED AND PLAYER IS SEEKING TO DEVELOP CONSISTENCY AND PROFICIENCY WITH ALL STROKES. INTRODUCTION TO HITTING ACROSS THE NET IN COOPERATIVE MANNER AND GAMES INVOLVING SOME RALLIES AND BALL DIRECTION.	BASIC FUNDAMENTALS ARE ESTABLISHED AND ADVANCED TECHNIQUES ARE INTRODUCED. POINT-PLAY PATTERNS ARE INTRODUCED AND CONSISTENCY IS THE MAIN FOCUS FOR EXECUTION IN POINTS. MATCH-PLAY IS INTRODUCED LEARNING SCORING AND PRACTICE SETS OR PARTIAL SETS.	DEVELOPMENT FOCUS SHIFTS TO POINT-CENTERED. HOLES IN THE TECHNIQUE/FORM BECOME EXPLOITED AND NEED TO BE FIXED IMMEDIATELY. PLAYERS BEGIN TO COMPREHEND HOW POINT- CONSTRUCTION AND THEIR INDIVIDUAL ABILITIES COME TOGETHER TO CREATE THEIR UNIQUE STYLE OF PLAY. THIS TAKES TIME TO UNDERSTAND BY THE PLAYER, DEVELOP WITH THE COACH AND BECOME PROFICIENT AT FOR IMPROVEMENTS AND ADAPTIONS IN MATCH-PLAY.	DEVELOPMENT IN THIS CATEGORY TAKES ON A VERY DIFFERENT NATURE. THIS PATH IS PRIMARILY FOCUSED ON ADVANCED TACTICAL POINT-PLAY, MENTAL RESILIENCE/UNDERSTANDING AND TOURNAMENT SCHEDULING/PEAK PERFORMANCE. THIS PATH REQUIRES AN IN-DEPTH CONVERSATION ABOUT POTENTIAL GOALS AND THE DIRECTION/TIME- LINE TO FOLLOWED FOR THOSE GOALS. THERE IS NO WAY FOR THIS TO BE ACCOMPLISHED WITHOUT TENNIS & PHYSICAL PERFORMANCE BECOMING BECOMING PART OF A PLAYER'S LIFESTYLE. THEREFORE, THIS CATEGORY HAS NO SPECIFIC NUMBER OF HOURS FOR OUTPUT. THE TRAINING CATEGORIES BEGIN TO LOOK VERY DIFFERENT AND ARE GEARED 100% TOWARDS WHAT THE INDIVIDUAL PLAYER NEEDS TO ACCOMPLISH. THEREFORE THE PATH TO GETTING THERE IS VERY PARTICULAR AND GEARED TOWARDS THE INDIVIDUAL PLAYER.

As a player moves from one **PHASE** of development to the next, the number of **HOURS** dedicated to **On** and **Off** court improvement must increase as well.

TRAINING METHODOLOGY

5 STAGES OF DEVELOPMENT - COMPREHENDING - APPLICATION - PROFICIENCY

DEVELOPMENT STAGES IN ORDER OF DEVELOPMENT

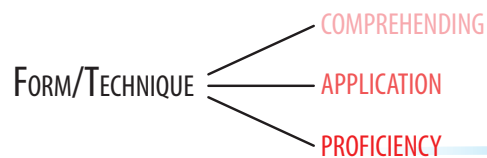
FORM/TECHNIQUE

CONSISTENCY

SPIN [TOP/UNDER]

DIRECTION

POWER



PROFICIENCY

FROM A PREVIOUS STAGE

CAN OVERLAP INTO FIRST STAGES OF

COMPREHENDING OF THE NEXT. SIMILAR TO

THE LINKS OF A CHAIN, BEFORE ONE SECTION IS COMPLETE,

INTRODUCTION TO THE NEXT PHASE IS STILL POSSIBLE. THIS IS

ACTUALLY A VERY EFFECTIVE MENTALITY IN TRAINING. AS THE PLAYER MAINTAINS

FOCUS ON DEVELOPEMENT IN PROFICIENCY OF A CURRENT STAGE, THEY AREABLE TO

EQUIP THEMSELVES WITH A NEW SKILL-SET FOR THE NEXT STAGE IN THE DEVELOPMENT PROCESS.

CONSISTENCY

APPLICATION

PROFICIENCY

SPIN [TOP/UNDER]

COMPREHENDING

APPLICATION

PROFICIENCY

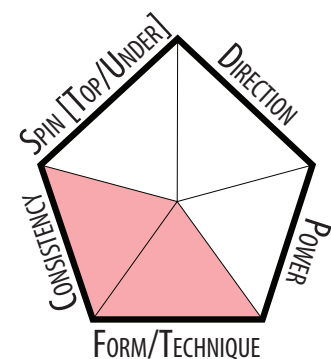
DIRECTION

COMPREHENDING

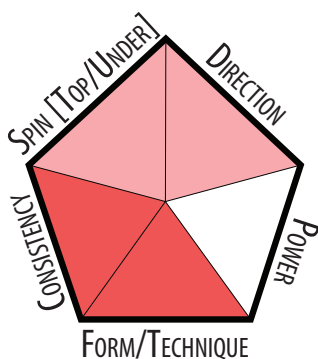
APPLICATION

PROFICIENCY

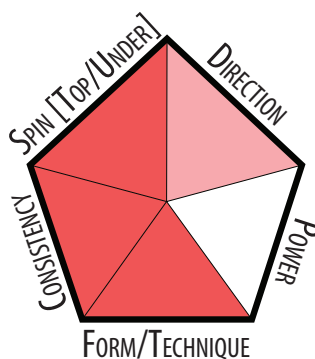
POWER APPLICATION



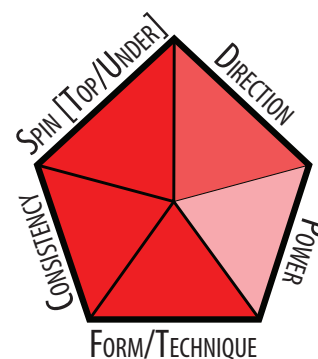
RECREATION



BEGINNER



INTERMEDIATE



COMPETITIVE



COLLEGE

COMPREHENDING

APPLICATION

PROFICIENCY

TRAINING METHODOLOGY

3 LIMITS OF TENNIS – COMPREHENDING – APPLICATION – PROFICIENCY

3 LIMITS OF TENNIS

MENTAL

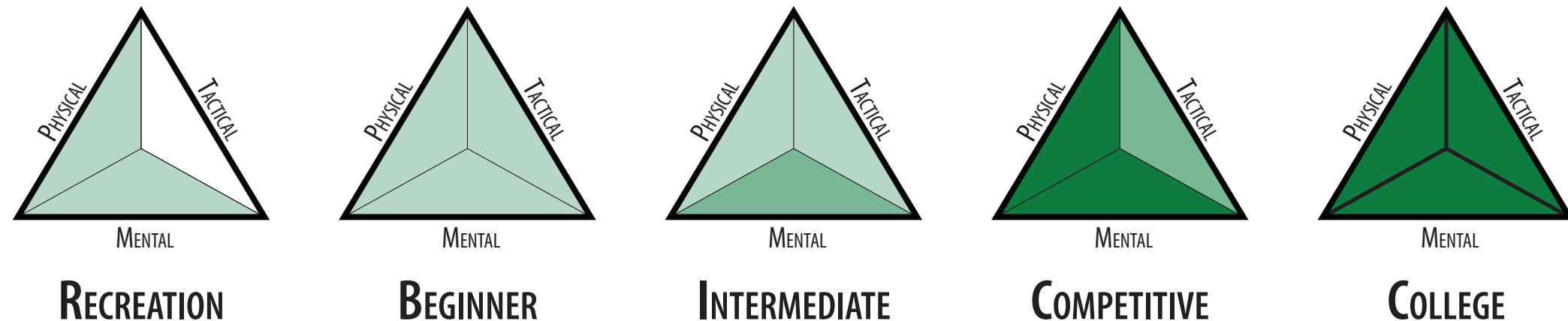
AT VARIOUS STAGES OF DEVELOPMENT, TENNIS OF THE MIND FORMS INTO SOMETHING DIFFERENT ALTOGETHER. HOWEVER, THE FOUNDATIONS OF THIS DEVELOPMENT COME FROM AN INTENTIONAL DEVELOPMENT PLAN THAT STARTS FROM GAINING CONFIDENCE IN SPECIFIC ASPECTS OF THE GAME FROM THE FIRST TIME WE START TO SWING THE RACKET. FOR EACH PLAYER, THIS WILL LOOK DIFFERENT. WE SAY THIS BEARING IN MIND THAT EACH PLAYER COMES TO THE SPORT WITH VARYING DEGREES OF MENTAL FORTITUDE.

PHYSICAL

THIS UNIQUE LIMIT IN TENNIS IS ONE THAT WE ARE INHERENTLY BORN WITH BUT CAN MODIFY BASED ON PROPER TRAINING. PHYSICAL LIMITS TO A DEVELOPING TENNIS PLAYER WILL AGAIN VARY UPON A MULTITUDE OF FACTORS. ULTIMATELY, A PLAYER'S HEIGHT, NATURAL STRENGTHS AND PHYSICAL ABILITIES CAN EITHER AMPLIFY OR REQUIRE MODIFICATIONS TO THEIR PHYSICAL DEVELOPMENT WITHIN THE SPORT. ALL PARTS OF THIS DEVELOPMENT PLAN MUST BE UNIQUE TO EACH PLAYER BASED ON SPECIFIC ABILITIES AND WILLINGNESS TO TRAIN THIS LIMIT.

TACTICAL

THOUGH THIS LIMIT IS INITIALLY MANUFACTURED IN THE MENTAL SPACE, THE ABILITY TO APPLY AND BECOME PROFICIENT IS DIRECTLY LINKED TO THE PHYSICAL LIMITS. SIMPLY PUT, TACTICAL PLAY IS ONE'S ABILITY TO IMPLEMENT THE NECESSARY PLAN IN THE MATCH AND HAVING THE PHYSICAL ABILITY TO DO SO. HOW LONG CAN A PLAYER FOLLOW THE PLAN BEFORE THEIR PATIENCE OR BODY DECIDES THAT IT'S HAD ENOUGH. TACTICS, IN IDEAL CIRCUMSTANCES, IS THE SUM OF MENTAL FORTITUDE AND PHYSICAL RESILIENCE.
 $TACTICS = MENTAL + PHYSICAL$



COMPREHENDING

APPLICATION

PROFICIENCY

TRAINING METHODOLOGY

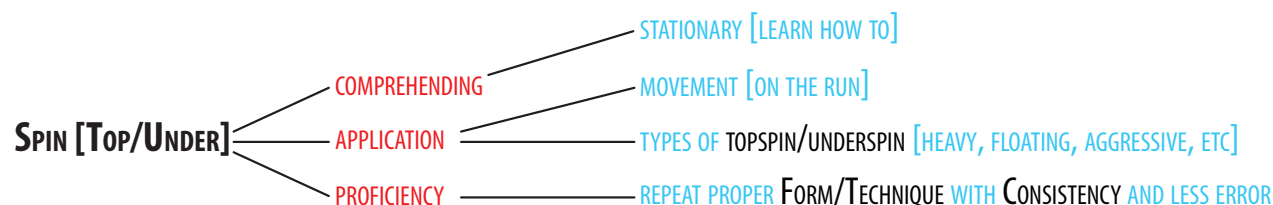
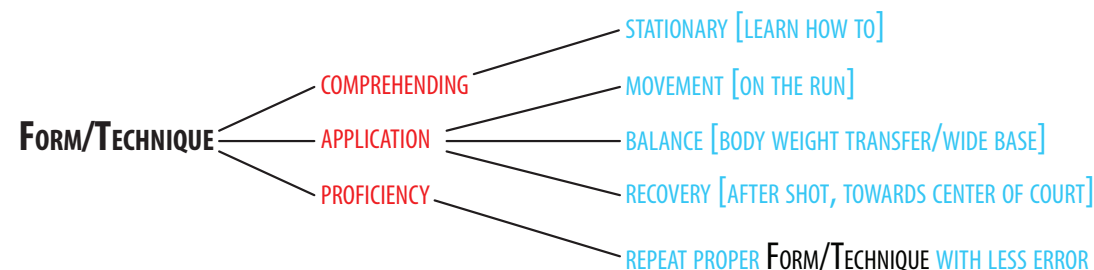
5 STAGES OF DEVELOPMENT

FOR EACH DEVELOPMENT PHASE:

COMPREHEND WHAT IS TO BE ACHIEVED

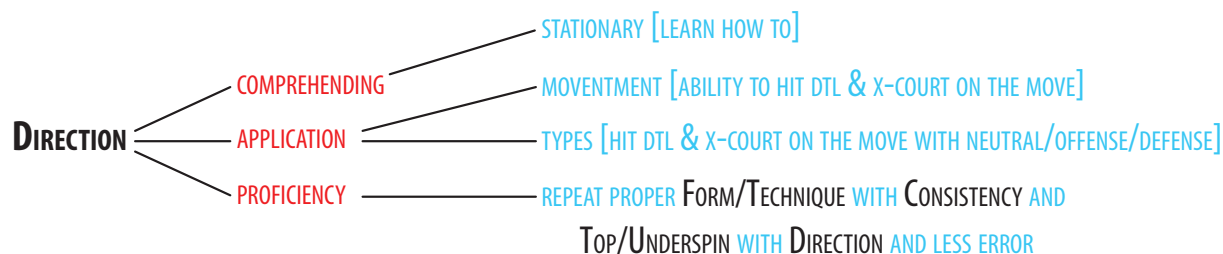
APPLY IN NON-PRESSURED SITUATION TO LEARN/EXECUTE SHOT

SHOW **PROFICIENCY** OF SHOT IN POINT/MATCH PLAY SETTINGS



THE MOST OVER-LOOKED AND MISUNDERSTOOD STEPS ARE **APPLICATION** AND **PROFICIENCY**. PLAYERS AND PARENTS OFTEN BELIEVE THAT LEARNING A STROKE MEANS THAT IT IS READY TO BE USED. THIS IS NOT THE CASE. A PLAYER NEEDS TO DEVELOP CONFIDENCE IN THE STROKE/STAGE THROUGH THE FOLLOWING IN THIS SPECIFIC ORDER:

- 1] **CONTROLLED RALLYING IN PRACTICE**
- 2] **TEST APPLICATION IN PRACTICE**
- 3] **TEST APPLICATION IN PRACTICE MATCH-PLAY**
- 4] **BECOME PROFICIENT**
- 5] **TEST PROFICIENCY IN COMPETITIVE MATCH-PLAY**



POWER — **APPLICATION** — POWER IS A RESULT OF ALL THE ABOVE STAGES:
FORM/TECHNIQUE HIT CONSISTENTLY WITH TOPSPIN/UNDERSPIN AND DIRECTIONAL CONTROL IF ALL THE ABOVE ARE DONE WELL,
A PLAYER WILL BY DEFAULT START HITTING THE BALL WITH POWER