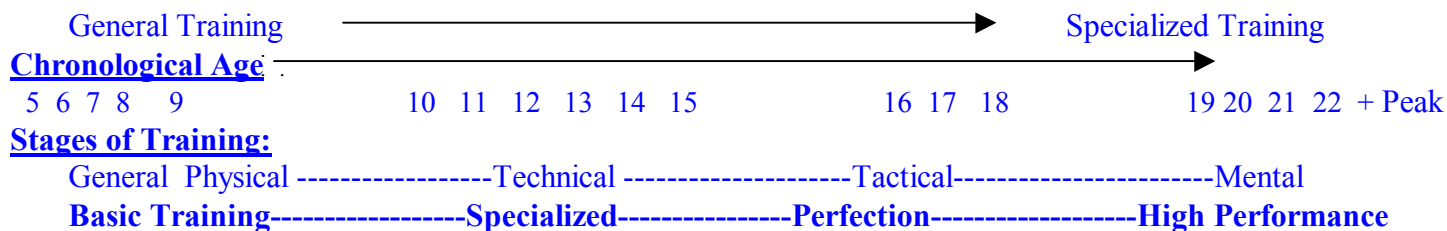


Development for Professional Tennis – Ashley Hobson.



FUNDamental Stage	Training To Train	Training To Compete	Training To Perform
<p>1) General Development agility, balance, coordination, running, jumping, throwing, awareness, reactions, tracking, athletic position, through FUN and Games</p> <p>2) Technical Development Basic strokes with –focus on: grips, contact, swing patterns Use Sponge balls on ¾ court.</p> <p>3) Physical Development Proper technique in: running, jumping, throwing, balance & agility.</p> <p>4) Tactical Development Basic tactics – consistency, depth & direction</p> <p>5) Mental Development Introduction to mental training – nature of competition –winning and losing, effort, sportsmanship, good conduct & enjoyment.</p> <p>6) Competitive Schedule Participate in tennis & complementary sports competitions</p> <p>7) Coaching Knowledgeable, experienced, enthusiastic and high energy Group training x 2/3, with 1/2 individual workouts a week consisting of 30 min or 1 hour each.</p>	<p>1) General Development More tennis specific skill developed, play complementary sports.</p> <p>2) Technical Development Add spin, power & variety. Drill – 50%, point situations/play – 50%</p> <p>3) Physical Development More tennis specific medicine ball/footwork exercises toward the end of the stage Teach good nutrition</p> <p>4) Tactical Development Defense, neutral, offense - improve shot selection. Understand the 6 game situations. Basic positioning, 3 zones, directionals. Hi percentage play, basic tactics & strategy</p> <p>5) Mental Development – motivation, concentration, determination, management of pressure & self confidence. Intensity in training, understanding the game and corrections.</p> <p>6) Competitive Schedule in 12/18 competitions a year. Domestic & international ITF events. Teach responsibilities /good training, conditioning, nutrition habits when traveling and training.</p> <p>7) Coaching Player development coaches, with development plans and testing and tracking.</p>	<p>1) General development Tennis specific development</p> <p>2) Technical development Building strokes – power & variety. Develop weapons. Train specific patterns/point situations under competitive conditions</p> <p>3) Physical Development Gym – individualized tennis conditioning program - 3,4 times a week . On court conditioning each day.</p> <p>4) Tactical development Work on tactical patterns/sequences of play.</p> <p>5) Mental Development training of between point routines, emotion management, visualization, pre & post match routines</p> <p>6) Competitive Schedule High level ITF events & ATP/WTA entry level events. 100 competitive matches a year. Give responsibilities to players when travelling.</p> <p>7) Coaching Experienced player development coaches.</p>	<p>1) General development Specialized individual development</p> <p>2) Technical development improvement and maintenance by – fine-tuning technical aspects. Modeling all aspects of training on performance.</p> <p>3) Physical Development maintenance/checkups, specific conditioning exercises & regeneration</p> <p>4) Tactical development work/patterns based on match analysis and statistics</p> <p>5) Mental Development Emphasis on pre-match mental preparation – concentration, positive thinking, self confidence, behaviour control, specific matchplay situations and rituals</p> <p>6) Competitive Schedule Develop a periodized tournament/training schedule. 2,3 or 4 weeks competing, 1,2 weeks training and regeneration</p> <p>7) Coaching Experienced player development coach, with good relationship with player</p>

