

AGES: 16/17 onwards
PRIORITY: WINNING



WHAT TO LEARN WINDOWS OF OPPORTUNITY

PHYSICAL (DEPENDING ON MATURITY)

- individual programmes for speed, endurance, power, strength, flexibility, core stability

TECHNICAL

- all shots with power and spin as appropriate
- full use of variation and different strokes

TACTICAL

- using strengths
- controlling points
- able to adjust tactics

MENTAL

- fully independent
- positive and disciplined
- self responsible

OTHER SPORTS FOR RECREATION, MAINTENANCE etc.

- hockey, basketball, soccer, swimming etc.

TYPE OF COMPETITION

- club, league, county and national

NUMBER OF TOURNAMENT MATCHES PER YEAR

- at age 16 maximum of 90 individual matches

PLANNING (ANNUAL)

- 3 periods of training with 3 periods of competition
- 30 hours of activity in a training week at age 16, to include 17 hours of tennis

General information

Our primary concern must be to give each young player the best possible chance of reaching their potential at whatever level that might be – club, county, national or even international standard. We know that developing that potential takes a long time – this is why we need the Long Term Player Development Programme. The Space Between 6 AND 16 is a critical time because it sets the base for the adult player.

This leaflet identifies what is important for young players to learn at different ages and stages of their tennis development. It gives the skills that should be learned at the prime learning times – the Windows of Opportunity. We know that using these Windows accelerates learning. We also know that if the Windows are missed, it is then more difficult for players to extend their skill base as they mature, because simple skills are not in place.

In addition, this leaflet identifies:

- other sports which contribute to the skill base
- the most suitable type of competition for each age
- how many tournament matches should be played each year
- how each year should be structured between training and competition

The training programme in this leaflet is based on a sound understanding of the principles of child and tennis development. If we use the information well, every young player stands a chance of reaching his or her potential.

Parents are so important in the development of the young tennis player. We hope that the information given in this leaflet will help your understanding and ability to guide the players of the future.

Anne Pankhurst
LTA Coach Education Director

THE SPACE BETWEEN 6 AND 16 PLAYER DEVELOPMENT



Guidance notes for
parents of young
tennis players between
the ages of 6 and 16

AGES: 5/6 - 9/10

PRIORITY: FUN



WHAT TO LEARN WINDOWS OF OPPORTUNITY

PHYSICAL

- co-ordination
- movement and balance
- throwing, jumping, running

TYPE OF COMPETITION

- fun, teams, local, Mini Tennis
- tie breaks and short sets

TECHNICAL

- basic shapes forming

NUMBER OF TOURNAMENT MATCHES PER YEAR

- at age 8/9 maximum of 20 individual matches

TACTICAL

- serving, returning and playing from back of court
- accuracy and consistency

PLANNING (WEEKLY)

- 6 hours of activity at 6/7
- 9 hours of activity at age 9
- structured programme of 2 – 4 tennis sessions

MENTAL

- how to score
- winning and losing
- respecting other players

OTHER SPORTS FOR CO-ORDINATION etc.

- swimming, cycling, dancing
- soccer, netball etc.

AGES: 9/10 - 12/13

PRIORITY: TRAINING



WHAT TO LEARN WINDOWS OF OPPORTUNITY

PHYSICAL

- complex co-ordination
- speed, strength, flexibility, core stability

TECHNICAL

- basic strokes sound with racket head speed

TACTICAL

- all games situations and doubles

MENTAL

- understanding ability and effort
- more independent
- able to concentrate
- working with others in practice
- coping with winning and losing

OTHER SPORTS FOR CO-ORDINATION etc.

- swimming, cycling, dancing
- soccer, netball, basketball, hockey etc.

TYPE OF COMPETITION

- full sets
- club, league, county and national

NUMBER OF TOURNAMENT MATCHES PER YEAR

- at age 11 maximum of 40 individual matches

PLANNING (ANNUAL)

- 2 periods of training with 2 periods of competition
- 12 hours of activity in a training week at age 11, to include 5 hours of tennis

AGES: 12/13-16/17

PRIORITY: COMPETING



WHAT TO LEARN WINDOWS OF OPPORTUNITY

PHYSICAL (DEPENDING ON MATURITY)

- speed, strength, flexibility, endurance, core stability

TECHNICAL

- developing power and use of spin
- different additional strokes

TACTICAL

- playing offensively
- own games style
- tactics on different surfaces

MENTAL

- able to set goals
- self-disciplined
- concentrates well
- pride in performance

OTHER SPORTS TO HELP SPEED AND ENDURANCE etc.

- swimming, cycling, dancing
- soccer, netball, basketball, hockey etc.

TYPE OF COMPETITION

- club, league, county and national

NUMBER OF TOURNAMENT MATCHES PER YEAR

- at age 14 maximum of 70 individual matches

PLANNING (ANNUAL)

- 3 periods of training with 3 periods of competition
- 24 hours of activity in a training week at age 14, to include 12 hours of tennis