


Long Term Development Plan for a Tennis Player

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**COACHING IS
UNLOCKING A PERSON'S
POTENTIAL TO MAXIMIZE
THEIR GROWTH**

JOHN WHITMORE

PICTUREQUOTES.com

What are the key elements in the technique by age ?



We have to keep in mind chronological and biological age

The following key elements are just guidelines

5 to 6 YO

TACTICS	TECHNIQUE	FITNESS	MENTAL
<ul style="list-style-type: none"> ➤ Being consistent ➤ Recognizing Favourable situation and not favourable situation 	<ul style="list-style-type: none"> ➤ Regular toss in the serve ➤ Good balance in all strokes ➤ Slight shoulder rotation before hitting ➤ Hitting ball in front 	<ul style="list-style-type: none"> ➤ Variety of game exercises ➤ Discover motricity ➤ Work slightly on laterality <p>Ex: Skipping, Jumping, Throwing, catching, hitting</p>	<ul style="list-style-type: none"> ➤ Like to play ➤ Egocentric ➤ Live in present ➤ Proper rules ➤ Like to please the coach

WEEKLY TENNIS & FITNESS HOURS

COMPETITION MATCHES PER YEAR

TENNIS **2 h**

FITNESS **1 h**

Adapted Team competition Singles & Doubles

7 to 8 YO

TACTICS	TECHNIQUE	FITNESS	MENTAL
<ul style="list-style-type: none"> ➤ Recognizing neutral, Favourable, not Favourable situation ➤ Using different speed ➤ Hitting on weakest side of the opponent 	<ul style="list-style-type: none"> ➤ Adapted grip per stroke ➤ Linear stance toward the zone in the serve ➤ Dynamic attention ➤ Follow through after each stroke 	<ul style="list-style-type: none"> ➤ More activities ➤ Develop motricity ➤ Develop body control exercises <p>Ex: coordination in form of games, playing other sports</p>	<ul style="list-style-type: none"> ➤ Like to play & have fun ➤ Like challenges and perform well ➤ Like competition ➤ Start distinguish between girls & boys

WEEKLY TENNIS & FITNESS HOURS

COMPETITION MATCHES PER YEAR

TENNIS

5 h

FITNESS

2 h

Adapted Team competition Singles & Doubles

9 to 10 YO

TACTICS

- More control and power in the strokes and start of implementing a game style

TECHNIQUE

- Correct grips in all strokes
- Correct balance
- Have good Turning/rotation of the trunk right after the split step

FITNESS

- Better body control
 - Good agility
 - Develop body automatism
- Ex: Strength-endurance exercises without additional load (body weight); core stability is introduced.

MENTAL

- Like to play & count points
- Like to perform well
- Like to compete

WEEKLY TENNIS & FITNESS HOURS

TENNIS

6 h

FITNESS

3 h

COMPETITION MATCHES PER YEAR

Adapted Team competition Singles & Doubles

11 to 12 YO

TACTICS	TECHNIQUE	FITNESS	MENTAL
<ul style="list-style-type: none"> ➤ Trying to win the point with the serve ➤ Recognizing neutral, Favourable, not favourable situation and taking initiatives 	<ul style="list-style-type: none"> ➤ Separation upper body and lower body according to the stance used ➤ More racket head acceleration ➤ Balance forward according to the target and effect 	<ul style="list-style-type: none"> ➤ Technique becomes very important <p>Ex: flexibility with good body posture, speed & agility like react quickly to multiple signals</p>	<ul style="list-style-type: none"> ➤ Enjoys playing and practicing. Has the ability to focus on task. (knowing the drill, keeping score) ➤ Manage mistakes in positive manner

WEEKLY TENNIS & FITNESS HOURS

COMPETITION MATCHES PER YEAR

TENNIS 10 h 30

FITNESS 3 h

Singles 40 (10 inter.)

Doubles 30

13 to 14 YO

TACTICS	TECHNIQUE	FITNESS	MENTAL
<ul style="list-style-type: none"> ➤ Start of winning points with the serve ➤ Forehand become a weapon ➤ The backhand can make difference during the rally 	<ul style="list-style-type: none"> ➤ More wrist & arm action ➤ More racket head acceleration ➤ Adapted racket swing 	<ul style="list-style-type: none"> ➤ Improve physical conditioning aspects: ❖ Coordination ❖ Resistance ❖ Elasticity ❖ Speed ❖ Injury prevention 	<ul style="list-style-type: none"> ➤ Maintaining enthusiasm and enjoyment both in practice and competition despite the ups and downs experienced during this stage

WEEKLY TENNIS & FITNESS HOURS

COMPETITION MATCHES PER YEAR

TENNIS 12 h

FITNESS 6 h

Singles 70 (25 Inter.)

Doubles 30

15 to 16 YO

TACTICS	TECHNIQUE	FITNESS	MENTAL
<ul style="list-style-type: none"> ➤ Ability to implement all the tactics from the stage above but at a higher precision and tempo ➤ Ability to reduce space and time by playing early with quick good decision making 	<ul style="list-style-type: none"> ➤ More velocity in the shots ➤ Good power transfer on every single shot 	<ul style="list-style-type: none"> ➤ Physical Conditioning increases its importance ➤ Needs a more structured approach 	<ul style="list-style-type: none"> ➤ Developing ownership of their career ➤ Developing an identity as a tennis player ➤ Developing mental flexibility and ability to find solutions

WEEKLY TENNIS & FITNESS HOURS

COMPETITION MATCHES PER YEAR

TENNIS 12 h

FITNESS 8 h

Singles 70 (30 Inter.)

Doubles 35

17 to 18 YO

TACTICS	TECHNIQUE	FITNESS	MENTAL
<ul style="list-style-type: none"> ➤ The goal is just to solidify their game, execute their game at a higher speed with a higher level of consistency so to have proper game style 	<ul style="list-style-type: none"> ➤ Technically similar to top players the only difference is the physical strength. ➤ Backhand can become the same as the forehand or become a weapon 	<ul style="list-style-type: none"> ➤ Physical Conditioning becomes the 2nd most ➤ important factor (after mentality) 	<ul style="list-style-type: none"> ➤ Taking full responsibility for career ➤ Ability to find solutions mentally "finding a way" ➤ Seeking out competitive situations during training on a consistent basis

WEEKLY TENNIS & FITNESS HOURS

COMPETITION MATCHES PER YEAR

TENNIS **16 h**

FITNESS **10 h**

Singles **80 (40 Inter.)**

Doubles **40**

18 + YO

TACTICS	TECHNIQUE	FITNESS	MENTAL
<ul style="list-style-type: none"> ➤ Must continue to develop the proper game and improving variety or improved offensive skills. 	<ul style="list-style-type: none"> ➤ The technical skills to serve the specific game style 	<ul style="list-style-type: none"> ➤ Complex and harmonious work on on physical preparation and tennis 	<ul style="list-style-type: none"> ➤ Ensuring that there is a good team available around : Tennis Coach, Fitness, physio & sponsors ➤ Ensuring good annual planning, with training phase, pre-competition phase, competition, rehab & rest

WEEKLY TENNIS & FITNESS HOURS

COMPETITION MATCHES PER YEAR

TENNIS 20 h

FITNESS 10 h

Singles 80 (70 Inter.)

Doubles 40

LTADP & COMPETITION



Tennis for life

Live as a Pro

Learn to be a Pro

Learn to Perform

Consolidating

Developing

Fundamentals

Active start

Development Stages

18+

15-17

11-14

10&U

Int'l

Regional & Int'l

National & Regional

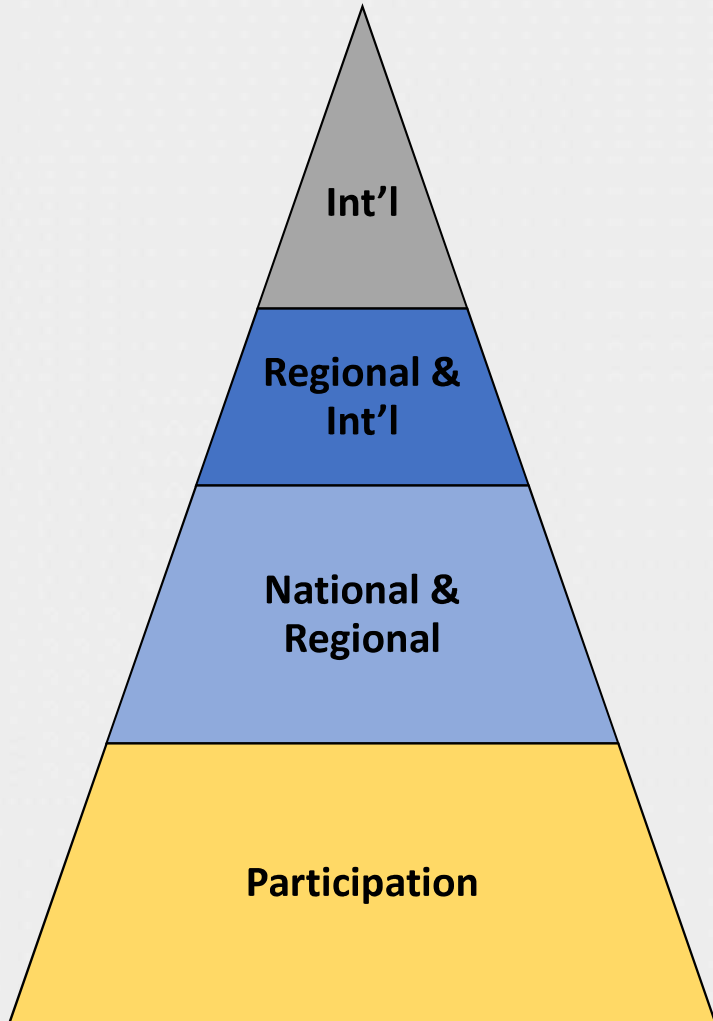
Participation

Competition Stages

LTADP



LTADP & TRAINING LOAD



150 ATP	100WTA	23	ATP & WTA
200 ATP	200WTA	22	ATP & WTA
350 ATP	300WTA	21	Challenger & ATP
500 ATP	400WTA	20	F 15 & Challenger
700 ATP	10 ITF or 500WTA	19	F15
20 ITF or 1000 ATP	10 ITF or 500WTA	18	GRADE A & 1 & F 15
100 ITF or ATP RANKED or ITN 1	20 ITF or 600 WTA RANKED or ITN 1	17	GRADE A & 1 & 2
350 ITF / ITN 2	50 ITF or 1000 WTA or ITN 2	16	GRADE 1 & 2 & 3
700 ITF / ITN 2	100 ITF or ITN 2	15	ITF GRADE 3 & 4 & 5
Ranked ITF / ITN 3	500 ITF or ITN 2	14	CAT & TE 14U
ITN 4	ITF ranked or ITN 3	13	CAT 14U
ITN 5	ITN 4	12	TE 12U
ITN 6	ITN 5	11	TE 12U
ITN 7	ITN 6	10	LOCAL
BOY / MEN	GIRL / WOMEN	RANKING	COMPETITION

Competition Stages



LTADP

