

Parents

Talent Identification for u10 children

If you have been advised by your child's teachers and coaches that your son or daughter has sporting talent and you have aspirations for him/her to progress in tennis, we have set up a process where parents or guardians can submit a video of their child playing to the Regional Coach.

On receipt of the footage, the Regional Coach will analyse your child's ability and If the Coach is of the opinion that the young player has talent, he or she will come and watch the child play in competition.

Health Warning -

This information should be kept at the discretion of the parents or the guardians and if you are using this service, we strongly recommend that you don't inform your child what is involved and make the video as if it is for your own record

Process for submitting video footage

Maximum duration - 10 minutes

Children must be u8 - u9 - u10

Date of birth should be submitted with the video

Child Protection guide lines must be adhered to if you are using a child as a sparring partner or opponent who is not one of your own children.

See http://www.tennisireland.ie/clubs/child_protection - Fact Sheet 10 for guidelines on video footage

Ensure that children are warmed up fully before you commence

Ensure that children are filmed using the correct ball and in the appropriate court -

u8 - Red Court – Red Ball

u9 - Orange Court – Orange Ball

u10 - Green Court – Green Ball

What should be filmed?

A child running as fast as possible, changing direction between 3 points and finishing through a gate for no longer than 8 seconds -

See Diagram A

A child running at full flight between 2 points for no longer than 8 seconds –

See Diagram B

Your child hitting either from a rally feed or a basket feed.

This should include:

1. 3 forehands and 3 backhands cross court
2. 3 forehands and 3 backhands down the line.
3. 3 forehand volleys and 3 backhand volleys
4. 3 Smashes.
5. 3 Serves into the deuce box and 3 Serves into the advantage box
6. 3 Over arm throws of a tennis ball – See diagram D
7. 1 x 4 ball drill - See diagram C

All of the above should be condensed into 5 Minutes

Competitive Play

In addition we would like to view some footage of your child playing competitive points

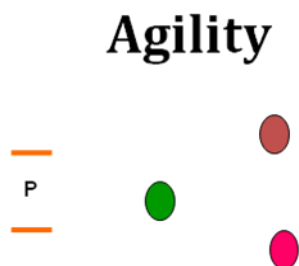
Maximum duration 5 minutes

Please see the sample video for further guidance

Other information to provide

How many hours of tennis does your child train per week

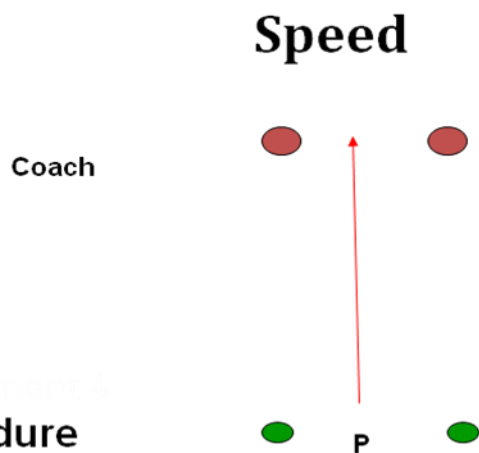
Diagram A



Procedure

- Three different colour cones 3 metres apart
 - Two rubber strips or cones as a gate 3 metres from the first cone
 - Pupil gets into starting position in the gate
 - The Coach shouts one of the colours
 - On the instruction, the pupil must sprint to the cone the coach indicated followed by the two other cones in any order before finishing through the gate.
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Diagram B

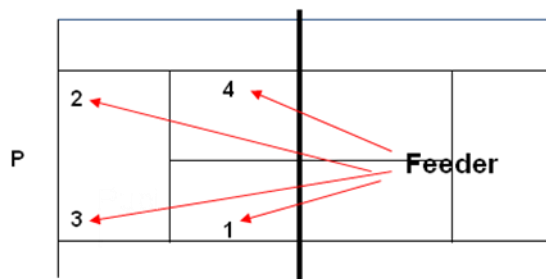


Procedure

- Starting gate and finishing gates are 20 metres apart
- Player starts in between the two green cones
- On the instruction go the Pupil sprints to the finishing gate

Diagram C

4 ball drill

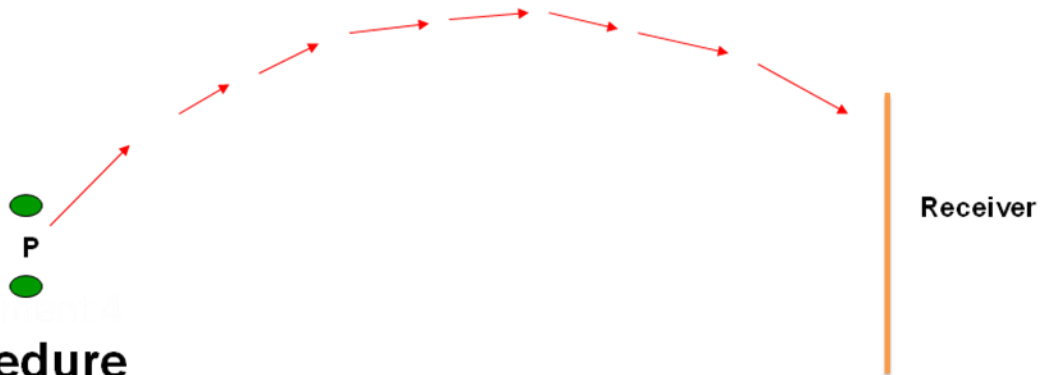


Procedure

- Pupil starts just behind the centre mark of the base line
- Feeder just in front of service line with a minimum of 4 balls
- Feeder feed 4 random balls in a row which pupil has to run down on the first bounce
- Feeder needs to keep the pupil unaware of where each ball is going but also needs to ensure that the pupil has a chance of making each ball before it bounces twice

Diagram D

Over arm throw



Procedure

- Player stands in between the two cones from a serving stance
- Player throws a tennis ball over arm simulating a base ball pitcher as if he was throwing over an imaginary wall as far as he or she can in the direction of the receiver

Process for submitting a video

1. Log on to www.vimeo.com
2. Click on – Join Vimeo
3. Click on – Sign up for basic free
4. Fill in first & last names – email address and create a password
5. Once you have followed steps 1-4 you are ready to up load a video
6. For uploading follow the steps on the site

When you have completed the steps and the video is on the site, contact the Regional Coach by email and give them the log in details and password or the link to access the video.

Alternatively, Parents can submit a DVD to the appropriate address below.

Ulster – Jim watt - jimbo_ubti@yahoo.co.uk

Munster – Conor O’Callaghan - cpoc1@hotmail.com

Connacht – Garret Barry - connachttennis@gmail.com

South Leinster – Peter Farrell - Peter.Farrell@tennisireland.ie

North Leinster – Brendan Moran - brendanmoran06@yahoo.co.uk

Tennis Ireland

Dublin City University

Glasnevin

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