

THE LONG-TERM PLAYER/ATHLETE DEVELOPMENT MODEL

Introduction

The Tennis Ireland model for Long-Term Player Development has been written based on consultation with a number of professional bodies. Among those bodies were, Tennis Ireland registered coaches, the NCTC, The Sports Science Department, DCU, The ITF & the Professional Staff and Management Committee of Tennis Ireland. The Model has six phases and an outline of each phase is explained in this introduction with a more detailed description of what needs to be achieved at each phase throughout the document.

Phase 1 – The Fundamental Phase-

Age: Males 6-9/Females 6-8 years

The main objective of this phase is to learn all the fundamental *movement skills* using a well-structured, positive and fun approach. Tennis skills should be introduced, with an emphasis on fun, skill development and modified games through mini & midi tennis. Appropriate and correct running, jumping and throwing techniques are taught using the ABC's of athletics. Speed, power, strength and endurance are also developed.

Participation in as many sports as possible is encouraged. The development of fundamental movement skills will contribute significantly to future player achievements.

Phase 2 – The Learning to Play & Practice

Age: Males 9-12/Females 8-11 years

The main objective of this phase is to learn the specific tennis skills in conjunction with the fundamental sports skills, from a range of other sports. These skills form the cornerstones of all player development. Players move on to the full court and fundamental movement skills should also continue to be developed during this phase. If fundamental motor skill training is not developed between the ages of eight to eleven and nine to twelve for females and males respectively, a significant window of opportunity has been lost, compromising the ability of the young player to reach his/her full potential.

Technically, strokes are grooved at a higher rhythm.

Children should continue to participate in multi-sports & sports that compliment tennis.

Phase 3 – The Training to Train Phase

Age: Males 12-16/Females 11-15 years

The main objectives of this phase are to further develop & consolidate all techniques, tactics and to address the two critical periods of physical development, namely the aerobic base and strength of the players. It should be noted that both aerobic and strength trainability is dependent on maturation levels, not chronological age. Players who miss this phase of training will not reach their full potential.

Phase 4 – The Training to Compete Phase

Age: Males 16-18/Females 15-17 years

The main objective of this phase is to *optimize* fitness preparation, individual skills and performance. During this phase, high intensity individual and event-specific training is provided to players. Tennis skills are performed under a variety of competitive conditions during training. Special emphasis is placed on *optimum preparation* by modelling training and competition.

Phase 5 – The Training to Win Phase

Age: Males 18+/Females 17+ years

This final phase of player preparation aims to maximize fitness preparation and individual skills as well as performance. All of the player's capacities are now fully established and players are trained to peak for major competitions. Training is characterized by high intensity and relatively high volume with frequent periods of rest.

Phase 6 – The Retirement / Retention Phase

This phase refers to the activities performed after a player has retired from competition permanently. The aim of this phase is to retain players for coaching, sport administration, officiating or any other sport-related career.

FUNDAMENTAL PHASE: Males 6-9 / Females 6-8 years

	TECHNICAL CAPACITIES
	Mini Tennis (6-7 years)
1	General:
1.1	Simple and correct ready position
1.2	Simple strokes
1.3	Balance
1.4	Judging and responding to ball trajectories
2	Grips:
	Forehand
2.1	Continental - semi continental
	One hand backhand
2.2	Continental
	Double hand backhand
2.3	Right hand in continental and left hand in forehand eastern.
	Forehand and backhand volley
2.4	Eastern for forehand and continental for backhand
3	Strokes:
	Forehand and Backhand
3.1	Straight & short preparation
3.2	Emphasise forward and upward movement
3.3	Impact in front and to the side at a comfortable distance from body
3.4	Ball judgement & anticipation.
	Forehand and Backhand Volleys
3.5	Blocking the ball in front with racket head above wrist level.
	Serve:
3.6	Underarm serve without a bounce/ block serve
4	Other:
4.1	Modified skills of different sports
4.2	Knowledge of the basics of equipment
4.3	Use of appropriate footwear and clothing
	Midi Tennis (8 – 9 years)
5	General:
5.1	Balance – head still, trunk straight, solid base, low position.
5.2	Low ready position.

5.3	Early ball judgement
6	Grips:
	Ready position
6.1	Should be with forehand grip.
	Forehand
6.2	Semi continental and eastern.
	Double hand backhand
6.3	Right hand in continental and left hand in eastern / to semi western forehand.
	One hand backhand
6.4	Progress from continental to eastern backhand.
	Forehand & backhand volleys
6.5	Slight grip change on either side.
	Serve
6.6	Long continental with fingers spread in trigger position.
7	Strokes:
	Forehand & Backhand
7.1	Turn shoulders from ready position, slightly widening the preparation,
7.2	Footwork during preparation with small steps adjusting to the position of the ball
7.3	Body weight on back leg,
7.4	Most of the time straight stance however open stance is acceptable as long as it is not frontal
7.5	Step forward making sure the timing of the shift of the body weight from the back to the front leg is correct
7.6	Impact should be firm, at a comfortable distance to the side and in front of the body
7.7	The stroke should have all the components of balance
7.8	Forward and upward racket work
7.9	Longer follow through as a result of the more accelerated stroke
	Forehand specific
7.10	Loop shape or pendulum shape
7.11	Follow through different depending on the tactical goal
	Double hand backhand
7.12	Mostly straight preparation but loop or pendulum is also acceptable
7.13	Trunk rotation towards impact
7.14	No crossing over in footwork
7.15	Firm impact at a comfortable distance in front and to the side with both hands working together
	One hand backhand
7.16	Wider loop or pendulum preparation
7.17	Forearm close to stomach
7.18	No trunk rotation, later body rotation
7.19	Firm contact with the arm stretching out towards the contact at a comfortable distance to the side and in front
7.20	Left arm a little back on the follow through
	Forehand & backhand volleys
7.21	Block volleys
7.22	When in control of the situation, push or punch ball away from opponent
7.23	Step towards the ball and slightly rotate trunk with the racket going forward and downward.

	Serve
7.24	Correct grip
7.25	Correct starting position
7.26	Correct co-ordination of spreading arms & bending legs in preparation
7.27	Small push upwards in the legs
7.28	Fluent swing
7.29	High contact
7.30	Balanced with no jump
7.31	Follow through as a natural end of movement with arm toward stomach.
	Lob
7.32	Playing the ball upward
7.33	Control of forward upward action of the arm.
	Smash
7.34	Preparation with the face of the racket towards the back of the head
7.35	Free hand up towards the ball
7.36	High impact
7.37	Quick footwork.
	Return
7.38	Footwork and correct position
7.39	No specific techniques at this phase
	TACTICAL CAPACITIES
8	General
8.1	Modified games
9	Serve:
9.1	Starting the point with firstly underarm and then over arm serve
9.2	Control and placement
10	Return:
10.1	Getting the ball back
10.2	Getting the ball back deep
10.3	Attack off short ball
11	Both Back:
11.1	Basic positioning on the court
11.2	Consistency (rally situations)
11.3	Moving the ball out of the middle - accuracy
11.4	Introduce the concept of unbalancing the opponent
11.5	Using fh in 3/4 court
11.6	Receiving high /low deep/short balls
11.7	Slow speed of ball should be encouraged for control at the start
12	Opponent Approaches:
12.1	Use pass or lob
13	When Approaching:
13.1	On balls that are short approach the net
13.2	Basic positioning at the net (angles theory)
	PHYSICAL CAPACITIES
14	General
14.1	Practise and mastery of fundamental movement skills (running, jumping, throwing)
14.2	General overall development and mobility
15	Stamina (Endurance)
15.1	Endurance through FUN games
15.2	Endurance through varied games

15.3	Endurance on and off the court
15.4	Developed through other sports and tennis games
16	Strength
16.1	Strength training using own-body weight, medicine ball and physio ball exercises
17	Speed
17.1	Linear, lateral and multi-directional speed using low volume, short duration (< 5 secs) session with work:rest ratio of 1:5
18	Skill
18.1	Develop agility, balance, co-ordination and speed (ABC's)
18.2	KGBs of movement such as kinesthesia, gliding, buoyancy and striking (racquet with ball)
18.3	Cks of catching kicking and striking (with a body part, gaelic, hurling)
19	Suppleness (Flexibility)
19.1	Dynamic stretching instead of static stretching during warm-up
	MENTAL CAPACITIES
20	Perceptions of Ability
20.1	Players perceive the mastery of basic technical and tactical skills
20.2	Confidence in executing basic technical and tactical skills
21	Intrinsic Motivation
21.1	Inherent enjoyment and interest of the game is fostered through enjoyable tennis specific exercises, mastery of the game and supportive training environment
22	Self-Esteem
22.1	Development of self-esteem through an emphasis on learning/personal improvement in a supportive/team environment
23	Autonomy/Personal Performance Enhancement
23.1	Develop positive thinking through group activities and tennis specific games and exercises
24	Relaxation
24.1	Learn skills to relax through games and activities
25	Imagery
25.1	Learn to create images through games
26	Concentration
26.1	Develop concentration skills through focusing activities
27	Teamwork
27.1	Teamwork
	LIFESTYLE CAPACITIES
28	Involvement in multi-sports
29	Learn safety
	PERSONAL CAPACITIES
30	Enjoyment/Fun
31	Fair Play
32	Positive Attitude
33	Teamwork/interaction skills

LEARNING TO PLAY & PRACTICE: Males 9-12 / Females 8-11 years

TECHNICAL CAPCITIES	
34	General:
34.1	Grooving the strokes at a higher rhythm
34.2	Introduce the basics of special strokes
34.3	Sharpening control with an emphasis on placement and the optimal zone of impact
34.4	Special attention should continue to be given to the ready position, which should be just in front of or behind the baseline
34.5	The correct footwork at all times
34.6	Early reaction
34.7	Taking the ball on the rise as often as possible (impact)
34.8	Balance on each stroke
35	Grips:
	Forehand
35.1	Eastern or semi-western
	Backhand-Double Handed
35.2	Left hand in eastern forehand and right hand in continental for impacts at hip height
35.3	Left hand and right hand in eastern forehand for higher impacts and bigger accelerations
	Backhand-Single Handed
35.4	Eastern for impacts at hip height and full eastern for higher impacts
	Volleys
35.5	Grip towards height of impact – continental to eastern
	Serve
35.6	Long continental with finger spread in trigger position
36	Strokes:
	Forehand
36.1	Forward and upward emphasis as a source of power
36.2	Extra ground force reaction and extra rotation required
36.3	All impacts on the rise as often as possible
36.4	On the rotation, stay in the same place
36.5	Back foot and back shoulder come forward
36.6	Develop the use of spin
36.7	Closed stance (no crossover). Open stance is ok if not too frontal
36.8	Good balance
	One hand backhand
36.9	Also extra up and extra rotation, less as in forehand.
36.10	Good balance
36.11	A lot more co-ordination required to execute the skill
	Two hand backhand
36.12	Better possibilities to play on the rise
36.13	Also up extra up and extra rotation, more than one handed backhand
36.14	Preparation shorter and higher
36.15	Higher impact
36.16	Good balance
36.17	Adapting the size of the preparation to the situation
	Backhand Slice
36.18	Use of body weight more forward
36.19	Timing brining the right foot forward
	Volleys

36.20	Perfecting the technique towards the height of impact and the type of ball received – Block, Push, Punch
36.21	Control should be good
	Serve
36.22	Demand the correct grip
36.23	Develop the upward emphasis from a stand still position and later with leaving the ground
36.24	Good toss
36.25	Most of the time starting and finishing on the left foot
36.26	Second serve with slice and a little lift
36.27	Control during matches
	Smash
36.28	Maintain as in previous phase
36.29	More control
36.30	Response to different trajectories
	Approach
36.31	Correct footwork
	Lob
36.32	Control of height and length
36.33	Being able to play various trajectories
	Additional skills
36.34	Rough forms of backhand slice, return, passing shot, half volley, drive volley, backhand smash should be developed and encouraged during reply without looking for perfect outcomes
	TACTICAL CAPCITIES
37	Serve:
37.1	Use of A.B.C serves
37.2	Start to use topspin second serve
37.3	Using aggressive play after the serve
38	Return:
38.1	Return with depth and accuracy
38.2	Begin to use forehand to take control of weak second serves
38.3	Use forehand to take control of weak second serves
39	Both Back:
39.1	Grooving good diagonals and when to come out of them
39.2	Good depth
39.3	Use of angles to open the court with good acceleration
39.4	Court positioning
39.5	Starting to play more on the rise
39.6	Train offensive and defensive situations
39.7	Building strengths
39.8	Starting to analyse opponents and play on different surfaces
39.9	Varying the rhythm in situations
40	Opponent Approaches:
40.1	Use angle pass, cross or line
40.2	Use lob in certain situations
41	When Approaching:
41.1	Use slice to approach off backhand side
41.2	Use forehand drive approach
41.3	Positioning around the net
	PHYSICAL CAPACITIES
42	General

42.1	Warm-up, stretching and cool-down routine
42.2	Skill, speed, strength and suppleness should be further developed by structured sequenced training 80% training to 20% competition
43	Stamina
43.1	Continue to develop endurance through FUN games
44	Strength
44.1	Develop strength using medicine ball, swiss/physio ball and own-body exercises as well as hopping-bounding exercises
45	Speed
45.1	Reaction speed, linear speed, footwork speed, multi-directional speed up to 5 seconds
46	Skill
46.1	Continue to develop agility, balance, coordination and speed
47	Suppleness
47.1	Basic flexibility exercises during warm-up, Developmental stretching after training
	MENTAL CAPACITIES
48	Perceptions of Ability
48.1	Confidence in adjusting to different rhythms and all types of serves
48.2	Perceives significant improvement in technique
49	Intrinsic Motivation
49.1	Continued emphasis on learning and self-improvement in a supportive, co-operative learning environment
50	Self-Esteem
50.1	Development of self-esteem through an emphasis on learning/personal involvement
51	Autonomy/Personal Performance Enhancement
51.1	Introduction to personal monitoring (logbooks, self-talk)
51.2	Develop an awareness of how thoughts are linked to on-court behaviour
51.3	Introduction to structured goal-setting
51.4	Introduction to match plans
51.5	Introduction to match analysis
51.6	Understands the role of practice, warm-up and warm-down routines
52	Relaxation
52.1	Understands the importance of breathing for on-court control and relaxation
52.2	Group relaxation exercises incorporated into warm-up/warm-down
53	Imagery
53.1	Introduction to the concept of modelling on and off court
54	Concentration
54.1	Focusing in the face of distractions
54.2	Shifting focus
54.3	Activities that emphasise the importance of the 'here and now' element of performance
55	Teamwork
55.1	Teamwork
	LIFESTYLE CAPACITIES
56	Involvement in multi-sports
57	Inclusion of sport in lifestyle
58	Participation in complementary sports
	PERSONAL CAPACITIES
59	Understand the changes puberty will bring
60	Accept discipline and structure
61	Understand the relationship between effort and outcome

62	Teamwork/interaction skills
63	Motivation to participate

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TRAINING TO TRAIN: Males 12-16 / Females 11-15 years

TECHNICAL CAPACITIES	
64	General:
64.1	Further develop and consolidate all techniques
64.2	Fluent rhythm
64.3	Ability to adjust to different rhythms
64.4	Increasing the capacity to accelerate
64.5	Improving footwork to perfection
64.6	Individualising techniques and bringing them to perfection
64.7	All strokes and spins should be known
64.8	There should be sound technique that can be trained to develop weapons
64.9	Technique should be tailored to suit the body of the player
64.10	Power tennis should be possible from all areas of the court
64.11	Optimal use of the ground force reaction power and rotation speed
64.12	Playing on the rise should be perfected.
65	Strokes:
65.1	Perfect grooving of the consolidated forms of forehand, backhand, forehand & backhand volley, smash, lob, approach, serve, return & passing shot.
	Forehand & Backhand
65.2	At the early stage building up power tennis with control
65.3	Extra rotation required
	Approach
65.4	Consistency and placement
65.5	Winners
65.6	All different techniques for approach
	High half court ball – Forehand
65.7	Impact more on the rise
65.8	Open stance
65.9	Extra rotation and move on to net.
	High half court ball – Backhand
65.10	Jump from front foot to front foot.
	Low half court ball – Forehand
65.11	Bring back foot forward or move on with open stance
	Low half court ball – Backhand
65.12	Bring back foot forward.
	Backhand slice
65.13	Tango step
65.14	Run around backhand to use the forehand weapon.
65.15	Further develop the use of spin in order to increase the tactical possibilities.
65.16	Forehand & backhand volley, lob, smash, approach and passing shot – all combinations and control should be good and should be developed further towards perfection in end of the phase.

	Serve
65.17	Upward emphasis should be well developed
65.18	Starting and finishing on front foot, less and less crossing over
65.19	No preference for bringing back foot close to front foot or keeping back foot back
65.20	Towards the end of the phase the technique should be producing power
65.21	Extra rotation in preparation with back to net
65.22	Active bending in the legs
65.23	Extra rotation in stroke
65.24	A lot of attention to 2 nd serve and slice serve should be developed with consistency and control
65.25	Towards the end of the phase the 2 nd serve should be very strong
65.26	The slice should be brought to perfection
65.27	Placement should be very accurate.
	Return
65.28	Ready position on or just behind base line, second serve mostly closer
65.29	Emphasize forward movement if possible, staying if necessary, but avoid going backwards
65.30	Split step, just before impact of opponents serve
65.31	Impact more towards open stance even on backhands
65.32	Ability to place the ball depending on the opponent's possibilities when he approaches after serve or stays back
65.33	Aggressive on 2 nd serve return mostly on fh
65.34	Automation of the correct forms of backhand slice, High Volley, Drive Volley, Drop Shot & Backhand Smash.
65.35	Practicing the above in closed and open situations and encouraging their use in matches.
65.36	Much more open situations on return to involve anticipation
	TACTICAL CAPACITIES
66	Serve:
66.1	Serve and big forehand patterns
66.2	Serve and volley patterns
66.3	Have all three types of second serves (slice, kick and flat)
67	Return:
67.1	Anticipation on returns
67.2	Return with depth and accuracy
67.3	Use forehand to take control of weak second serves
68	Both Back:
68.1	Developing more dominating game style
68.2	Good depth
68.3	Use of angles to open the court with good acceleration
68.4	More advance court positioning, trying to take control of the baseline
68.5	The difference between artificial grass and hard / clay courts
68.6	Dominating from the mid court
68.7	Train offensive and defensive situations
68.8	Develop individual game style
68.9	Analyse opponents and play on different surfaces
68.10	Varying the rhythm in situations, varying the height speed and spin of the ball
68.11	Begin to use flair in points and set up situations to train this
68.12	Learn how to design strategy

68.13	Use video analysis of match play with match chart
69	Opponent Approaches:
69.1	Use angle pass cross or line
69.2	Understand concept of two shot pass
69.3	Use lob in certain situations
70	When Approaching:
70.1	Use slice to approach off backhand side
70.2	Use forehand drive approach
70.3	Use sneak approach and drive volley
	PHYSICAL CAPACITIES
71	Stamina
71.1	Aerobic training prioritised after onset of Peak Height Velocity (PHV)
72	Strength
72.1	Strength training should be done 2/3 times per week for not more than 30 mins
72.2	Strength training prioritised in females after PHV and with the onset of menarche
72.3	Strength training prioritised in males 12-18 months after PHV
72.4	Proper weight lifting techniques should be learned Start free weight training earlier with those who have onset of peak height velocity earlier
72.5	Frequent musculoskeletal evaluations during PHV
73	Speed
73.1	Interval training should be introduced to females in the first part of this stage and males in the second part.
73.2	Linear, lateral and multi directional movement speed need to be trained
73.3	Speed should be done all year round and at the beginning of a lesson after the warm up.
74	Skill
74.1	Continue to develop agility, balance, coordination and speed
75	Suppleness
75.1	Shoulder, elbow, core, spine and ankle stability
75.2	Static stretching and proprioceptive neuromuscular facilitation should be complemented by active isolated stretching when required
75.3	Stretching sessions separate to on court work is recommended at this stage
75.4	Dynamic mobility and rehabilitation routines should replace static stretching in warm ups
	MENTAL CAPACITIES
76	Perceptions of Ability
76.1	Develop players belief in their ability by emphasising a focus on self-improvement in fitness, technical and tactical skills
77	Intrinsic Motivation
77.1	Continued emphasis on learning and self-improvement in a supportive, co-operative learning environment (i.e. technical and tactical improvement)
78	Self-Esteem
78.1	Player understands and accepts that self-worth is not linked to performance

79	Autonomy/Personal Performance Enhancement
79.1	Understanding of personal game style
79.2	Match analysis
79.3	Match plans
79.4	Independent mistake detection and correction
79.5	Goal-setting (process, performance and long-term outcome goals)
79.5	Goals centred around development of technical, physical and psychological skills
79.6	Self-talk: cognitive reframing
79.7	Understands the concept of deliberate practice
80	Relaxation
80.1	Explores different relaxation techniques and incorporates these into performance and pre-performance routines
81	Imagery
81.1	Imagery for practising and improving technique and other technical aspects
81.2	Imagery for general motivation and improving self-confidence
82	Concentration/Control
82.1	On court/off court – player begins to develop during performance and pre-performance routines (i.e. begins to develop between point mechanism to refocus due to lapses in concentration/control)
82.2	Understands the link between lapses in concentration and performance
82.3	Continued emphasis on focusing on ‘here and now’
82.4	Arousal control: player begins to get a sense of how arousal levels are linked to performance
83	Teamwork
83.1	Teamwork
	LIFESTYLE CAPACITIES
84	Nutrition / hydration advice
85	Training and performance diary/log
86	Time management
87	Introduction to planning and periodisation
88	Rest and recovery
89	Well laid out training, competition and recovery programme to optimise the various training effects
	PERSONAL CAPACITIES
90	Interpersonal skills and learning to work in team environment
91	Positive communication
92	Discipline and personal responsibility
93	Awareness of Peak Height Velocity and windows of trainability
94	Creative thinking
95	Commitment to improve/achieve goals
96	Personal responsibility

TRAINING TO COMPETE: Males 16-18 / Females 15-17 years

TECHNICAL CAPACITIES	
97	General:
97.1	The most important work has been done
97.2	Work on improving the efficiency of the different strokes
97.3	Use of good combinations
97.4	More precision and speed on one's strengths
97.5	Stabilising one's weaknesses and learning how to hide them
97.6	Individualisation of skills – 'personal style'
97.7	Optimising the individualisation of techniques in relation to different situations and court surfaces
97.8	Adjusting ones self to the different weather conditions.
97.9	Consistency and control
97.10	Competition simulation training
98	Strokes:
98.1	Adjusting all techniques to the individual game style
	Base line strokes
98.2	Better and more variation in power in all situations.
	Volley
98.3	Tactical control on powerful shots.
	Approach
98.4	Perfect timing on the stroke and with use of body weight and recovery
98.5	Optimal use of building up the rallies according to one's own game style.
	Lob
98.6	Bringing the defensive and offensive lob to perfection
98.7	Topspin lob on the run
	Smash
98.8	Should be a powerful winner
	Serve
98.9	First and second serve should be very strong
98.10	The second serve should have a lot of variation, not only on backhand
TACTICAL CAPACITIES	
99	Serve:
99.1	Serve and big forehand patterns
99.2	Serve and volley patterns
99.3	Further develop % on these patterns
99.4	Have all three types of second serves (slice, kick and flat)
100	Return:
100.1	Anticipation on returns
100.2	Return with depth and accuracy
100.3	Taking control of the point from a weak second serve
100.4	High % of time during training on this, on all surfaces
101	Both Back:
101.1	Become more familiar with own game style
101.2	Use strengths and avoid weaknesses
101.3	Use of angles to open the court with good acceleration
101.4	Further develop decision making and link with game style

101.5	Use individual flair
101.6	Train offensive and defensive situations
101.7	Further develop individual game style
101.8	Analyse opponents and play on different surfaces
101.9	Varying the rhythm in situations, varying the height speed and spin of the ball
101.10	Know tactics to use against different game styles
101.11	Learn how to design strategy
101.12	Use video analysis of match play with match chart
101.13	Training a lot on slower courts with high bounces
102	Opponent Approaches:
102.1	Use angle pass cross or line
102.2	Understand concept of two shot pass
102.3	Use lob in certain situations
103	When Approaching:
103.1	Use forehand drive approach
103.2	Use sneak approach and drive volley
	PHYSICAL CAPACITIES
104	General
104.1	Individual specific intensive physical conditioning
104.2	Optimum preparation: tapering and peaking
105	Stamina
105.1	Maintenance training and more attention to specific endurance training
106	Strength
106.1	Light bar bells after growth spurt, develop large muscle
106.2	Specific tennis jumps, throwing drill
107	Speed
107.1	Speed maintenance – extra attention to reaction speed and tennis specific speed
107.2	Speed training should be done on the court
108	Suppleness
108.1	Joint mobilisation in warm up and static stretching after training
108.2	Shoulder, elbow, core, spine and ankle stability
	MENTAL CAPACITIES
109	Perceptions of Ability
109.1	Player's belief in ability developed through refinement of technique, improved tactical understanding and competitive performance
110	Intrinsic Motivation
110.1	Continued emphasis on fostering intrinsic motivation
111	Self-Esteem
111.1	Player understands the accepts self-worth is not linked to performance
112	Autonomy/Personal Performance Enhancement
112.1	Refining pre and during performance routines
112.2	Goal setting – short term and long term goals
112.3	Match plans
112.4	Match analysis
112.5	Mistake detection and correction
112.6	Understands the importance of deliberate practice of psychological skills
113	Relaxation
113.1	Player individualises and refines his/her relaxation techniques
114	Imagery

114.1	Imagery now incorporates tactical elements of the game and problem solving
114.2	Imagery for general motivation and improving self-confidence
115	Concentration
115.1	Continued emphasis in 'here and now'
115.2	Simulation training
116	Coping Skills
116.1	Coping with parental pressure, fear of failure, travel
117	Teamwork
117.1	Teamwork
	LIFESTYLE CAPACITIES
118	Individualisation of ancillary supports
119	Refined self-monitoring
120	Plan career/sport options
121	Increased knowledge on hydration and nutrition
122	Preparation for different environments e.g. heat / cold / rain / altitude
123	Injury prevention and recovery
124	Learn how to handle jet lag and cope with extended travel and different diets
125	Diagnostic tests to identify individual needs in players
126	Dealing with social problems e.g. alcohol culture, peer pressure, school, jobs etc.
127	Develop a support network
128	Awareness of scholarships
129	Time management, academic/tennis balance
	PERSONAL CAPACITIES
130	Continued personal development
131	Integration of tennis, career and life goals
132	Economic and independence issues addressed
133	Understanding of importance of deliberate practice of psychological skills as well as other skills

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TRAINING TO WIN: Males 18 + / Females 17 + years

	TECHNICAL CAPACITIES
134	Complete refinement of sports specific skills.
135	Event-/competition-specific training skills are automatic/second nature
136	Ability to improvise with skills
	TACTICAL CAPACITIES
137	Serve:
137.1	Serve and big forehand patterns
137.2	Serve and volley patterns
137.3	Further develop % on these patterns
138	Return:
138.1	Anticipation on returns
138.2	Return with depth and accuracy
138.3	Taking control of the point from a weak second serve
139	Both Back:
139.1	Have developed solid game style
139.2	Use strengths and avoid weaknesses within the game style
139.3	Use of angles to open the court with good acceleration

139.4	Further develop decision making and link with game style
139.5	Use individual flair
139.6	Train offensive and defensive situations
139.7	Control the rally with fast play
139.8	Analyse opponents and play on different surfaces
139.9	Varying the rhythm in situations, varying the height speed and spin of the ball
139.10	Know tactics to use against different game styles
139.11	Make strategy for different types of players
139.12	Use video analysis of match play with match chart
140	Opponent Approaches:
140.1	Use angle pass cross or line with precision or power
140.2	Understand concept of two shot pass
140.3	Use lob in certain situations
141	When Approaching:
141.1	Approach at appropriate times (depending on game style)
141.2	Use forehand drive approach
141.3	Use sneak approach and drive volley
141.4	Taking control of the point from a weak second serve
	PHYSICAL CAPACITIES
142	General
142.1	All aspects individualised
142.2	Frequent prophylactic (preventative breaks)
143	Stamina
143.1	Maintenance and prioritise if necessary
144	Strength
144.1	Maintenance and prioritise if necessary
145	Speed
145.1	Maintenance and prioritise if necessary
146	Suppleness
146.1	Maintenance
	MENTAL CAPACITIES
147	Automaticity
147.1	Well-developed, refined and individualised mental skills and routines (i.e. concentration, relaxation, refocusing, pre-performance and performance routines)
148	Autonomy/Personal Performance Enhancement
148.1	Goal setting (short and long-term goals)
148.2	Match analysis
148.3	Match plans
148.4	Mistake detection and correction
149	Intrinsic Motivation
149.1	Continued emphasis on self-improvement
150	Imagery
150.1	Imagery incorporating tactics, problem-solving, pre-performance routines and during performance routines
151	Concentration
151.1	Simulation training
151.2	Continued monitoring of lapses in concentration and linking to performance outcomes
152	Teamwork
152.1	Teamwork
	LIFESTYLE CAPACITIES
153	Increased knowledge on all areas

154	Rest and relaxation.
155	Frequent breaks
156	Well developed self-monitoring
157	Well developed and integrated support network/structure
158	Career/sport planning sustained
	PERSONAL CAPACITIES
159	Full integration of tennis, career and life goals

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RETIREMENT/RETAINMENT

	TECHNICAL CAPACITIES
160	Retain skills and develop new ones
	TACTICAL CAPACITIES
161	Maintain previous developed skills
162	Play more doubles
	PHYSICAL CAPACITIES
163	Decrease loads
164	Maintain good healthy habits
165	Keep active through sports participation
	MENTAL CAPACITIES
166	Importance of continued social support and physical fitness
167	Relaxation
168	Readjustment to non-competitive environment
	LIFESTYLE CAPACITIES
169	Pursue personal and family goals more strongly
170	Pursue further education/career development
171	Possible engagement in administration, coaching, media/PR
172	Seek transition support, if required
	PERSONAL CAPACITIES
173	Reset goals