

TRAINING METHODOLOGY

TRAINING OUTLINE [DETAIL]

LEVEL OF PLAY	RECREATION	BEGINNER	INTERMEDIATE	COMPETITIVE	COLLEGE
DESCRIPTION	BALL CONTACT FUNDAMENTALS ESTABLISHING BASIC TECHNIQUES LEARNING THE SPORT	BEGINNER FUNDAMENTALS INTRODUCED MOVEMENT/POINT-PLAY INTRODUCED UNDERSTANDING SCORING & BASIC BALL DIRECTIONALS	INTERMEDIATE FUNDAMENTALS INTRODUCED CONSISTENCY AND POINT-PLAY ESTABLISHED INTRODUCTION TO MATCH-PLAY	ADVANCED TECHNICAL DEVELOPMENT LEARNING UNIQUE GAMESTYLE PRACTICE WITH PURPOSE OF COMPETING [USTA, UTR, ALTA, HIGHSCHOOL, CHALLENGE LADDERS, PRACTICE MATCHES, ETC]	COMPETING AT THE NCAA DI, II, III NAIA OR NJCAA LEVELS COLLEGE LEVEL TOURNAMENTS, ITF AND USTA PRO CIRCUIT
COMPETITION	NONE	GAMES DURING PRACTICE	MATCH-PLAY DURING PRACTICE	USTA, UTR, ALTA, HIGHSCHOOL, CHALLENGE LADDERS, PRACTICE MATCHES, ETC	USTA NATIONAL, ITF FUTURES, FLEX LEAGUES, ETC.
TRAINING DETAILS	THIS LEVEL IS FOR THE PLAYER LOOKING TO LEARN THE BASICS OF THE SPORT. THEY WILL LEARN THE FUNDAMENTAL COMPONENTS OF ALL THE STROKES.	AT THE BEGINNER STAGE OF TENNIS, THE FUNDAMENTALS OF ALL STROKES ARE ESTABLISHED AND PLAYER IS SEEKING TO DEVELOP CONSISTENCY AND PROFICIENCY WITH ALL STROKES. INTRODUCTION TO HITTING ACROSS THE NET IN COOPERATIVE MANNER AND GAMES INVOLVING SOME RALLIES AND BALL DIRECTION.	BASIC FUNDAMENTALS ARE ESTABLISHED AND ADVANCED TECHNIQUES ARE INTRODUCED. POINT-PLAY PATTERNS ARE INTRODUCED AND CONSISTENCY IS THE MAIN FOCUS FOR EXECUTION IN POINTS. MATCH-PLAY IS INTRODUCED LEARNING SCORING AND PRACTICE SETS OR PARTIAL SETS.	DEVELOPMENT FOCUS SHIFTS TO POINT-CENTERED. HOLES IN THE TECHNIQUE/FORM BECOME EXPLOITED AND NEED TO BE FIXED IMMEDIATELY. PLAYERS BEGIN TO COMPREHEND HOW POINT- CONSTRUCTION AND THEIR INDIVIDUAL ABILITIES COME TOGETHER TO CREATE THEIR UNIQUE STYLE OF PLAY. THIS TAKES TIME TO UNDERSTAND BY THE PLAYER, DEVELOP WITH THE COACH AND BECOME PROFICIENT AT FOR IMPROVEMENTS AND ADAPTIONS IN MATCH-PLAY.	DEVELOPMENT IN THIS CATEGORY TAKES ON A VERY DIFFERENT NATURE. THIS PATH IS PRIMARILY FOCUSED ON ADVANCED TACTICAL POINT-PLAY, MENTAL RESILIENCE/UNDERSTANDING AND TOURNAMENT SCHEDULING/PEAK PERFORMANCE. THIS PATH REQUIRES AN IN-DEPTH CONVERSATION ABOUT POTENTIAL GOALS AND THE DIRECTION/TIME- LINE TO FOLLOWED FOR THOSE GOALS. THERE IS NO WAY FOR THIS TO BE ACCOMPLISHED WITHOUT TENNIS & PHYSICAL PERFORMANCE BECOMING BECOMING PART OF A PLAYER'S LIFESTYLE. THEREFORE, THIS CATEGORY HAS NO SPECIFIC NUMBER OF HOURS FOR OUTPUT. THE TRAINING CATEGORIES BEGIN TO LOOK VERY DIFFERENT AND ARE GEARED 100% TOWARDS WHAT THE INDIVIDUAL PLAYER NEEDS TO ACCOMPLISH. THEREFORE THE PATH TO GETTING THERE IS VERY PARTICULAR AND GEARED TOWARDS THE INDIVIDUAL PLAYER.

AS A PLAYER MOVES FROM ONE PHASE OF DEVELOPMENT TO THE NEXT, THE NUMBER OF HOURS DEDICATED TO ON AND OFF COURT IMPROVEMENT MUST INCREASE AS WELL.