

# TRAINING METHODOLOGY

## TRAINING OUTLINE

### 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.
<b>TIME WITH COACH</b> [HRS/WEEK]	1+	2+	3+	4+	6+
<b>GROUP TRAINING</b> [HRS/WEEK]	0	1	2	3	5
<b>SEMI OR PRIVATE</b> [HRS/WEEK]	1	1	1	1	1
<b>MATCH-PLAY</b> [# MATCHES/WEEK]	0	0	0	1	1
<b>TOTAL</b> [TIME ON-COURT]	1	2	3	6	8
<b>FITNESS</b> [STRENGTH] [STRETCHING] [PRE-HAB]	0	0	1	2	3
<b>TOTAL</b> [TRAINING/WEEK]	1	2	4	6+	11+