tt tennis Coaching

University Scholarships Awards (DofE)

Junior Committee

Sports rela

enior Tenn Program

nnis Course

Tennis Coaching Career

Officiating

| Programme Further tennis opportunities Junior blue / black 13-17yrs | | | | | |
|---|---|------------------------------|------------------------|--|--|
| | | | | Coaching goals | Competitions |
| | | | Performance Pathway | Develop game style Enhance individual plan Support tennis career | Junior ITF Tennis Europe National regional |
| Development Pathway | Develop tactical game situations Develop singles & doubles tactics Create competitive & social environment Encourage independence | Regional County Club | | | |

| | Coaching goals | Competitions | |
|-------------------|---|--|--|
| Pro Yellow | Create performance environment Encourage independence Sound understanding of singles tactics Solid foundation of technique Individual training program Appropriate sport science Enjoy tennis | Tennis Europe National Regional County | LTA player matrix fundin |
| Acadamy Yellow | Create challenging environment Build fundamental technique Learn basic tactical principles Understand all game situations Good attitude when competing Physical development Enjoy tennis | County Local Club | Regional team County cup team |
| Club Yellow | Learn basic tactical principles Develop understanding of the game Learn to compete Physical development Enjoy tennis | Within coaching Club | LTA ratings & rankings |

| | Gr | een 10 yrs | |
|----------------------|--|---|--------------------|
| | Coaching goals | Competitions | |
| Green Pioneers | Create performance environment Build fundamental technique Understand tactical principles Good attitude when competing Establish physical program Enjoy tennis | National Regional County | Regional |
| Green Adventurers | Create challenging environment Build fundamental technique Understand basic tactical principles Learn to compete Physical development Enjoy tennis | County Regional Club | County cup team |
| Green Explorers | Learn basic technique & tactics Develop understanding of the game Physical development Enjoy tennis | Within coaching Club competitions | green rating |
| | | | |

| | Mini orang | ge 8 - 9 yrs | |
|-----------------------|--|-------------------------------|---|
| | Coaching goals | Competitions | |
| Orange Pioneers | Create performance environment Build fundamental technique Understand basic tactical principles Understand all game situations Good attitude when competing Enjoy tennis | LTA County Local Club | LTA talent id - support |
| Orange Adventurers | Create challenging environment Build fundamental technique Understand basic tactical principles Understand all game situations Learn to compete Enjoy tennis | LTA County Local Club | County training squad Mini tennis orange ratings |
| Orange Explorers | Learn basic technique & tactics Develop understanding of the game Physical development Enjoy tennis | Within coaching Club | LTA ratings & rankings |

| S ce environment technique al principles | Competitions • LTA County • Local | |
|---|---|---|
| technique | | 1 |
| n competing | • Club | LTA tale camp |
| technique al principles en competing | LTA County Club | Mini ter |
| nding of the game | Within coaching Club | LTA rat & ranki |
| | nn competing nent ce environment technique al principles nent al principles nent al principles ndnig of the game nent | eenvironment · LTA · County a principles of the game · Within coaching · Club |

school program

Schools links
 Introducing tennis
 Talent identification
 Growing the game

nis ip

Pre school program • Introduction to tennis • Develop fundamental physical skills • Early co-ordination and ball skills

tt tennis Coaching Programme



Further tennis opportunities

Junior blue / black 13-17yrs

| | Coaching goals | Competitions |
|------------------------|--|---|
| Performance Pathway | Develop game style Enhance individual plan Support tennis career | • Junior ITF • Tennis Europe • National regional |
| Development Pathway | Develop tactical game situations Develop singles & doubles tactics Create competitive & social environment Encourage independence | Regional County Club |

| | ,, | |
|-------------------|---|---|
| | Coaching goals | Competitions |
| Pro Yellow | Create performance environment Encourage independence Sound understanding of singles tactics Solid foundation of technique Individual training program Appropriate sport science Enjoy tennis | Tennis Europe National Regional County |
| Acadamy Yellow | Create challenging environment Build fundamental technique Learn basic tactical principles Understand all game situations Good attitude when competing Physical development Enjoy tennis | • County • Local • Club |
| Club Yellow | Learn basic tactical principles Develop understanding of the game Learn to compete Physical development Enjoy tennis | Within coaching Club |



Senior Tennis Program

Tennis Courses

Tennis Coaching Career

Officiating

| | Gr | een 10 yrs | |
|----------------------|---|--|---|
| | Coaching goals | Competitions | |
| Green Pioneers | Create performance environment Build fundamental technique Understand tactical principles Good attitude when competing Establish physical program Enjoy tennis | National Regional County | |
| Green Adventurers | Create challenging environment Build fundamental technique Understand basic tactical principles Learn to compete Physical development Enjoy tennis | • County • Regional • Club | ł |
| Green Explorers | Learn basic technique & tactics Develop understanding of the game Physical development Enjoy tennis | Within coaching Club competitions | |



Junior yellow 10 - 12yrs



| | Mini orange 8 - 9 yrs | | |
|-----------------------|---|-----------------------------------|-----|
| | Coaching goals | Competitions | |
| Orange Pioneers | Create performance environment Build fundamental technique Understand basic tactical principles Understand all game situations Good attitude when competing Enjoy tennis | • LTA County • Local • Club | |
| Orange Adventurers | Create challenging environment Build fundamental technique Understand basic tactical principles Understand all game situations Learn to compete Enjoy tennis | LTA County Local Club | - t |
| Orange Explorers | Learn basic technique & tactics Develop understanding of the game Physical development Enjoy tennis | Within coaching Club | 4 |



Mini red 5 - 8yrs

| | Coaching goals | Competitions |
|--------------------|--|-----------------------------------|
| Red Pioneers | Create performance environment Build fundamental technique Learn basic tactical principles Good attitude when competing Physical development Enjoy tennis | • LTA County • Local • Club |
| Red Adventurers | Create performance environment Build fundamental technique Learn basic tactical principles Good attitude when competing Physical development Enjoy tennis | • LTA • County • Club |
| Red Explorers | Learn basic tactical principles Develop understanding of the game Physical development Enjoy tennis | Within coaching Club |



schools program

- Schools links
- Introducing tennis
 Talent identification
 Growing the game

munchkins 3 - 4yrs

Pre school program

- Introduction to tennis
- Develop fundamental physical skills
 Early co-ordination and ball skills