## Introduction/Foundation Phase – Childhood

### Learning Theme – Fun and Fundamentals

#### Teaching Emphasis
- Physical Skills
  - Agility, balance (static and dynamic) and coordination (simple to complex)
  - Throwing, catching, jumping and running
  - Speed
  - Reaction (response time)
  - Tracking skills
  - Warm-up and cool down
  - Other sports
  - Hydration/nutrition

#### Mental and Emotional Skills
- Fun and enjoyment of sport
- Test of 7 scoring principles
- Coping with winning and losing
- Sportsmanship and respect for others

#### Type of Coaching and Program
- Coaches/tutors/offices with experience of age group and necessary tennis skills
- FUN, well-structured program
- Group teaching

### Length of Sessions
- 2–3 lessons per season of 45–60 minutes
- At least 8–10 hours of physical activity (including tennis) per week

### Type of Competition and Scoring
- Fun and enjoyment of tennis
- Quality in practice and competition
- Setting problems
- Decision-making
- Forcing independence

### Type of Coaching and Program
- Coaches/offices/teachers with experience of age group and necessary tennis skills
- FUN, well-structured program
- Group teaching

## Refinement/Transition Phase – Pre & Post Puberty

### Learning Theme – Training and Competition

#### Teaching Emphasis
- Physical Skills Growth Skills Issues
  - Complex coordination
  - Agility and balance
  - Running, jumping, throwing and catching
  - Body awareness and control
  - Core and shoulder stability
  - Speed
  - Reaction (response time)
  - Other sports
  - Hydration/nutrition

#### Physical Skills
- Developing accuracy and consistency
- Serve, return and baseline skills
- Agility, balance (static and dynamic)
- Complex coordination
- Ball control for service, volley and groundstroke
- Shot position to move opponent
- Taking control of the point
- Developing sense of shot selection

#### Mental and Emotional Skills
- Goal-setting
- Increasing confidence
- Resilience
- Concentration
- Dedication
- Resilience
- Focus
- Sound decision-making

#### Type of Coaching and Program
- High Performance coaches with experience of age group and necessary tennis skills
- Established Development Plan for 10 and under—
  - Unrestricted practice matches

### Length of Sessions
- At least 12–15 hours of physical activities (including tennis) per week
- 27–30 hours of tennis per week

### Type of Competition
- Davis Cup and Fed Cup
- ITF events
- Futures/Challengers
- USTA local, Sectional and National Tournaments

### Level of Coaching and Program
- High Performance coaches with experience of post-puberty issues
- Established Development Plan
- 2–3 cycle periodized program
- 4–6 cycle periodized program

## World-Class Phase – Post Puberty & Adulthood

### Learning Theme – Personal Excellence

#### Teaching Emphasis
- Physical Skills
  - Power
  - Core and shoulder stability
  - Flexibility
  - Strength
  - Endurance
  - Footwork and movement

#### Mental and Emotional Skills
- Goal-setting
- Increasing confidence
- Resilience
- Concentration
- Dedication
- Resilience
- Focus
- Sound decision-making

#### Type of Coaching and Program
- High Performance coaches with experience of age group and necessary tennis skills
- Established Development Plan for 10 and under—
  - Unrestricted practice matches

### Length of Sessions
- At least 12–15 hours of physical activities (including tennis) per week
- 27–30 hours of tennis per week

### Type of Competition
- Davis Cup and Fed Cup
- ITF events
- Futures/Challengers
- USTA local, Sectional and National Tournaments

### Level of Coaching and Program
- High Performance coaches with experience of post-puberty issues
- Established Development Plan
- 2–3 cycle periodized program
- 4–6 cycle periodized program

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