



Junior Tennis Academy

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Competitive Training – Pathways to Collegiate Tennis Coaching Philosophy

Register online www.ntc.usta.com

Welcome to the USTA BJK National Tennis Center Junior Tennis Academy.

Our Academy follows the USTA Player Development coaching philosophy and concepts that are instrumental in long-term development of outstanding players. Our goal is to help players develop tournament mentality backed by solid parameters, fitness, and strategic thinking.

USTA Coaching Philosophy

Our training process will include a drilling portion, point and match play, and conditioning.

In the drilling portion, you will see a simple progression from hand feeding to racquet feeding to live ball drills. Progressions will be customized to meet the specific needs of the players. In this portion coaches will help players acquire and maintain good technique, patterns of movement, and proper recovery.

In the point and match play portion we will focus on developing patterns of play, ball recognition, and strategy to help players improve their match play experience. Coaches will provide players with shot selection and court positioning techniques and monitor the behavior of the players in different match situations to help them succeed in a competitive environment.

Conditioning will include basic conditioning testing which will measure players' endurance, balance, strength, speed, and agility. Results of the testing will be shared with the players. Fitness training program will be customized to the group needs.

It is recommended that players submit their tournament schedules on the first day of the session. Our coaches will be happy to discuss and develop tournament schedules with the players.

Juniors who apply for the Academy must be actively competing in sanctioned tournaments or have appropriate NTC ratings. Player commitment to excellence, an outstanding work ethic, and respect towards fellow students and coaches is expected. Players will be evaluated by our coaching staff and will be placed in the groups according to their level. Further changes in groupings may take place if the players demonstrate substantial progress. It is essential that players recognize the importance of working as a team to ensure the best learning experience.

Academy 10U - Players in the 10 and Under (TAUT) category may be considered to participate in the Academy. All selection criteria described above will apply to this group of players. Green Dot balls may be used for this group of players to ensure a better learning environment and progress.

Feed the Feeder - Working in conjunction with the USTA Player Development Feeder Program, this program is a tryout-based development pathway for those TAUT players hoping to become a part of the Feeder Program.

Areas of Player Development in Tennis Academy

In our academy, we are teaching tennis through an Eyes, Feet, and Hands model. Coaches are expected to set specific goals for each practice and devise training processes to ensure the best learning environment for the athletes. The following points describe areas of focus for the coaches in developing successful competitors:

- Hands, Feet, Eyes, and Mind
- Consistency & Control, Shot Selection & Court Positioning, Patterns, and Strategy
- Fitness, Work Ethics, Attitude, and Mental Toughness
- Goal Setting and Tournament Selection
- Injury Prevention and Diet

Game. Set. Match . . . Play Where Legends Are Made

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