

COACHING

SYNOPSIS

- If 10 and Under Tennis is to succeed, coaches must be well-versed in all aspects of 10-and-under tennis and must recognize that children are not miniature adults.
- One hope of *Positioning Youth Tennis for Success* is to help develop a unified and comprehensive tennis coaching program for America's youth.

Coaching provides a wonderful opportunity to develop young children as people, as athletes, and as tennis players. As noted previously, coaches are ranked as the #1 positive influence on today's youth involved in sport.¹³⁷ If tennis coaches are to succeed in influencing our youth in a positive manner, they must understand that children are not miniature adults, and they must recognize that children need to develop in a multi-dimensional manner that is age- and developmental-appropriate.^{93, 121} In the United States, there are several pathways to becoming a tennis coach, but they are not unified. Furthermore, there are very few coaching workshops that provide a broad overview of 10 and Under Tennis.

Positioning Youth Tennis for Success can become the foundation of developing a unified and comprehensive approach to teaching tennis to America's youth. We hope that a unified coaching pathway will emerge that is developed jointly by the USTA, United States Professional Tennis Association (USPTA), and Professional Tennis Registry (PTR), and that will address the following key issues:

- Understanding children
- Health, wellness, and injury prevention in children
- Long-term athlete development

- Athletic skill development
- Tennis-specific development
- Training and competition guidelines in children
- Competition for children
- Helping the child to transition in sport and in life

As 10 and Under Tennis may lead to an exponential increase in tennis play among children, we must be prepared to guide our children in the appropriate manner.¹²¹ We must also be prepared to raise the standard of coaching education and certification in a manner that is consistent with international standards.⁹³ As we launch this exciting 10 and Under Tennis initiative for children, we hope that all pertinent stakeholders will join forces to embark on a coaching education and certification program that will promote and develop our greatest asset—the developing tennis player—in a consistent, reliable, and widely accessible manner.

We hope that a unified coaching pathway will emerge.