### 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 time
- Tracking skills
- Warm-up and cool down
- Other sports
- Hydration/nutrition

**Technical (On 36' court):**
- Serve, return and baseline skills
- Developing consistency and accuracy

**Mental and Emotional Skills:**
- Technical
  - Sound technique on lob, overhead, serve, return, baseline, approaching and at net
  - Aggressive
  - Basic ready position
- Ability to move opponent using width and length of court

**Tactical (On 60' to full-size court):**
- Understanding engine strokes—serves, return, baseline, approaching and at net
- Basic strokes
- Ball control for serve, groundstroke and volley
- Good positioning and recovery on baseline

**Length of Sessions:**
- 2-3 hours with recovery before next session
- At least 6-10 hours of physical activities (including tennis) per week

**Type of Coaching and Program:**
- Coaches/teaching assistants with experience of age group, together with tennis skills
- USTA, well-structured program
- Group teaching

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### Refinement/Transition Phase: Pre & Post Puberty

**Learning Theme:** Training and Competition

**Teaching Emphasis:**
- Physical Skills
  - Complex coordination
  - Agility and balance
  - Running, jumping, throwing and catching
  - Body awareness and control
  - Core and shoulder stability
  - Speed
  - Reaction time
- Other sports
- Hydration/nutrition

**Technical (Use 23", 25", 26" & full-size racquets, low-compression ball graduating to regular ball):**
- Basic strokes
- Ball control for serve, groundstroke and volley
- Good positioning and recovery on baseline

**Mental and Emotional Skills:**
- Developing pride in performance
- Developing decision-making
- Resilience
- Positive self-talk and body language

**Tactical (On 60’ to full-size court):**
- Understanding engine strokes—serves, return, baseline, approaching and at net
- Basic strokes
- Ball control for serve, groundstroke and volley
- Good positioning and recovery on baseline

**Length of Sessions:**
- 2.5 hours with recovery before next session
- At least 15-20 hours of physical activities (including tennis) per week

**Type of Coaching and Program:**
- High Performance coaches with experience of post-puberty issues
- Individually planned program
- Physical trainer/strength coach
- Nutrition/hydration

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### World-Class Performance Phase: Post Puberty & Adulthood

**Learning Theme:** Personal Excellence

**Teaching Emphasis:**
- Physical Skills
  - Complex coordination
  - Agility and balance
  - Running, jumping, throwing and catching
  - Body awareness and control
  - Core and shoulder stability
  - Speed
  - Reaction time
  - Other complementary sports
  - Nutrition/hydration

**Technical (Use 23", 25", 26" & full-size racquets, high-compression ball):**
- Developing accuracy and consistency
- Serve, return and baseline skills
- Tracking skills
- Throwing overarm, catching, jumping

**Mental and Emotional Skills:**
- Developing self-discipline
- Developing goal-setting
- Developing self-awareness
- Well-established routines
- Anxiety control
- Stress and recovery

**Tactical:**
- Adjusting to different surfaces, opponents and environments
- Well-structured game style
- Control of points with pace, accuracy and quality
- Sound shot selection for different tactics

**Type of Coaching and Program:**
- High Performance coach
- Well-defined game style
- Well-defined game style
- Well-defined game style

**Length of Sessions:**
- 2.5 hours with recovery before next session
- At least 27-30 hours of tennis per week

**Level of Coaching and Program:**
- High Performance coaches
- High-level training
- Physical training
- Individualized program

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**Other Sports:**
- Hydration/nutrition
- Speed
- Coaches/teachers/parents with experience of age group
- Fun entry-level team events, including
- 'Best of 3' scoring principles

**Length of Sessions in a Training Phase:**
- 2 hours with recovery before next session
- At least 15-20 hours of physical activities (including tennis) per week

**Type of Coaching and Program:**
- Coaches/teaching assistants with experience of age group and necessary tennis skills
- USTA, well-structured program
- Group teaching

**Types of Competition:**
- USTA Sectional and National tournaments
- ITF events
- Futures/Challengers
- Davis Cup and Fed Cup

**Type of Coaching and Program:**
- High performance coaches
- Established Development Plan
- Established Development Plan with 2-3 cycles per year
- At least 14, max. of 12 matches per year
- Unlimited practice matches

**Level of Coaching and Program:**
- High Performance coaches
- Physical training
- Individualized program
- 3-4 cycle periodized program

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