The following guidelines highlight recommendations for junior players that are conducive to development. At this stage, skill development is extremely important where players learn how to get better as players that will set them up for the rest of their lives.

**Recovery and Training Blocks:**
- One 6-8 Week Training Block per year
- Two 4 Week Training Blocks per year
- Total of 14-16 weeks per year dedicated to training tennis specific and athletic skills as well as mental skills.

**Competitive Development:**
- Winning % between 60-70% with a win:loss ratio of 2-3:1
- Schedule provides a balance of pressures to achieve the win/loss ratio mentioned above:
  - ½ playing tournaments that player is on of the top seeds
  - ½ playing tournaments that player could have a good week and get to quarters or further.
  - ¼ playing tournaments that player could win a round or two (i.e. higher level tournament).

**Competitions by Age:**
- **12 years old:**
  - Approximately 15-18 tournaments per year
  - Approximate matches per year: 60
  - Approximate tournament levels: 10 – 12 Sectional / 3 – 5 National

- **13 years old:**
  - Approximate number of tournaments per year: 18
  - Approximate matches per year: 60-70
  - Approximate tournament levels: 8 – 12 Sectional / 4 – 6 National / 0 – 4 Junior ITF

- **14 years old:**
  - Approximate number of tournaments per year: 18
  - Approximate matches per year: 65-70
  - Approximate tournament levels: 4– 10 Sectional / 4 – 6 National / 0 – 8 Junior ITF or Pro Circuit.

- **15 years old:**
  - Approximately 18 – 20 tournaments a year
  - Approximate matches per year: 80
  - Approximate tournament levels: 0 – 10 Sectional / 2 – 6 National / 2 – 18 Junior ITF or Pro Circuit.

* Based on players averaging 4 singles matches per tournament
** Play age group that matches level of play