Building a Great Junior Program

Monday, May 4 at 3:00 – 4:30 PM EDT

Presenters:
Tracy Lawson, Vesa Ponkka, Ed Ryan, Kent Kinnear and Johnny Parkes
Johnny Parkes
Senior Manager of Player Identification and Development
USTA Player Development
## Agenda

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<td>Johnny Parkes</td>
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<td>Elements of USTA Player Development Programming</td>
<td>Johnny Parkes and Kent Kinnear</td>
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<td>Building a Developmentally Appropriate U10 Program</td>
<td>Tracy Lawson</td>
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<td>Creating a Holistic Environment</td>
<td>Vesa Ponkka</td>
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<td>Generating Partnerships for Your Program</td>
<td>Ed Ryan</td>
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We Value Your Input

Submit your questions throughout the webinar by typing in the **Q&A** pod. We’ll answer them either:

- During the **Q&A** in the last 30 minutes of today’s presentation, OR
- You can always send us an email at [TeamUSA@usta.com](mailto:TeamUSA@usta.com)
Stages of Development

Foundation = Fun and Fundamentals
- Discover and Learn

Development = Training and Competing
- Develop and Challenge

Performance = Personal Excellence
- Play for Life
Early Development Camps (EDCs) and Team USA Camp Model
Kent Kinnear
Head of Men’s Tennis
USTA Player Development
On-Court Non-Negotiables

Punctuality
Respect
Engagement
Effort
Typical Training Day at USTA Training Centers

- Mental Skills Training
- Dynamic Warm-up
- On-court training
- Cool-down and Recovery
- Strength and Conditioning
# Components to Successful High Performance Training Sessions

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<tr>
<th>Deliberate/Clear Practice Objectives</th>
<th>Objectives of Each Drill</th>
<th>Physicality</th>
<th>Patient and Positive</th>
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<td>Energy Level</td>
<td>Gamestyle</td>
<td>Accountable for Decisions</td>
<td>Communication/Asking Questions</td>
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<td>Common Language (terminology)</td>
<td>Movement</td>
<td>Ratios</td>
<td>Set Play</td>
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Resources

Net Generation American Development Model

Progressive Development of a High Performance Player

Coaching Glossary of Terms
Tracy Lawson
Co-Director and Co-Owner
Limitless Performance Tennis Academy
Scottsdale, AZ
Evolution of a Teaching and Coaching Philosophy

Failure is not fatal, but failure to change may be.
– John Wooden
I didn’t know, what I didn’t know...
Building a Program

- Common philosophy
- Non-negotiables
- Coaches Training/Meetings
- Pathway/Competencies
- Lesson Plans
- Communication
- Play
Top Tips

- Put the child first
- Have fun!
- Teach, not babysit
- Learn and adjust every day
- Low ratio (and no lines)
Resources

Positioning Youth Tennis for Success

NetGeneration.USTA.com

The Simon Wheatley LTA red ball overlay video
Vesa Ponkka
President and Senior Director of Tennis
Junior Tennis Champions Center
College Park, MD
Clarity of WHY
We believe in growing the game of tennis.

We believe in using sports to establish a Growth Mindset for life.

Discipline of HOW
We promote our values and culture of personal excellence and shared responsibilities.

We hold ourselves accountable to our guiding principles.

Consistency of WHAT
We share our expertise every day.

We continue to expand our knowledge.
We believe that our players will be well-balanced human beings with strong sense of community, competitive spirit, and life-long learning skills.
Our Teaching & Coaching Philosophy

TRUST YOUR TRAINING

TEAM
PLAYER
PARENT
COACH
Our Four Pillars of Training Operations

CHARACTER DEVELOPMENT
- Sportsmanship
- Community Development
- Mentoring
- Leadership

TEennis HP SKILLS
- Point of Contact
- Technical Stroke Production
- Tactics & Strategy
- Tennis Specific Movement

ATHLETIC DEVELOPMENT
- Aerobic - Endurance
- Flexibility & Balance
- Agility & Speed
- Strength & Power

MENTAL PERFORMANCE
- Goal Setting
- Resiliency
- Imagery
- Target Focus
- Trust
Our Spirit & Flow of Mentoring

Driving Force 1
Senior Coach

Future 1
Young Coach

Driving Force 2
HP Player

Future 2
Young Player

JTCC
Inspirational & “No Excuses” Steps to Take…

• Sportmanship
• Community Development
• Mentoring
• Leadership

“We are fully committed to JTCC becoming a place that promotes total social inclusion and tolerance so that we are inspiring to every person who walks through the door.”

- Vesa Ponkka, JTCC President
Your comfort zone

Where the magic happens
Ed Ryan
Director of Athletic Medicine
USTA National Campus
Athlete Support

Athlete-centered
Coach driven
Administratively supported

Services delivered synergistically to players who are expected to perform maximally upon demand
Team

Who is on your team?

Why are they on your team?
Team

Looking for what can be done and searching for the positive side of a situation

Delivering bad news and telling you or players what can’t be done?
Team

- Certified athletic trainer/sports physical therapist
- Physician (MD/DO)
- Chiropractor (DC)
- Sports psychologist/mental skills specialist
- Strength & Conditioning Specialist
- Sports dietician

SafePlay/SafeSport compliant
Qualifications

3 A’s
- Adaptable
- Available
- Affable
Meet the Player’s Needs

Every BODY is unique & interacts uniquely with:

- Climate
- Food
- Stress
- Nature
- Medicines
- Training/Lack of Training
A cookbook is better left to cooking. Does it belong in coaching, training, and the care of athletes?
Resources

- USTA SafePlay Resources
- US Center for SafeSport website
- Fitness Careers
- Board Certification for the Athletic Trainer
- American Academy of Sports Physical Therapy
- National Strength and Conditioning Association
- American Psychological Society
- American Chiropractic Association
- Academy of Nutrition and Dietetics – Find an Expert
Next Week Sneak Peek
The Future of Great Female Tennis Coaches and Players

Speakers

• Billie Jean King
• Kathy Rinaldi, Head of Women’s Tennis
• Jennifer Fallon, USTA Strength and Conditioning Coach
• Jessica Battaglia, Senior Manager of PD Events and Programming
• Walker Sahag, Director of High Performance, Franco’s Tennis Academy
• Emily Zabor, Director of High Performance, Atlanta Tennis
Tennis Industry United

The entire tennis industry has come together to analyze the most pressing needs and the top concerns of all involved in our sport, and then collaborate on programs that can provide the immediate and longer-term support that is needed.

TennisIndustryUnited.com
# Training at Home BINGO

## Training at Home BINGO

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<th>TENNIS</th>
<th>MENTAL</th>
<th>MOVEMENT</th>
<th>NUTRITION</th>
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<tr>
<td>WEEK 1</td>
<td>Review or create a developmental plan</td>
<td>Wake up at the same time 3x this week, to create normality and routine in an uncomfortable situation</td>
<td>Try an online Yoga class</td>
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<tr>
<td>WEEK 2</td>
<td>Watch a match video of a player who plays the style of tennis you would like to play</td>
<td>List 3 things you’re grateful for at least 4x this week</td>
<td>Do at least 3 bodyweight exercises this week</td>
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<tr>
<td>WEEK 3</td>
<td>Shadow the stroke you’re working on in a mirror 2x this week</td>
<td>When you feel overwhelmed this week, focus on 4 things that are within your control</td>
<td>Create and perform your own workout circuit at least 2 times this week</td>
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<tr>
<td>WEEK 4</td>
<td>Read a biography of an athlete of any sport this week</td>
<td>Reflect on one of your past matches and list 2 of your best qualities</td>
<td>Work on recovery! Try to increase your sleep by an hour this week</td>
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**USTA**

**Player Development**
THANK YOU!