



Topic 2. TECHNICAL PREPARATION IN TENNIS

Module I. Training in sport tactics and physical condition of athletes



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CONTENT

- Technical aspects on different levels
- Methodological aspects
- Elements on the ball effectiveness





TECHNICAL ASPECTS ON DIFFERENT LEVELS

Tennis 10 concept has 3 levels of age and preparation:

1. Red court
2. Orange court
3. Green court



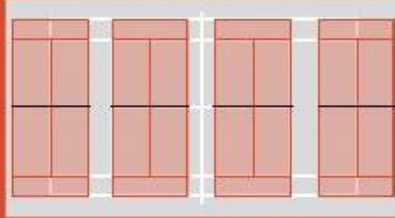




METHODOLOGICAL ASPECTS

RED COURT

- Players are able to play the game from first lesson
- Players start to play for fun
- Development of good technique
- Development of realistic tactics



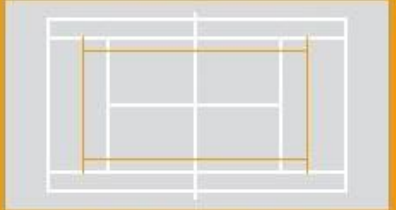
STAGE	AGE	BALL	COURT	RACKET *(Dependent on the size of the player)	SCORING OPTIONS	STAGE DESCRIPTION
	5-8 years	 75% slower than a yellow ball	 11-12m (36-39ft) x 5-6m (16-19ft)	Up to 23" (43-58cm)*	1 x tiebreak to 7 or 10 Best of 3 tiebreaks to 7 Timed Matches	At Red, slower balls, smaller courts and shorter rackets, enable players to play the game from the first lesson. Players start to play fun, team-based matches, and develop good technique and use realistic tactics.



METHODOLOGICAL ASPECTS

ORANGE COURT

- Players move to a larger court
- Ball is faster and smaller
- Players develop ability to implement advanced tactics
- Competitions are longer, players play singles and doubles
- Better technique including serve, forehand, backhand and volley



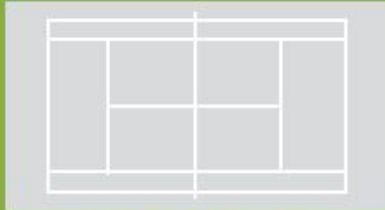
	<p>8-10 years</p>	 <p>50% slower than a yellow ball</p>	 <p>18m (60ft) x 6.5-8.23m (21-27ft)</p>	<p>23-25" (58-63cm)*</p>	<p>Best of 3 tiebreaks to 7</p> <p>1 x short set to 4</p>	<p>Players move to a larger court, relevant to their size. The ball is slightly faster, but continues to provide an optimal striking zone and the ability to implement advanced tactics. Matches are longer than at Red, and children play both "team" and "individual" events.</p>
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METHODOLOGICAL ASPECTS

GREEN COURT

- The same court as adults
- Ball is faster than orange
- Ball bounce is lower
- Continue to develop better technique and advanced tactics
- Multi match competition played

	9-10 years	 25% slower than a yellow ball	 Full Size Court	25-26" (63-66cm)*	1 x short set to 4 Best of 3 short sets to 4 (3rd set as match tiebreak)	The ball is faster than at Orange, but still slower and lower bouncing than the yellow ball, helping players to continue to develop good technique and to implement advanced tactics. Matches are slightly longer than at Orange, and both 'team' and individual' events are played.
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TECHNIQUE ON RED COURT



- Forehand and backhand parameters of the square, semi-open and open tennis stance, footwork
- Forehand and backhand grips, swing path, contact and finish point
- Volley parameters of ready position, grip preparation and contact point of the ball
- Volley footwork covers the parameters of split step sequence
- Serve technique to cover the parameters of grip, toss, service rhythm and contact point
- Serve and play with consistent backswing and execution



TECHNIQUE ON ORANGE COURT



- Forehand and backhand techniques with the same parameters but better development of the strokes
- Forehand and backhand footwork for stance, proper loading and recovery footwork
- Volley technique based on execution, ready position, split step, unit turn and the use of the non-dominant hand
- Serve technique adapted for a longer court
- Return parameters of technique and footwork



TECHNIQUE ON GREEN COURT



- Forehand and backhand techniques with refinement of the skill for the new court
- Forehand and backhand footwork for the movement patterns of the green court
- Volley technique for handling more difficult volleys and more body control
- Volley footwork to improve transitional footwork and net coverage for this court
- Serve to create weapon with placement and percentage
- Return parameters for reaction time and footwork





ELEMENTS ON THE BALL EFFECTIVNESS

- 1.Length
- 2.Direction
- 3.Effect
- 4.Height
- 5.Speed



LENGTH & DIRECTION

- Short hit
- Long hit
- Medium hit

- Long line
- Cross
- Central

EFFECT & HEIGHT

- Slice
 - Topspin
 - Kick
 - Lift
-
- High ball
 - Medium high ball
 - Low high ball

SPEED

- Fast
- Low speed
- Medium speed



PATH ANGLE AND SPEED

- Red court - players hit the ball early and play the ball above the optimal zone or play behind the line and hit later
- The speed of the ball is low and the angles are not open because the court is too small
- Orange court – speed is higher , the preparation of the racket is faster and there are more angles to be played
- Green court – highest speed of the ball and fastest preparation



THANK YOU!

*For more information follow the presentations of **TC4DC** program*

