



# Overview

## Physical Skills/ Growth Spurt Issues

- ✓ Complex coordination
- ✓ Dynamic balance
- ✓ Footwork and movement
- ✓ Endurance
- ✓ Flexibility
- ✓ Core and shoulder stability
- ✓ Other complementary sports
- ✓ Nutrition/ Hydration
- ✓ Rest and recovery
- ✓ Testing and tracking

## Looking forward to work on:

1. Balance, as that's the basic of power, control, endurance, timing, recovery for the next shot, good vision, efficiency and so on
2. Anatomy of balance and coordination
3. Power, control and endurance

## Tactical

- ✓ Development of game style
- ✓ Playing the ball at different heights
- ✓ Different serve and return options
- ✓ Sequencing of shots
- ✓ Offense and defense in all game situations
- ✓ High percentage play
- ✓ Tactics for different surfaces



## **Technical**

- ✓ Sound technique on lob, overhead, drop shot, etc.
- ✓ Developing use of spin
- ✓ Developing racquet head speed
- ✓ Preparation for the next shot, especially after serve
- ✓ Appropriate footwork patterns
- ✓ Ball speed control for serve, volley and groundstroke
- ✓ Shot placement to move opponent
- ✓ Taking control of the point
- ✓ Developing sense of shot selection

## **Mental and emotional skills**

- ✓ Developing goal-setting
- ✓ Developing self-discipline
- ✓ Concentration
- ✓ Anxiety control
- ✓ Developing decision-making
- ✓ Developing pride in performance

## **Lengths of sessions in the training phase**

- ✓ 2 hours with recovery before next session
- ✓ 12-20 hours of physical activities (including tennis) per week