

Tactical progressions and technical development in

Mini Tennis

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Introduction

- Tennis is a game!
- The game must grow with the child
- Are you teaching kids to hit balls or to play the game - the difference is critical
- The environment must be adapted to the child – the child cannot adapt

Rules of thumb

- Always have boundaries
- Always have a clear tactical goal for every shot or sequence of shots
- Understand what kids are like!
- Kids must learn to cooperate before they can learn to compete
- Understand that what will come in 10 years time (good or bad) will be the result of what you do today

Progressions in development

- The danger with progressions is the race to move to the next level
- Vital to understand and be able to recognise quality at every stage
- Also critical to understand the difference between what kids do and what they are capable of
- Perception could be that technique takes second place
 - the skill is how to weave it into tactical practices

Situations

1. Serving
2. Returning
3. Both back
4. Approaching or at net
5. Opponent approaching or at net

Intentions

1. Trading 0 to 0
2. Building 0 or + or ++
3. Finishing + to W or 0 to W
4. Neutralising - to 0
5. Staying - to -
6. Turning around - to + or - to W

	When serving	When returning serve	When both at the back	When you approach or at net	When your opponent approaches or is at net
Trade					
Build					
Finish					
Neutralise					
Stay					
Turn around					

Situation 1 - serving

Red	<ol style="list-style-type: none">1. Trading (consistency)2. Trading (accuracy)	Serve and forehand combination from ad side
Orange	<ol style="list-style-type: none">1. Trading (consistency)2. Trading (accuracy)	Serve from ad side and forehand combination, with movement , balance and strong contact for forehand
Green	<ol style="list-style-type: none">1. Trading (consistency)2. Trading (accuracy)	Serve from ad side and forehand combination, with movement , balance and strong contact for forehand

Situation 2 - returning

Red	<ol style="list-style-type: none">1. Trading (consistency)2. Trading (accuracy)	Return from ad side; Differentiating different types of return – deep cross and line
Orange	<ol style="list-style-type: none">1. Trading (consistency/accuracy)2. Building/finishing3. Neutralising	Return from ad side: Differentiating different types of return – offensive Differentiating different types of return – neutralising
Green	<ol style="list-style-type: none">1. Trading (consistency/accuracy)2. Building3. Neutralising	Return from ad side: Differentiating different types of return – offensive Differentiating different types of return – neutralising

Situation 3 – baseline game

Red	<ol style="list-style-type: none">1. Trading (consistency/accuracy)2. Building3. Finishing	Trade cross court with high trajectory and low trajectory down the line
Orange	<ol style="list-style-type: none">1. Trading (consistency/accuracy)2. Building3. Finishing	Trade cross court with high trajectory Build/finish with low trajectory down the line
Green	<ol style="list-style-type: none">1. Trading (consistency/accuracy)2. Building3. Finishing	Trade cross court with high trajectory Build/finish with low trajectory down the line

Situation 4 – approaching and at net

Red	<ol style="list-style-type: none">1. Building (accuracy)2. Finishing	Build with low trajectory down the line and volley open court
Orange	<ol style="list-style-type: none">1. Building (accuracy)2. Finishing	Build /finish with low trajectory down the line and volley open court or back behind
Green	<ol style="list-style-type: none">1. Building (accuracy)2. Finishing	Build /finish with low trajectory down the line and volley open court or back behind

Situation 5 – passing and lobbing

Red	<ol style="list-style-type: none">1. Staying2. Turning around	<p>Stay by lobbing over approaching player</p> <p>Turn around with pass past approaching player</p>
Orange	<ol style="list-style-type: none">1. Staying2. Neutralising3. Turning point around	<p>Stay by lobbing over approaching player</p> <p>Neutralise/turn around by two-shot pass</p> <p>Turn around with pass past approaching player</p>
Green	<ol style="list-style-type: none">1. Staying2. Neutralising3. Turning point around	<p>Stay by lobbing over approaching player</p> <p>Neutralise/turn around by two-shot pass</p> <p>Turn around with pass past approaching player</p>