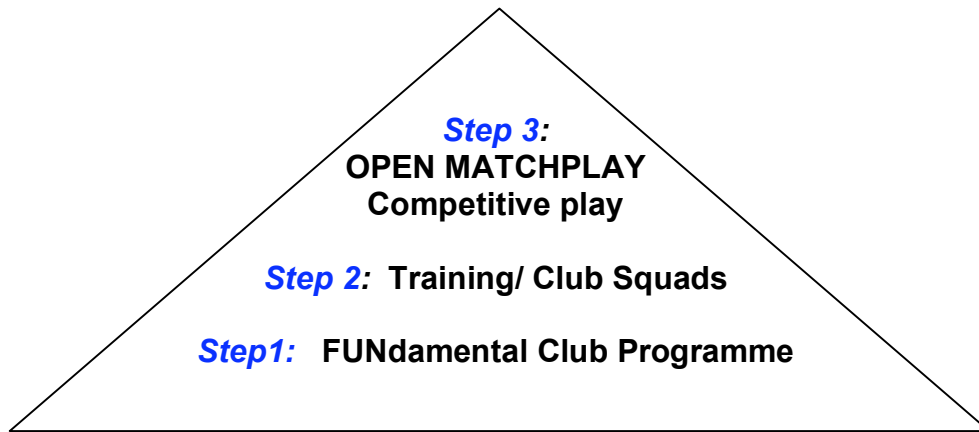


Kinsale Tennis Club Junior Development Programme



Step 1 – Junior Fundamental Coaching Programme

Objectives:

Programme consists of main elements of fundamental training: physical training, tennis technique, consistency, tactical, strategy, tennis rules.

general fitness, basic conditioning

technique (basic strokes)

tactics

strategy

rules

matchplay

Step 2 - Training/Development for Junior Club Squads

Objectives:

Coaching sessions emphasise on training to develop more competitive tennis skills.

tennis specific fitness, conditioning:

e.g. footwork, balance, agility, speed

advanced technique:

e.g. groundstrokes – top spin, slice

serve – spin serve, slice serve, kick serve

Offensive, defensive lobs

Smash

Competitive skills:

recovery, approach shots, serve and volley, placement of serve and of return a serve, attacking shots, etc.

tactics:

learning about different tactical approaches

strategy:

learning of how to prepare, develop and use a game plan

Step 3 - Matchplay for Competitive Player

Objective:

Participation in Tennis competitions, e.g. Club ladder (ranking), Friendlies vs. other clubs, Regional/Munster Tournaments, Inter-Club leagues, Tribes Tournament, Club Championships, etc.

To develop the skills and ability to play competitive matches in which to make use of acquired skills of step 1 and 2 of development programme.

For more details about matchplays see 'Junior Board' in club house or ask Junior Co-Ordinator/Coaches.