



# SOUTHLAKE TENNIS CENTER: COACHING DIFFERENT AGES

## Skill Development *Basic Skills*

AGE: 3-5 YEARS	AGE: 5-7 YEARS	AGE: 7- 10 YEARS	AGE: 9-11 YEARS	AGE: 11-14 YEARS	AGE: 14-17 YEARS
Catching with both hands Throwing underhand Rolling the ball to a partner Running forwards Jumping off two feet Balance Dynamic balance Agility Simple coordination Reaction and movement to ball	Catching with one hand after bounce Throwing overhand Bouncing ball on racquet in air Running forwards, backwards Jumping and hopping off one foot Reaction and anticipation	Catching with either hand after bounce and to side of body Throwing overhand up high Sidestepping laterally Skipping and jumping rope Bilateral coordination	Complex coordination Upper body rotation Complex jumping rope Reaction and anticipation on move	Upper and lower body rotation Use of ground Lateral and change of direction at speed	Power development Acceleration and deceleration Plyometrics

## Tennis Skills

### *Forehand*

AGE: 3-5 YEARS	AGE: 5-7 YEARS	AGE: 7- 10 YEARS	AGE: 9-11 YEARS	AGE: 11-14 YEARS	AGE: 14-17 YEARS
Hitting the ball along the ground Handling the racquet	Handling the racquet Hitting ball over net after Bounce and at side of body Semi- western grip Sideways turn hips and shoulders Shoulder width stance Take back with racquet head above wrist	Grip between eastern/ semi western Shallow loop of stroke Follow through between shoulder and waist Recognition of ball characteristics Square and semi open stance Contact point consistent	Racquet head speed Use of non dominant hand Ability to hit topspin effectively Appropriate follow through for shot	Increased racquet head speed Square, semi open and open stance Ability to hit slice and topspin	All parameters of technique sound and consistent Increased power of shot

### *Backhand*

Hitting the ball along the ground Handling the racquet	Hitting ball over net after bounce and at side of body Two handed or one handed grip Space between racquet and body Knowledge of grips Square stance	Two handed grip as eastern b/hand on bottom hand and eastern on top hand for boys: semi western and eastern for girls Take back with racquet head above wrist Shallow loop of shot consistently	Consistent grip Developing slice Square and semi open stance Appropriate follow through for shot	Increased racquet head speed Square, semi open and open stance Ability to hit slice and topspin	All parameters of technique sound and consistent Increased power of shot
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### *Serve*

Throwing underhand	Underhand serve Simple overhand action Upward throwing action Shoulder width stance	Continental or eastern grip Coordinated action Rotation of hip and shoulder Increasing ability to maintain balance	More consistent ball toss More consistent contact point Foot up or foot back by choice Use of knees/kinetic chain increasing Follow through consistent Developing slice	Slice consistent Hip and trunk rotation Sound balance throughout Front foot landing with balance	Topspin Use of ground and leg drive Increased racquet head speed Increased consistency Shoulder over shoulder action
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### *Volley*

	To hit ball before it bounces	Forehand or back hand grip (Possibly two handed on backhand) Ball recognition and movement Split step Shoulder turn Contact in front	Continental grip Open racquet face Racquet head about wrist Upper body turn No follow through	Ready position slightly to backhand Load on outside leg	Contact between steps Forward movement
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### *Return of Serve*

	Normal groundstroke	Ball recognition and movement Groundstroke grips Ready position Racquet back above hand Shoulder turn Spit step	Racquet back above hand or as straight take back Consistent follow through	Able to handle faster and spin serves Loading according to incoming ball Forward movement as appropriate	Able to handle hard, flat or wide balls Consistent contact
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### *Lob*

			Footwork and stance Short racquet take back	Continental grip Contact point Follow through	Use of ground and kinetic chain Use of power
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### *Overhead*

			Open racquet face Appropriate grips Body turn	Use of slice and topspin	
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### *Swing Volley*

				Racquet action above shoulder	Footwork and grips sound
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## Game Development

AGE: 3-5 YEARS	AGE: 5-7 YEARS	AGE: 7-10 YEARS	AGE: 9-11 YEARS	AGE: 11-14 YEARS	AGE: 14-17 YEARS
Fun games	Simple scoring Consistency followed by accuracy	Consistency on all strokes Accuracy Good positioning	Playing to strengths Ball control Early ball Shot selection	Using opponent's weaknesses Use of spin Developing style of play Geometry of court Building points	Use of and change of pace Recovery Patterns of play Offense and defence

## Competitive Development

AGE: 3-5 YEARS	AGE: 5-7 YEARS	AGE: 7-10 YEARS	AGE: 9-11 YEARS	AGE: 11-14 YEARS	AGE: 14-17 YEARS
Fun Days - maximum 1 hour	Fun Days - maximum 2 hours Intra lesson / club teams	Inter club team Fun Days	Doubles Junior team tennis Local tournaments	Sectional tournaments	National tournaments ITF Tournaments