



PROGRESSIVE TENNIS “CANADIAN STYLE” WORKSHOP

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Progressive Tennis Workshop

Workshop Modules:

Module 0: Introduction to Progressive Tennis

Module 1: Court Set-up

Module 2: Bronze Level: “FUNdamentals”

Module 3: Silver Level: “Basic Play”

Module 4: Gold Level: “Consistent Precision”

Module 5: Marketing & Education

Module 6: Reflections

Progressive Tennis Workshop

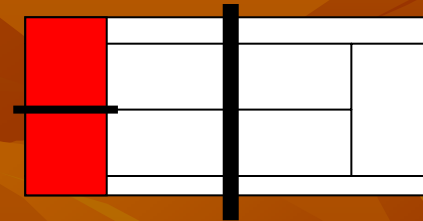
WORKSHOP OUTCOMES:

- To understand the Progressive Tennis System and rationale.
- To be able to set-up the various practice and competition courts.
- To become comfortable with running the tactical-based development drills and reinforcing technical fundamentals.

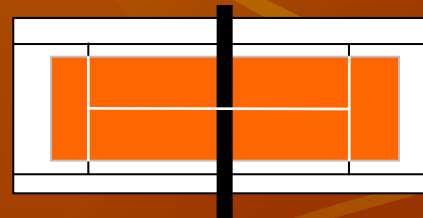
Introduction to Progressive Tennis

Progressive Tennis System

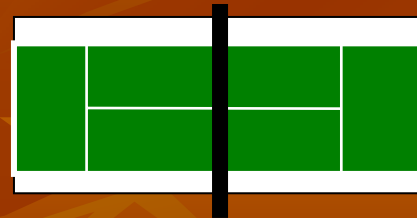
1/2 COURT TENNIS
(5-7 year olds)



3/4 COURT TENNIS
(7-9 year olds)



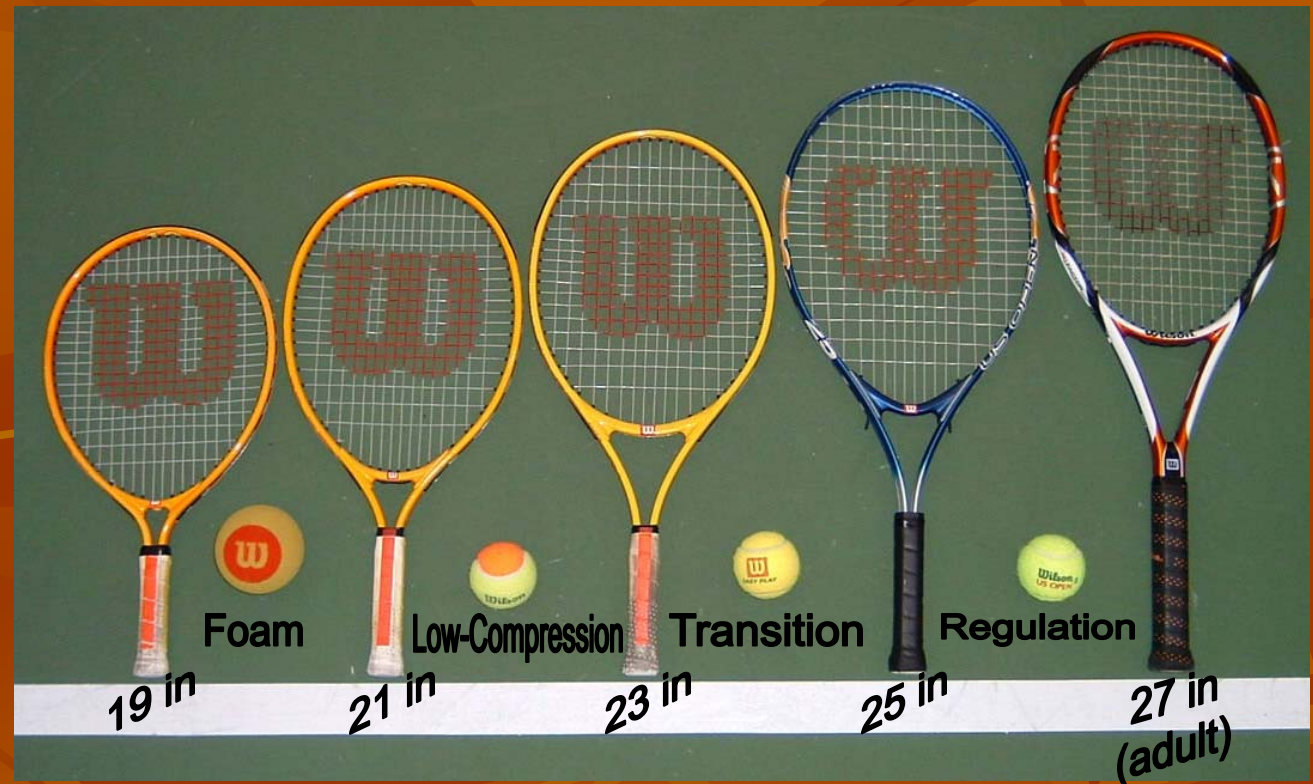
FULL COURT TENNIS
(9-10 year olds)



Introduction to Progressive Tennis

4 INTEGRATED COMPONENTS

1. Court
2. Ball
3. Racquet
4. Scoring

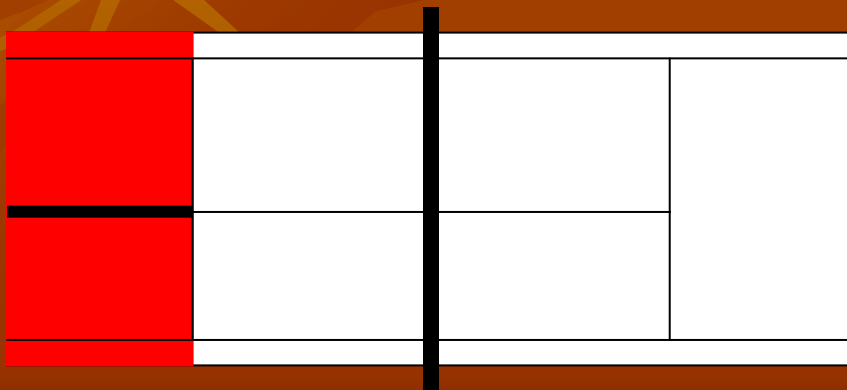


1/2 Court (5-7 yrs)

Court:

- 36 feet long x 18 feet wide (sideways across Court).
- Net is 80 cm /31.5 inches high

1. **Ball:** Oversized Foam
2. **Racquet:** 19-21 inch
3. **Scoring:** To 11 or 15



$\frac{3}{4}$ Court (7-9 yrs)

1. **Court:**

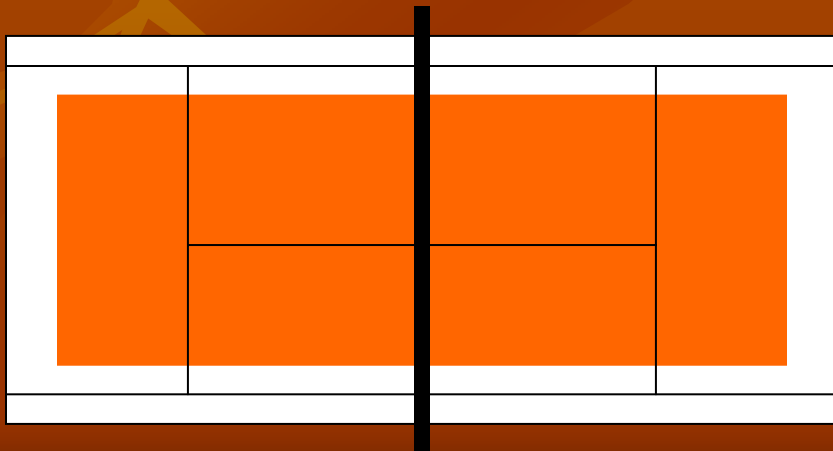
n 60 feet long x 21 feet wide

n Net is 80 cm /31.5 inches high

2. **Ball:** Low-compression

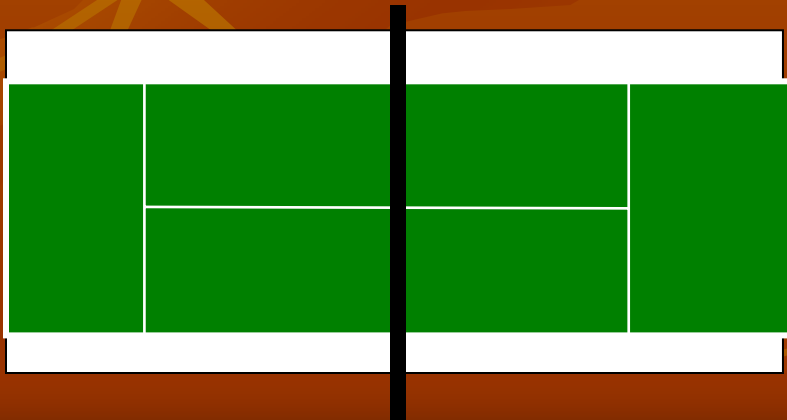
3. **Racquet:** 23-25 inch

4. **Scoring:** Short set. No ad



Full-Court Transition (7-9 yrs)

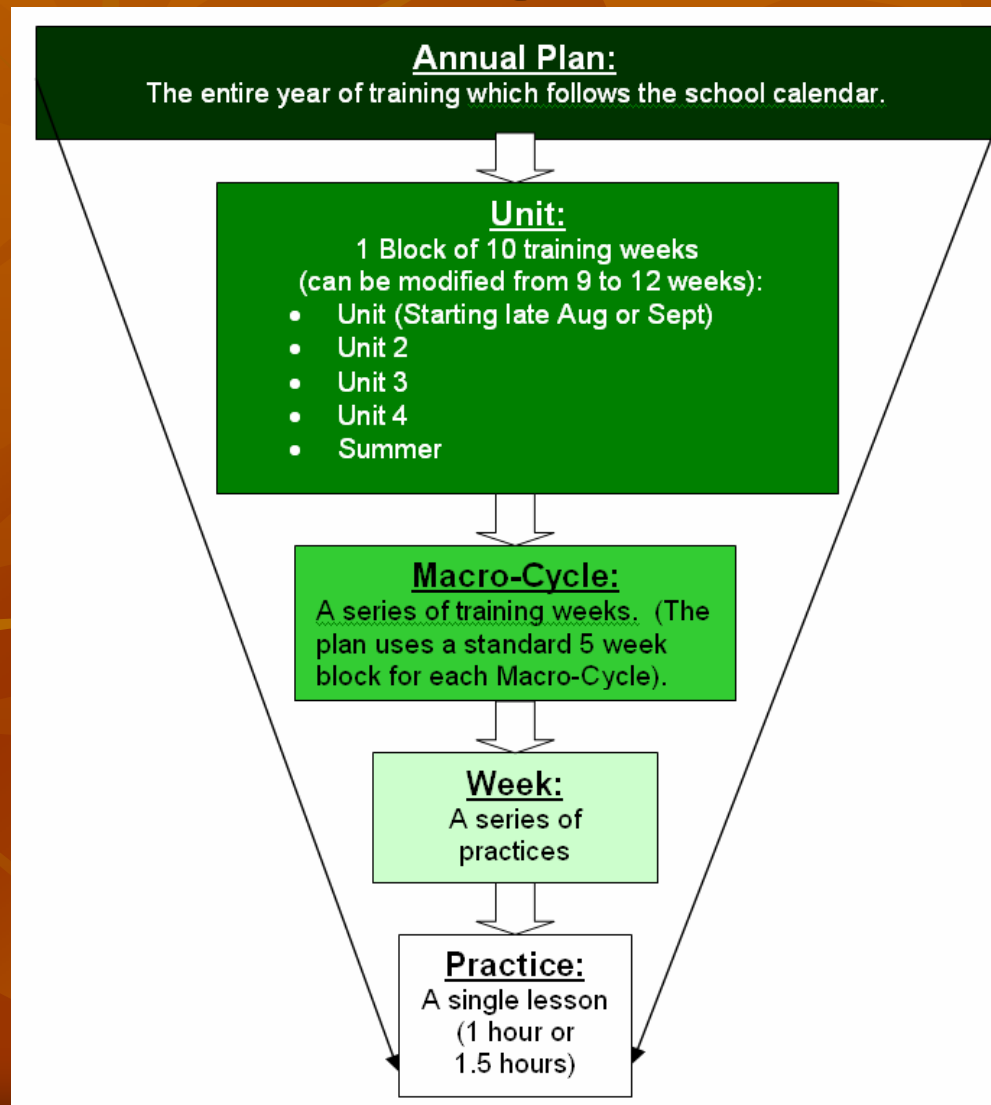
1. **Court:** Full size Regulation
2. **Ball:** Transition ball
3. **Racquet:** 26-27 inch (adult)
4. **Scoring:** Regulation



What is the Opposite of Progressive Tennis?



1/2 Court Structuring the Year



1/2 Court Structuring the Year

ANNUAL PLAN

Session 1: (Late August or September start)

Week 1 Develop-ment	Week 2 Develop-ment	Week 3 Develop-ment	Week 4 Develop-ment	Week 5 Competitive/ Monitor	Wk 6 Dev	Wk 7 Dev	Wk 8 Dev	Wk 9 Dev	Week10 Competitive/ Monitor
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"Macro-Cycle" A

"Macro-Cycle" B

1 "Macro-Cycle" = A Competitive/Monitoring Practice after 4 weeks of Development Practices

1/2 Court Structuring the Year

Bronze Level: "FUNdamentals"

Fall: One Competitive Practice day after 5 weeks of Development Practice (12 weeks total)

Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Dev	Dev	Dev	Dev	Dev/ Record	Comp	Dev	Dev	Dev	Dev	Dev/ Record	Comp

After 12 weeks, a player of average athletic skills would progress to Silver Level.

Silver Level: "Basic Play"

Winter: One Competitive Practice day after 5 weeks of Development Practice (12 weeks total)

Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Dev	Dev	Dev	Dev	Dev	Comp	Dev	Dev	Dev/ Record	Dev	Dev	Comp

Spring: One Competitive Practice day after 5 weeks of Development Practice (12 weeks total)

Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Dev	Dev	Dev	Dev	Dev/ Record	Comp	Dev	Dev	Dev	Dev	Dev/ Record	Comp

After 24 weeks, a player of average athletic skills would progress to Gold Level.

Summer: Summer should be a competitive season to play a number of Progressive Tennis Tournament events. Programs across the country vary dramatically in summer activities. It is important to maintain players' skills through training and private lessons during the summer.

Gold Level: "Consistent Precision"

Fall: One Competitive Practice/Monitoring day after 5 weeks of Development Practice (12 weeks total)

Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Dev/ Record	Dev	Dev	Dev	Comp	Dev	Dev	Dev	Dev	Comp	Dev	Dev/ Record

Winter: One Competitive Practice/Monitoring day after 4 weeks of Development Practice (10 weeks total)

Wk 3	Wk 14	Wk 15	Wk 16	Wk 17	Wk 18	Wk 19	Wk 20	Wk 21	Wk 22	Wk 23	Wk 24
Dev	Dev	Comp	Dev	Dev	Dev	Dev	Comp	Dev	Dev	Dev	Dev/ Record

Spring: One Competitive Practice/Monitoring day after 3 weeks of Development Practice (12 weeks total)

Wk 25	Wk 26	Wk 27	Wk 28	Wk 29	Wk 30	Wk 31	Wk 32	Wk 33	Wk 34	Wk 35	Wk 36
Comp	Dev	Dev	Dev	Dev	Comp	Dev	Dev	Dev	Dev	Dev/ Record	Comp

1/2 Court Structuring the Practice

Progressive Tennis *Development* Practice Schedule

Component	Time (1 Hr session)	Time (90 Min session)
1. Warm-up/Athletic Development	10 Minutes	15 Minutes
2. Groundstroke Development Drills	15 Minutes	20 Minutes
3. Serve & Return Development Drills	10 Minutes	20 Minutes
4. Net Play Development Drills	10 Minutes	15 Minutes
5. Tactical Decision-making/Point Play	10 Minutes	15 Minutes
6. Summary/Cool-down	5 Minutes	5 Minutes

Progressive Tennis *Competitive* Practice Schedule

Component	Time (1 Hr session)	Time (90 Min session)
1. Warm-up/Athletic Development	10 Minutes	15 Minutes
2. Competition Warm-up	15 Minutes	20 Minutes
3. Competition <ul style="list-style-type: none"> • Focus on Tactical Themes • Monitoring/charting/evaluating 	30 Minutes	50 Minutes
4. Summary/Cool-down	5 Minutes	5 Minutes

1/2 Court

Structuring the Competitive Practice

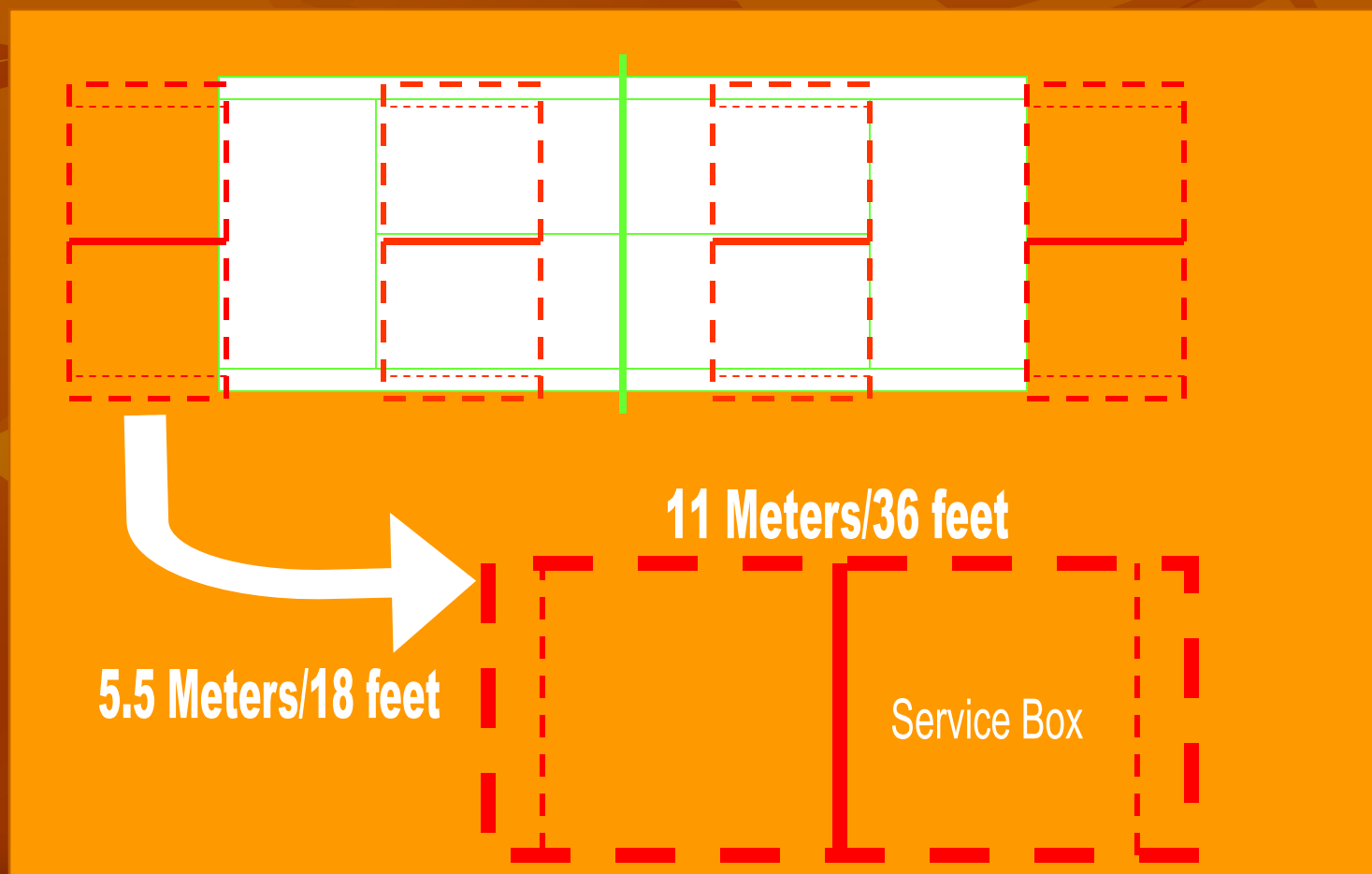
RECORDING SHEET

Date: _____

+ <u>Name</u>	Silver & Gold Drill 1.2 Rally FH to FH	Fundamentals 1 _____ 3 _____ 5 <small>Very poor average excellent</small>	Silver & Gold Drill 1.3 Rally BH to BH	Fundamentals 1 _____ 3 _____ 5 <small>Very poor average excellent</small>	Silver & Gold Drill 4.1 Point Play 1-2-3-4
1-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____	
2-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____	
3-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____	
4-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____	
5-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____	
6-		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____		Grip _____ Set-up _____ Impact Point _____ Hitting Zone _____ Recovery _____	

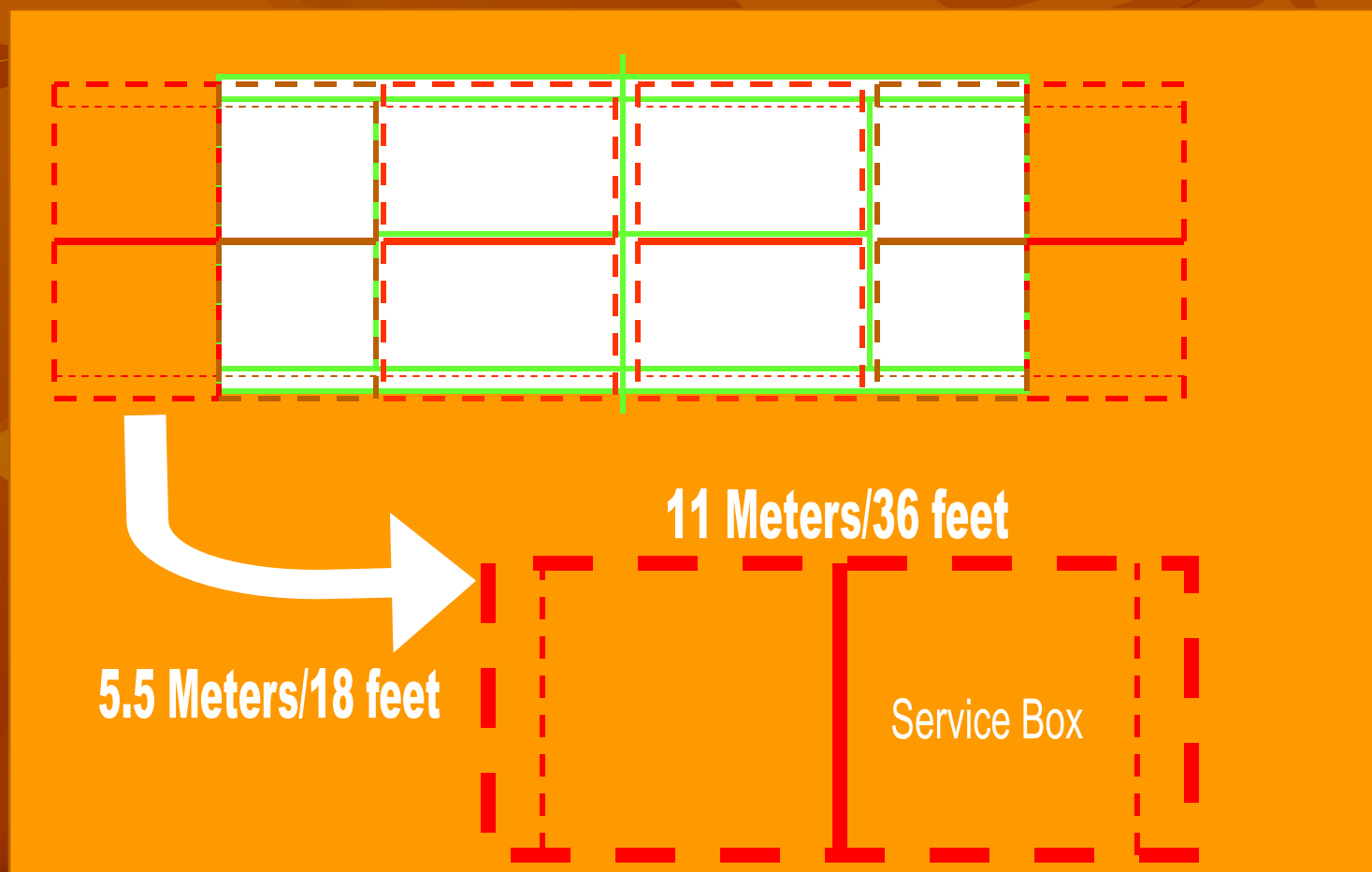
1/2 Court Court Set-up

- Competition Court Set-up



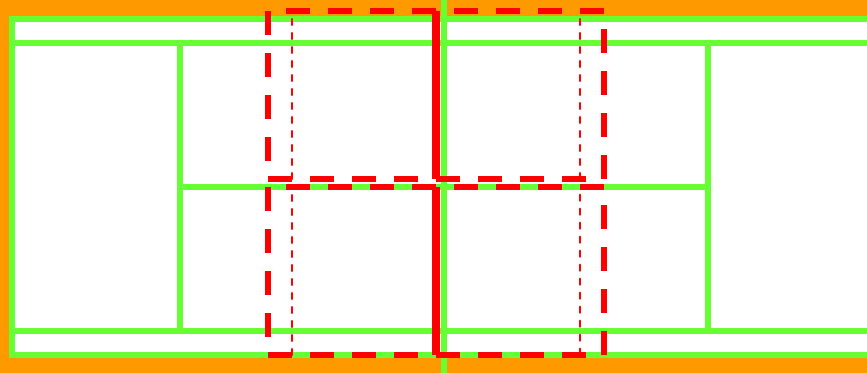
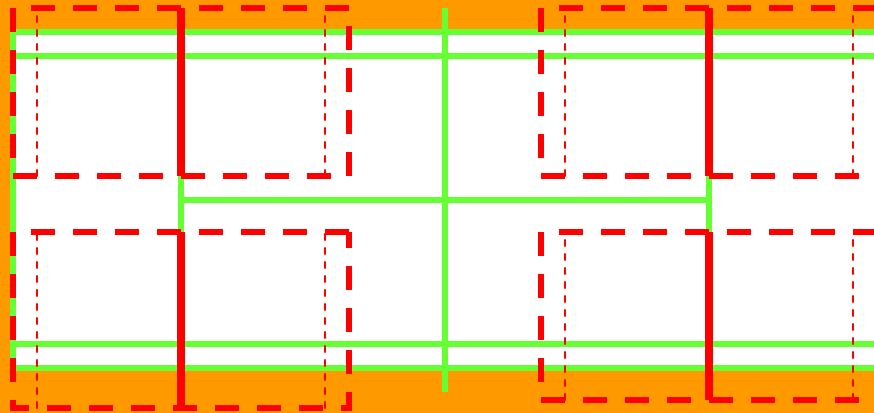
1/2 Court Court Set-up

- Training Court Set-up Option a



1/2 Court Court Set-up

- Training Court Set-up Option b



1/2 Court Competition

Rules for Competition

- Non-Elimination formats
- Round Robin
- Scoring Options:
 - Short Games with timed play
 - First to 15,11,9
- Team Oriented (mixed genders)
- Serves:
 - Can be underhand or overhand
 - Alternate serve every 2 points

½ Court Training

3 Program Levels:

- **BRONZE: “FUNdamentals”**
- **SILVER: “Basic Play”**
- **GOLD: “Consistent Precision”**

1/2 Court Training

5 Key Technical Fundamentals in ALL Levels:

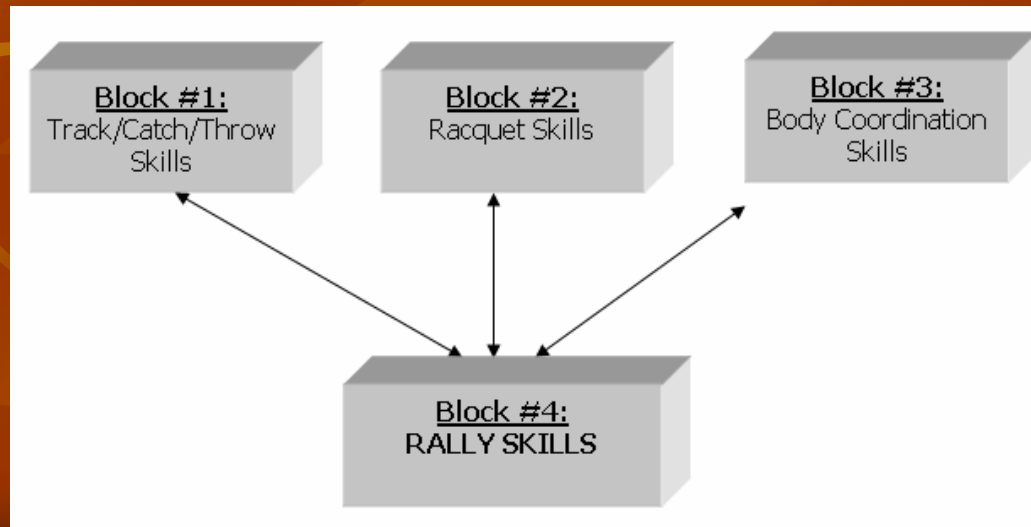
- 1. Grip**
- 2. Impact Point**
- 3. Set-up**
- 4. Hitting Zone**
- 5. Recovery**

1/2 Court: Training

Bronze Level: “FUNdamentals”

Level Description:

The goal of this level is to spark a love for tennis through stimulating, tennis specific coordination activities that will lead to the proper development of fundamentals. Players will establish skills that allow them to cooperatively rally and practice with each other.



1/2 Court: Training

“FUN FACTORS”

- Coach's Enthusiasm
- Optimal Challenge
- Targets
- Scoring
- Movement



½ Court: Training

Silver Level: “Basic Play”

Level Description:

The goal of this level is for players to enjoy playing a basic game of ½ Court tennis with appropriate scoring and tennis etiquette. They can initiate a point with an overhand or, underhand serve and rally consistently with good fundamentals. Rallies at this level are more dynamic as players are developing the ability to place the ball to an opponent’s backhand side, control the trajectory of the ball, and use their forehand when receiving shots in the centre. Initial volley skills are being developed.

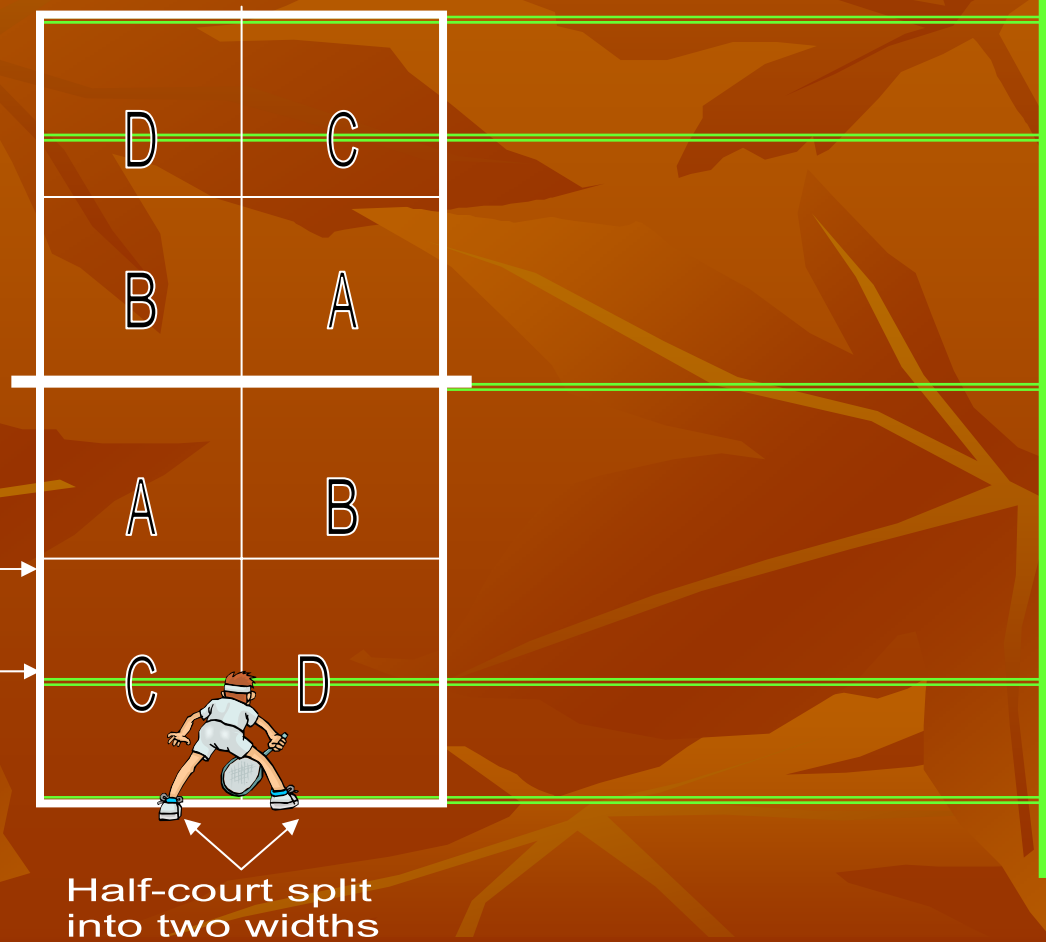
- Groundstroke Development Drills
- Serve & Return Development Drills
- Net Play Development Drills
- Tactical Decision-making Drills

1/2 Court: Training

Silver Level
Tactical Grid:

Line placed half-way
between 1/2 Court
net and Baseline

At this Level, the
Full-Court Singles
sideline is ignored



Half-court split
into two widths

1/2 Court: Training

Gold Level: “Consistent Precision”

Level Description:

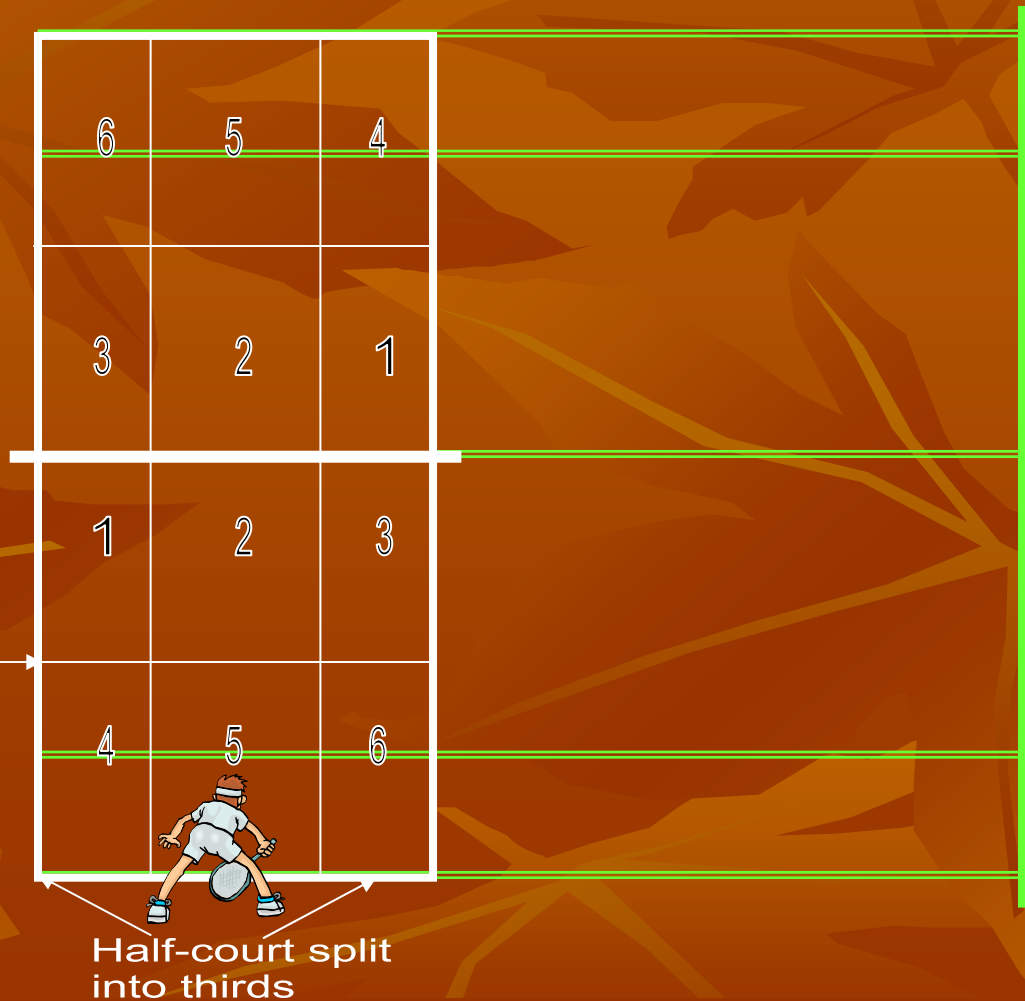
The goal of this level is for players to play an all-court game with a high level of precision and sound fundamentals. They can change directions, heights, distances, speeds and spins on groundstrokes, volleys, and serves and can choose the appropriate time to do so. They can maintain consistency while moving by covering the court effectively with good movement skills.

- Groundstroke Development Drills
- Serve & Return Development Drills
- Net Play Development Drills
- Tactical Decision-making Drills

1/2 Court Training

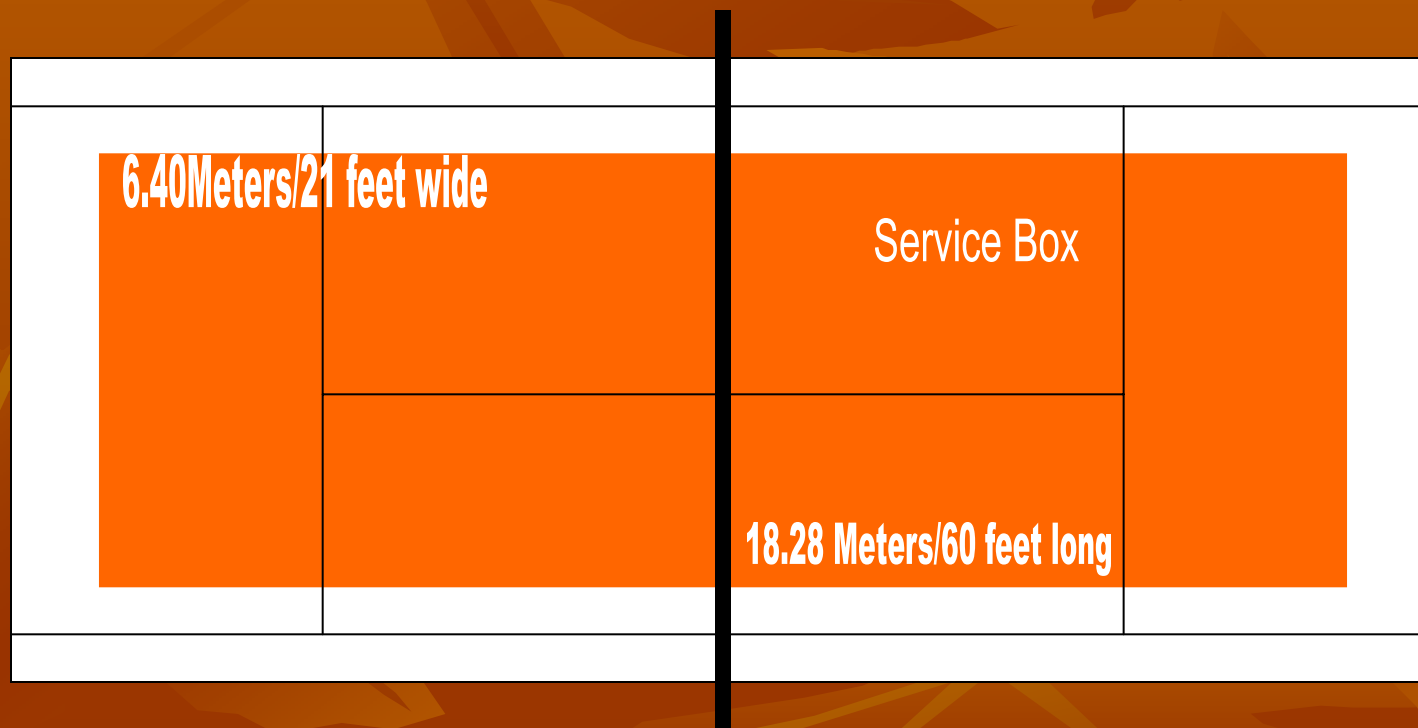
Gold Level
Tactical Grid:

Line placed half-way
between 1/2 Court
net and Baseline



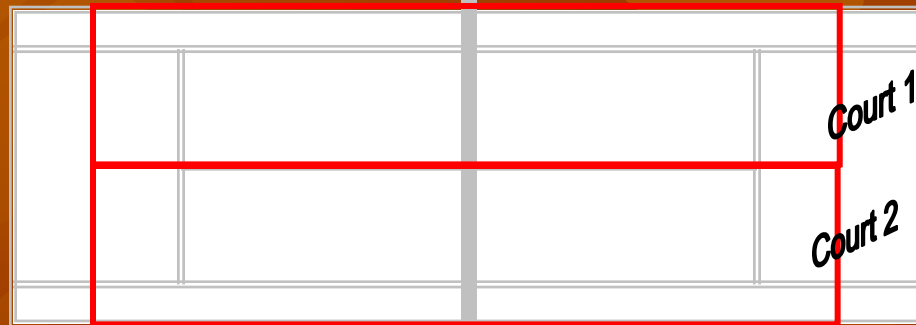
$\frac{3}{4}$ Court Court Set-up

- Competition Court Set-up

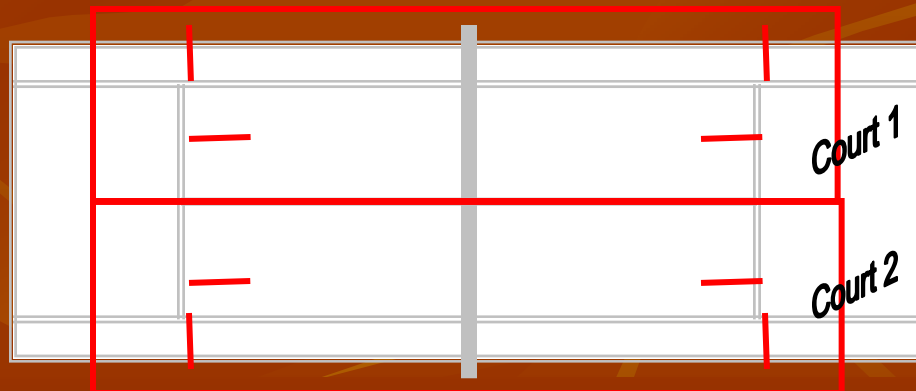


$\frac{3}{4}$ Court Court Set-up

- Practice Court Set-ups:



$\frac{3}{4}$ Court sidelines are placed on the outside of the netpost



$\frac{3}{4}$ Court Competition

Rules for Competition

- Non-Elimination formats (Round Robin)
- Scoring:
 - Best of 3 Short Sets (1st to 4, tie breaker at 3-3)
 - Regular Tie-breaker as the 3rd set
 - No-ad Scoring
- Team Oriented (mixed genders)
- Serves:
 - Regular serving into service boxes

$\frac{3}{4}$ Court Competition

Competitive Formats:

- Timed Flight Tournament
- Round Robin (Team)
- Compass Draw

$\frac{3}{4}$ Court Training

3 Program Levels:

- **Bronze:** “Pressure Through Consistency”
- **Silver:** “Pressure by Increased Precision & Power”
- **Gold:** “Pressure by Moving Opponents and Playing an All-Court Game”

$\frac{3}{4}$ Court Training

Drills “Upgrade” from level to level

(Majority of drills the same in each level)

- Groundstroke Development Drills
- Net Play Development Drills
- Serve & Return Development Drills
- Tactical Training Drills

Marketing & Education

Barriers to Progressive Tennis

- Coach's/Parent's traditional paradigm ("That's not how I learned to play.")
- Coach's unfounded beliefs ("Little kids can't play skillfully.")
- Misunderstanding of "real" tennis for kids
- Additional equipment required
- Better court management skills required

Marketing & Education


- ITF website: www.tennisplayandstay.com
- New Tennis Canada Progressive Tennis Curriculum & DVD (DVD available internationally through www.acecoach.com)
- USTA QuickStart Initiative:
www.partners.quickstarttennis.com
- British Website (Mike Barrell): www.evolve9.com

Marketing & Education

ITF world-wide initiative Tennis...Play & Stay
(www.tennisplayandstay.com)

**SLOWER
BALLS,
SMALLER
COURTS,
BETTER
JUNIORS**

Slower balls help develop technique and tactics sooner and are vital for producing high level juniors.


PLAY+STAY
SERVE-RALLY-SCORE

 As recommended by
The International Tennis Federation
tennisplayandstay.com

**SLOWER
BALLS,
SHORTER
RACKETS,
EASY GAME**

PLAYERS AGED UNDER 10 SHOULD LEARN TENNIS USING SLOWER RED, ORANGE OR GREEN BALLS AND SHORTER RACKETS

Players under 10 should use slower balls so that they have more time and control, develop technique more easily and can serve rally and score sooner.


PLAY+STAY
SERVE-RALLY-SCORE

 As recommended by
The International Tennis Federation
tennisplayandstay.com

**PLAY
TENNIS
...FAST**

STARTER PLAYERS SHOULD USE SLOWER RED, ORANGE AND GREEN BALLS TO MAKE TENNIS EASIER AND MORE FUN TO PLAY

Players starting tennis with slower red, orange and green balls have more time and control, develop technique quicker and are able to serve rally and score sooner.


PLAY+STAY
SERVE-RALLY-SCORE

 As recommended by
The International Tennis Federation
tennisplayandstay.com

Reflections

What impacted you the most out of everything you learned in this workshop?

As a result of this Workshop:

- What will I **stop** doing?
- What will I **start** doing?
- What will I **continue** to do?

