



PERFORMANCE

WELCOME TO THE INTERNATIONAL JUNIOR STAGE OF THE PLAYER PATHWAY!



RECOMMENDATIONS FOR PLAYERS AT THE INTERNATIONAL JUNIOR STAGE OF THE PATHWAY WITH ASPIRATIONS TO PROGRESS TO THE PRO TRANSITION STAGE OF THE PATHWAY

Putting together an optimal weekly training and competition schedule that balances the right amount of quality with the volume required to develop for the future is important. However, we acknowledge it can be challenging due to many reasons including schooling, exams and logistical constraints. In this document we have tried to provide some guidance on hours and context but it is important to note this may be different for each player and thus should be bespoke to the individual (individualised).

It is also important to acknowledge that during school holiday periods, court time and access can increase and there are more competition opportunities which should be factored in. It is also essential that rest and recovery is factored in (more information on this is explained below).

More important than these recommendations is having a credible and accredited Performance Coach leading on the player's development, in addition to accessing a thriving developmental training environment where player well-being is at the forefront.



	16U		18U	
	BOYS	GIRLS	BOYS	GIRLS
Weekly Total Tennis Hours (term time)	16	16	18	18
BREAKDOWN OF HOURS WHEN NO OFFICIAL COMPETITION				
Individual Lessons	2	2-4	2	2-4
Small Group Training (2-3 on 1 court with a coach)	4	4-6	6	4-8
Squad Training	6	4	6	4
Practice Matchplay	2/week x 2 hours	2/week x 2 hours	2/week x 2 hours	2/week x 2 hours
ATHLETIC DEVELOPMENT (IN ADDITION TO PRE TENNIS WARM-UPS)				
Tennis Specific Strength and Conditioning	4 x 1 hour	4 x 1 hour	5 x 1 hour	5 x 1 hour
Number of official singles and doubles matches per year	80-100	80-100	60-70	60-70
Win:Loss Ratio	2:1	2:1	2:1	2:1



TOTAL TENNIS HOURS

This is a guide for a typical training week. There will be many aspects to consider here including travel time, academic priority, stage of development, parental commitments and, most importantly, balancing quality over quantity. It is also important to try and incorporate appropriate practice with players of a higher, similar and lower level. Consider using a heart rate band/monitor to ensure that some of your training replicates match demands. Discuss this with your tennis coach (and strength and conditioning coach) to inform your programme.

INDIVIDUAL LESSONS

A strong performance programme at these ages should incorporate an appropriate amount of individual work. This allows for focused and specific development work to be explored in a controlled way.

SMALL GROUP TRAINING

This is generally 2-3 players on one court with a coach. These are highly encouraged as they provide lots of opportunities for full court work, allowing coaches to stretch players and replicate the true demands of the game with an individual type coaching feel.

SQUAD TRAINING

It is important for players to take a bit more ownership of their game in fun, energetic environments with lots of drilling and points play. Done well, squad training enables coaches to stretch players physically and mentally whilst achieving the volumes of practice required to embed skills.

PRACTICE MATCHES

Practice matches with or without coach presence are vital for players to transition their newly learnt skills to the match court.

TENNIS SPECIFIC STRENGTH AND CONDITIONING

This is vital to prepare players for the current and future demands of the game and supports injury prevention. Sessions should be carried out with an appropriately qualified practitioner.



OTHER SPORTS

At this stage it would be expected that players are purely focused on tennis and would not be involved in any other sports competitively.

OFFICIAL MATCHES SINGLES

This is the minimum number of matches recommended for players to develop match experience and build their competitive qualities. Exposing players to different environments is encouraged such as clay courts, hot conditions, and different styles of opponents. Outdoor tennis is recommended whenever possible. Doubles matches are also recommended as much as possible.

WIN: LOSS RATIO

We recommend that players try to adapt a tournament schedule that keeps their win: loss ratio ideally between 2:1 and 3:1. This will help maintain confidence but will also normalise losing and all the learnings that can come from this.

RECOVERY/REST

Making sure that players are resting, eating and sleeping sufficiently is key to recovery. We recommend that players ideally have one rest day per week and another 24-hour rest period within the week. We recommend players try to factor in four weeks of complete rest with no organised sport per year.

LOADING

We recommend that players increase any volumes in training steadily and try to avoid spikes in training load. Signs of a player potentially over-playing could include lack of enjoyment, irritability, constant fatigue, picking up injuries and lack of performance improvements. It is crucial to understand the player's current growth and maturation status using validated methods of capturing this information. This is important to potentially adjust volume and intensity of practice/training to mitigate risk of growth related injuries.

