

# SKILLS FOR ON AND OFF THE COURT

LTA Youth isn't just about tennis. It's about racking up physical and mental skills for life. Whether that's balance for ballet or footwork for football. From concentration and cooperation to self-confidence for the classroom and beyond, LTA Youth can take them to the next level.

## MOTOR

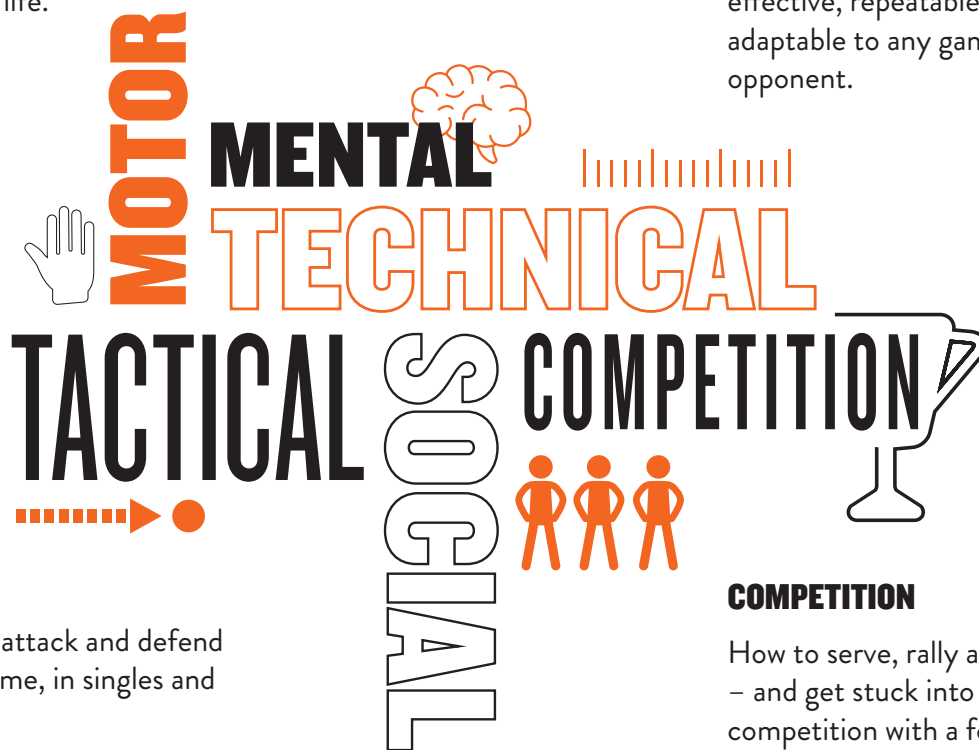
Agility, balance and coordination: what they need to play tennis (and all sports) with skills for life.

## MENTAL

Commitment, concentration, confidence and control of their emotions when things get tough.

## TECHNICAL

Skilful serves, forehands, backhands and net shots. Technique is efficient, effective, repeatable, and adaptable to any game or opponent.



## TACTICAL

How to rally, attack and defend at the right time, in singles and doubles.

## SOCIAL

Communication and cooperation – so they get the most out of group activities.

## COMPETITION

How to serve, rally and score – and get stuck into healthy competition with a focus on personal best, not just winning the game.

# SKILLS FOR ON AND OFF THE COURT

## MOTOR

Agility, balance and coordination: what they need to play tennis – and all sports – with skills for life.

- 1. Agility:** Be able to rapidly move whole body with change of velocity or direction in response to a stimulus
- 2. Balance:** Can keep or restore control whilst executing shots and changing direction vertically and horizontally
- 3. Coordination:** Be able to appropriately move into position and control body in relation to an oncoming ball
- 4. Speed:** Able to react and move fast with purpose in a tennis context

## COMPETITION

How to serve, rally and score – and get stuck into healthy competition with a focus on personal best, not just winning the game.

1. Understand the importance of competition as part of developing as a player and a person
2. Understand how to deal with winning and losing as part of a learning process
3. Be able to demonstrate respect to yourself, teammates, opponents and competition organisers / officials
4. Understand and demonstrate the principles of fair play
5. Understand the main rules of tennis

## TACTICAL

How to rally, attack and defend at the right time, in singles and doubles.

1. Understand the game situations of tennis that include serve, return, baseline game and net game
2. Be able to hit the ball over and in (consistency) using all shots
3. Be able to control space at both ends of the court by moving the ball/opponent, and covering the court effectively
4. Be able to control time by hitting faster, slower and begin to vary height and spin to a basic level
5. Understand and be able to play to your strengths and opponents' weaknesses

## MENTAL

Commitment, concentration, confidence and control of their emotions when things get tough.

- 1. Concentration:** Be able to focus and control attention (not get distracted)
- 2. Commitment:** Display motivated behaviour towards tasks, showing effort and persistence in the face of mistakes
- 3. Confidence:** Believe in themselves and their abilities, approaching and persisting with challenging tasks
- 4. Control:** Understand emotions and use strategies to manage them and respond well after mistake
- 5. Communication:** Be able to communicate openly and effectively with other players, coaches & parents

## TECHNICAL

Skilful serves, forehands, backhands and net shots. Technique is efficient, effective, repeatable, and adaptable to any game or opponent.

- 1. Serve:** Be able to stand with balance and toss the ball above the head, whilst making contact with the ball in a consistent position
- 2. Return:** Be able to react to, and position the racket strings behind the incoming ball for a contact out in front, when returning a serve
- 3. Groundstrokes:** Be able to position correctly around the ball and hit with consistency and accuracy on both sides of the body
- 4. Net play/volleys:** Be able to react quickly and make contact with the ball in front of the body with accuracy and consistency on both sides and above the head
- 5. Against a net player:** Be able to react, with speed, to a net player and challenge them by hitting the ball wide, low or high on both sides of the body

## SOCIAL

Communication and cooperation – so they get the most out of group activities.

1. Be able to relate to others and positively contribute within groups (and society)
2. Be able to foster positive relationships with other players, coaches and parents
3. Be able to show empathy and integrity behaviour towards others.
4. Believe in themselves and their abilities and be able to lead in a way that inspires confidence in others