

**WALES**

**RPDC**



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RPDC**

*Francesca Lewis, RPDC Head Coach*

# FOREWORD

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Tennis in Swansea has come a long way in the past ten years. From losing our facility in 2010 to developing a leading Academy that achieved 'Local' (LPDC) and 'Regional' (RPDC) player development centre status in 2018. As a team we would like to take this opportunity to present our Academy framework to guide and inspire our players, coaches and parents. We hope that by sharing this information we can provide an insight into how we plan to produce Welsh players who can augment Regional and National teams on an annual basis. We hope to follow on from what was an exciting year for Welsh Tennis on the international circuit.



# AN ACADEMY FRAMEWORK... WHY?

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In 2018 Swansea Tennis Academy secured investment from British Tennis to reform as a LPDC and RPDC. This was undoubtedly our biggest Centre success story. With that came a responsibility to ensure that we provide the next generation of Welsh players with the highest quality training environment to move onto the next stages of the pathway.

If Welsh players are to compete at the highest level then we must provide a well thought out approach to how we teach the game at each stage of the pathway. We must also bring our vision and purpose to life for players, parents and coaches to see. Presenting our framework and curriculum gives us the perfect opportunity to achieve this.



# CREATING A CULTURE

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## *Our vision*

*‘To make the Swansea Academy a world class development programme for players and staff. Providing individuals, the opportunity to grow personally, as tennis players and professionally, in a caring and supportive environment.’*

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## Under 10 Performance Programme

The LPDC is the interface between the outreach programme and the Regional pathway. It provides players aged 7-10 with the greatest potential to enter the pathway towards performance tennis. The LPDC has an enthusiastic, well established coaching team who are focused on making continual improvement. They are supported by RPDC staff to provide great development opportunities for players and coaches alike.

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## RPDC Programme

The RPDC is designed to help identify and facilitate the development of players aged 10-14 who have demonstrated some of the behaviours and characteristics to move onto the next stage of the pathway (National Academy). The focus will be helping the individual grow as a player and person.

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## Coach Development

The Director of Performance, Craig Ingham will oversee the recruitment and development of each coach within the performance programme. Each year a complimentary CPD programme will enable existing and potential coaches working at Swansea, the chance to develop and continue to provide a high-quality environment for the players.

## Understanding the Swansea values

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### WORK RATE

Earn respect by working hard  
Always outwork the opposition  
Inspire others by striving for new levels  
Always be ready to do 'the stuff people don't see (TSPDS)

### HUMILITY

Be humble in victory, gracious in defeat  
Enjoy the ride, appreciate it can end at any time  
Respect everybody's contribution  
Strive to make daily gains



### HONESTY

Embrace, don't resent, other opinions  
Be honest with yourself first  
Only expect what you are willing to give  
Live the values, actions over words

### DISCIPLINE

Do the right thing at the right time  
Know your individual role and responsibility  
Maintain self-control, actively influence others  
Promote and defend our culture - always

*Person first:  
‘Feeling valued by the Academy as an individual and not just as a  
tennis player’*

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At Swansea we embrace and understand the need to develop our young players as people and not just tennis players. Despite the desire for on court success it is so important that children do not feel defined by their sporting performances. As coaches we aim to develop players with a sense of perspective and provide them with emotional balance throughout their junior careers.

We direct our coaching towards fulfilling the needs and wants of the child, taking into account what children want out of their tennis and their individual developmental needs. It is important to understand that the natural human tendency for children will be to strive towards being the best they can be so we must nurture this. We must promote children to come up with suggestions on their development and make decisions whilst supporting them in removing any obstacles to their growth and development. By helping children to manage the unpredictable high's and low's in sport we are providing them with invaluable life skills. Our programme will operate to ensure that any individual's journey with us (long or short), is as meaningful as possible, as we seek to develop better people, regardless of their sporting success.

## SWANSEA RPDC PERSONAL DEVELOPMENT PROGRAMME

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### **Academy Workshops**

Interactive workshops designed around transferable life skills learnt through sport and our Academy values

### **Swansea Speaker Series**

High achievers from a variety of professions and disciplines linked to sporting success will be invited to share their stories and experiences termly

### **Charitable Partnerships**

Involvement in one Academy charitable cause per year. Contributing to, and positively influencing organisations that support disadvantaged people. Encouraging a social responsibility

### **Team Feedback Sessions**

An opportunity for the group to present to the coaches (in whatever format they wish) on what they feel the team have done well over the term and what could be improved

### **Individual Personal Development Plans**

Individual development plans focussing on person, performer, athlete and tennis player element

## *Understanding and respecting the player's journey*

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Tennis is a highly complex game with success relying upon long term commitment to many elements of development. We recognise and respect the lengthy journey a player has to go on to become the best person and tennis player they can be. If we can develop good people and tennis players then we are confident we can provide appropriate progression and exit routes for all to lead onto success. We believe our culture and values focus creates an environment for individuals to thrive regardless of the path they choose to take.



# DEVELOPING PEOPLE, PERFORMERS & TENNIS PLAYERS

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## *British Tennis coaching principles*

Following on from the overarching focus on creating a lasting, high performance culture at Swansea, our coaching principles link in and cross paths with cultural elements to create a quality training environment. Our principles drive the coaches role, session content and player learning. The focus is on delivering an integrated approach to training that is transferable to all elements of the ever-changing demands of competition.





## *THE PRINCIPLES UNDERPINNING SESSION CONTENT & DELIVERY*

<b>Person</b>	<b>Skills</b>	<b>Head</b>	<b>Heart</b>	<b>Athlete</b>	<b>Journey</b>
Know your athlete	Coach understands technical parameters	How can you cause, avoid and get out of trouble?	Swansea culture/ values	Technical competencies	Long term focus
Prioritise well-being	Promote guided discovery	Expose to and normalise pressure situations	Create a motivational environment	Tactical understanding	Ever evolving individual development plan
Give them a voice	High exposure to tactical development	Equip with coping strategies	Encourage and promote positive behaviours	Developing performer qualities	Comprehensive tournament planning



## *ELEMENTS UNDERPINNING BASIC SQUAD SESSION STRUCTURE*

<b>Game Situations</b>	<b>Phases of Play</b>	<b>Related Elements</b>	<b>Tactical Patterns</b>
Serving Returning Both back Coming to the net Passing someone in the net	Attack	Power Precision On the rise	Dominate centre Win X court battle
	Rally	Rally threshold Rally accuracy Rally tempo	Own the change Wrong foot opponent
	Defend	Stay in the point Neutralise Turn around	Open up court \ X pattern Drop shot, lob

## *Developing and having a vision of 'the future player'*

At Swansea when it comes to developing the 'tennis player' we put a big emphasis on individuals taking ownership of their emerging game style. In order for this to happen we have to first equip the players with as many skills as possible at a young age and then educate them on and expose them to differing game styles. Below is an example of a Swansea player profile that allows the individual to have a 'why' for everything they are doing:

### *OLIVER PAGE 'THE ALL COURT PLAYER'*



Moves the opponent with X pattern & drop shots  
Mixes up pace, spin, height, direction.  
Transitions to net as surprise tactic



Fights for every point



Excellent skills: volley, half volley, smashes, slices  
Can attack, rally & defend with equal levels  
Hit's great angles



Great mover  
Explosive  
Can outlast anyone

# THE PROGRAMME

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In order to achieve our goal of developing people, performers and tennis players we need individuals to have the necessary contact time with a multidisciplinary team. With high contact time we can expose individuals to a consistent and well thought out approach that will provide them with the best opportunity to move onto the next stage of the pathway. So what could a full time programme at Swansea look like?

## *U10 Performance*

<b>Squads</b>	<b>Individuals</b>	<b>S&amp;C</b>	<b>Competing</b>	<b>Off court education</b>
7.5 hours available over 38 weeks	2 hours available per week	3 hours available per week	Competing at least once per month  Weekend exposure to friendly match play	One project per term on a chosen topic

## *RPDC Full Time \*RPDC Access*

<b>Squads</b>	<b>Individuals</b>	<b>S&amp;C</b>	<b>Competing</b>	<b>Off court education</b>
10- 14 hours available over 38 weeks  <i>*6 hours per week over 38 weeks</i>	2 sessions available per week	5 hours available per week	Committed to a comprehensive & stage appropriate tournament programme  Supported by a coach at key events  Independently arranging match play	Engaged in RPDC Personal Development Programme  Accessing Trello online learning programme

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