

11U/12U/14U PATHWAY PROGRESSION

NATIONAL PERFORMANCE ► INTERNATIONAL JUNIOR

Putting together an optimal weekly training and annual 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). Also recognising that during school holiday periods, court time and access can increase and there are more competition opportunities which should be factored in.

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

TOTAL TENNIS HOURS (WEEKLY)

Term time when there is no official competition	11U	12U	14U
Individual Lessons	1+	1+	1+
Small Group Training (2-3 on 1 court with a coach)	3+	4+	5+
Squad Training	4+	3+	3+
Practice Matches**	2+	3+	3+
Total	10+	11+	12+

ATHLETIC DEVELOPMENT (WEEKLY)

In addition to pre-tennis warm-ups	11U	12U	14U
Tennis Specific (S&C)	Minimum 3 sessions	Minimum 3 sessions	Minimum 3 sessions
Other Sports	2+ sessions	2+ sessions	1+ sessions
Total	5+	5+	4+

MATCHES (YEARLY)

	11U	12U	14U
Number of official singles and doubles matches	100+	100+	100+
Win:Loss Ratio	2:1-3:1	2:1-3:1	2:1-3:1

*rest and recovery is paramount at this age and stage (more information on this is explained within this guidance).

**if no matches/tournament at the weekend, then scheduling in practice matches would be appropriate.

CONTEXT

Individual Lessons at these ages are important with technical development of key fundamentals remaining a priority. Although the cost of these can be high, it allows for focused and specific development work with progress being seen quickly.

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 players current growth and maturation status using validated methods of capturing this information. This is important to potentially have to adjust volume and intensity of practice/training to mitigate risk of growth related injuries.

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

Official Matches (singles and doubles): 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 wherever possible.

Other Sports at this stage are still encouraged to help all round athletic development but time spent on these will naturally decrease as players progress with their tennis.

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 per year.

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

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

Tennis Specific Athletic Development (also referred to as S&C) is vital to prepare players for the future demands of the game and supports injury prevention.

Total Tennis Hours: This is a guide for a typical term time week, ideally being spread out as evenly as possible. There will be many aspects to consider here including travel time, academic priority, stage of development, parental commitments, playing other sports to high levels 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.

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.