

LEARNING TO BE PROFESSIONAL

Ages: Women {17-21+ Years Old}, Men {19-23 Years Old}

PUTTING IT ALL TOGETHER

This stage is characterized by a complex and harmonious blend of the performance factors that contribute to the athlete's ability to perform in competition.

General Objectives

- ? Continue to develop and refine technical skills.
- ? Consolidate specific game style which at this age it is still developing and/or acquiring skills.
- ? Refine all technical skills at competition intensity.
- ? Focus on performance goals in competition.
- ? Improve and demonstrate the implementation of learned skills in competitive situations.
- ? Develop flexibility, speed, strength and aerobic endurance ? in all the physical skills.
- ? Refine the daily implementation of sport medicine and science knowledge e.g. nutrition, strength and conditioning, sport psychology,
exercise physiology.

- ? Become responsible and autonomous athlete.
- ? Keep up-to-date on new research on sport science and medicine related to being a 24/7 athlete.
- ? Learn to cope with the challenges of different competitive situations (surfaces, altitude, game styles, wind).
- ? Introduce and consolidate psychological routines to produce the ideal performance state.
- ? Develop their ability to understand key principles related to their training, competition, recovery and equipment.
- ? Maintain a positive lifestyle: no tobacco, no alcohol, no drug, to respect good sleep habits and practice good hygiene.
- ? Demonstrate the ability to select and care for their equipment including racquets, shoes and strings.
- ? Ensure quality and consistency in diet, warm-up and recovery activities.
- ? Ensure pre-habilitation exercises for wrists, shoulders, hips and abdominals are managed effectively.
- ? Continue the use of recovery techniques such as oxygenation stage, sport massage, relaxation, meditation and hydrotherapies.
- ? Maintain the use of regular medical follow-up and physiotherapist follow-up if necessary.

Guiding Principles for Coaches, Parents and Players

- ? The development of an individualized annual plan is essential using single, double or triple periodization.
- ? Guidance and direction should revolve around developing a responsible and autonomous athlete.
- ? Tennis and fitness coaches must meet on a regular basis to ensure a well-balanced training program.
- ? A consistent individualized quality daily training program which takes into account international standards, the athlete's

present abilities and

the long term goals are essential.

? While competing on the road, the emphasis on long term development over short term results continues to be maintained.

? The coach's role becomes even greater as he/she takes on increased leadership in the overall development of a player's career and must

lead and work with an integrated support team.

? An individualized physical development program should be used cashing in on the windows of trainability and monitoring improvements

through testing three times a year with the support of an integrated support team.

? The annual competitive plan should strive for a 3:1 win-loss ratio. Evaluation of this plan should include reviewing the athlete's win-loss

ratio.

? Competitions should be selected based on an age appropriate number of matches per year with the emphasis on the athlete's continued

development, participating in 2-3 practice matches per week.

Wheelchair Tennis

? Due to the excess stress of moving the tennis chair, the number of tournaments must be reduced.

? Acquire a customized chair.

? Manage medication/physical issues while travelling.

Components to Focus On

WOMEN	PSYCHOLOGICAL	PHYSICAL	TACTICAL	TECHNICAL
<p>17-21 Years Old</p>	<p>? Taking full responsibility for career. ? Ability to find solutions mentally i.e. ?finding a way?, with the ability to adapt to anything that is thrown at them. ? Developing the psychological skills they need to be able ? to deliver?. ? Seeking out competitive situations during training on a consistent basis. ? Displaying the ability to deal with the pressures associated with the game (e.g. being judged, ranking, travel issues, social issues) ? Develop an ability to</p>	<p>Crucial phase for the physical preparation. Physical qualities and motor skills are the cornerstone for tennis efficiency in competition. <u>Priority 1:</u> <u>Strength</u> To be able to achieve: ? 1.0 x B.W. on bench press ? 4.5 x B.W. on Leg press ? 50 cm on vertical jump **Priority should be placed on explosivestrength and explosive strengthendurance. <u>Pre-habilitation</u> ? To prevent injuries (S.A.M. principle) ? To strengthen deep muscles</p>	<p>? The goal is just to solidify their game, execute their game at a higher speed with a higher level of consistency so that she may be able to impose her gamestyle when competing at the professional level. ? Note if changes are being made now, this means that the game style and identity were wrong.</p>	<p>The technical skills worked on at this stage must effectively support the outlined tactical priorities. <u>Some key fundamentals</u> <u>include:</u> ? Skills executed at a higher level, higher tempo, with higher quality. ? Continued small technical refinements are evident as players continue to develop (especially the serve). ? The ability to take advantage of offensive</p>

	<p>deal/handle adversity and injury.</p> <p>? Attention to detail moves to another level at the beginning of this stage. Having the right team is essential.</p> <p>? Making the adjustment from junior to pro's and the associated competitive issues needs to be managed.</p>	<p><u>Priority 2:</u></p> <p><u>Endurance</u></p> <p>To be able to achieve:</p> <p>? Level 12?30?? (L?ger)</p> <p>3?20?? (1000m)</p> <p>1?05?? (400m)</p> <p>? Capacity to play 4 sets.</p> <p><u>Speed and Agility</u></p> <p>? To move and run fast in specific situations.</p> <p>? To master multi- directional movements.</p> <p>? To have the capacity to accelerate, decelerate and change direction quickly.</p> <p>? Specific arm speed (Serves and strokes).</p> <p><u>Coordination skills</u></p> <p>? To take advantage of the physical qualities on court (transfer from general to</p>		<p>opportunities by finishing points at the net continues to evolve during this stage.</p>
--	---	--	--	--

		specific).		
		<p>Priority 3:</p> <p>Flexibility</p> <p>? To master the stretching techniques, emphasis on shoulders and hips. Lower and upper body dissociation.</p>		

MEN	PSYCHOLOGICAL	PHYSICAL	TACTICAL	TECHNICAL
19-23 Years Old	<p>? Taking full responsibility for their career</p> <p>? Ability to deal with the pressures associated with the game (being judged, ranking, travel issues, social issues)</p> <p>? Develop an ability to deal/handle adversity and injury.</p> <p>? Attention to detail moves to</p>	<p>Crucial phase for the physical preparation. Physical qualities and motor skills are the cornerstone for tennis efficiency in competition.</p> <p>Priority 1:</p> <p>Strength</p> <p>To be able to achieve:</p> <p>? 1.2 x B.W. on bench press</p> <p>? 5.5 x B.W. on Leg press</p>	<p>? The goal is just to solidify their game, execute their game at a higher speed with a higher level of consistency so that he may be able to impose his gamestyle when competing at the professional level.</p> <p>? Note: If changes are being made now, this means that</p>	<p>The technical skills worked on at this stage must effectively support the outlined tactical priorities.</p> <p>Some key fundamentals include:</p> <p>? Skills executed at a higher level, higher tempo, with higher quality.</p>

	<p>another level at the beginning of this stage. Having the right team is essential.</p> <p>? Making the adjustment from junior to pro and the associated competitive issues.</p> <p>? needs to be managed.</p>	<p>? 60 cm on vertical jump</p> <p>**Priority should be placed on explosivestrength and explosive strength-endurance.</p> <p><u>Pre-habilitation</u></p> <p>? To prevent injuries (S.A.M. principle)</p> <p>? To strengthen deep muscles</p> <p><u>Priority 2:</u></p> <p><u>Endurance</u></p> <p>To be able to achieve:</p> <p>? Level 13?30?? (L?ger)</p> <p>2?50?? (1000m)</p> <p>58?? (400m)</p> <p>? Capacity to play 5 sets.</p> <p><u>Speed and Agility</u></p> <p>? To move and run fast in specific situations.</p> <p>? To master multi- directional movements.</p> <p>? To have the capacity to</p>	<p>the game style and identity were wrong.</p>	<p>? Continued small technical refinements are evident as players continue to develop (especially the serve).</p> <p>? The ability to take advantage of offensive opportunities by finishing points at the net continues to evolve during this stage.</p>
--	---	--	--	---

	Peak s	tourname nts per year	matches per year		Competiti on	al Traini ng (At the end of stage)	Trainin g [hrs/w k]	Matches(practices/Lea gues, etc.)/yr	hours/we ek	on weeks per year
			Singl es	Doubl es						
19-2 3	6 4 Grand Slams + Davis Cup	27-30	56-60 (2:1 ratio)	54-60	ITF Futures Challenge rs ATP Tour Davis Cup Pan American Games Olympic Games	6**-10 *	22-24	N/A	28	4-5

*** When physical is the priority ** When tennis is the priority**

The mission of the player ...

- ? Be a 24/7 athlete and therefore, be 100% at training and competition.
- ? Fit in ongoing education when possible using distance education or other ways of obtaining degrees or diplomas.
- ? Communicate with coach on training, competition and recovery issues.
- ? Be an ambassador of your provincial/national associations and the sport of tennis while in Canada and abroad.
- ? As a developing professional player, who represents Tennis Canada, it is important that you become aware of your responsibilities with respect to community, corporate and media affairs and look to extend your services in these areas services whenever possible.

The mission of the coach ...

- ? Model all aspects of training and performance to help the athlete reach identified goals at major international events.
- ? Pursue professional development that includes new learning about technical, tactical, recovery and competition preparation information and appropriate training for ?learning to be professional? stage.

The mission of the parents ...

- ? Be supportive of your child?s pursuits and to provide guidance where necessary.
- ? Recognize the intensity and pressure at this stage of development.
- ? Encourage your child to pursue ongoing education.
- ? Begin exploring the NCAA route as a potential development option, considering the player?s results and in consultation with the personal coach.