

Developing Top Junior Players: Some Challenges and Solutions

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I. Positive Aspects

- Players expect to work hard
- Players are not spoiled
- Players are very coach-able
- Sport is taken very seriously
- History of sporting success

II. Challenges

- Most training and matches played on rather fast hard courts
- Equipment
- Less than optimal physical training
- Not enough matches
- Quantity versus quality

III. Some Solutions

- Improve the physical warm-up
- Improving the technical warm-up
 - Better mini-tennis
 - Stability drills and variations
 1. Two targets
 2. Slice backhand
 3. Day to day variations
 4. Volley positioning
 5. Overheads
- Tactical group training
 - Developing power/losing control
 1. Understanding the target areas
 2. A consistency sequence
 3. A defensive skills sequence
 - An opening the court sequence
 - A backhand slice and variation sequence
 - A volley and pass sequence

IV. Next Steps

- Education
- Physical training enhancements
- Competition