

# Micro-Mini-Midi-Maxi Tennis – the Teaching Concept of the Turkish Tennis Federation

**Birol Vural**

*Member of Coaches Education Committee (Turkish Tennis Federation)*

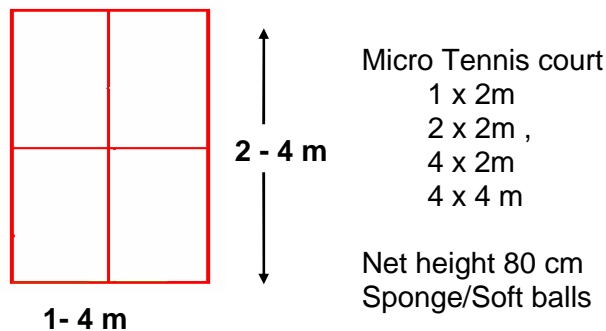
## INTRODUCTION

In the year of 2004 the Turkish Tennis Federation's Coaches Education Department and our foreign expert, Mr. Piotr Unierzyski, started a study about the Turkish Coaches Education System. The main goal of this study was to develop a new Coaches Education System Structure. The core of the System is taken from the ITF (we are using materials from level I and II), but we also apply resources from the leading European countries and the newest information from ITF/TE workshops (including Game-bases/tactical coaching). As a result we have adapted these materials and prepared our own standard teaching method that is compatible with those used by leading tennis nations.

Because of methodological and marketing (popularisation) purposes we divided the learning process into 4 stages and called them Micro-Mini-Midi-Maxi. In current presentation I will try to explain what we are doing in the Micro and Mini Tennis Stages and the typical exercises related to them.

## MICRO TENNIS

The main goal of this stage is to develop the coordination of kids between the ages of 5-7/8.



Characteristics:

- Reduced backswing and follow through in all strokes
- Direction of the ball is vertical (to slightly horizontal)
- Exercise forms: games and task oriented (we also use different fun/coordination games with/without rackets a lot of practice other sports/ball games)

- Competition/games format (no official competitions, rankings etc.): self rally, team competitions; comparing with other students, pairs and groups, play with and against partner
- Possible tactics (simple):
  - Keep the ball in play
  - Make the opponent run
- Technical Goals
  - To develop the general and specific coordination of the children
  - The grips are not of major importance at the beginning but when the students are able to rally from a short distance, they should be encouraged to use eastern forehand & backhand grips.
  - Children should improve/learn:
    - The ready position
    - Balance
    - "Feeling" of the ball (touch)
    - To hit the ball in front of their body

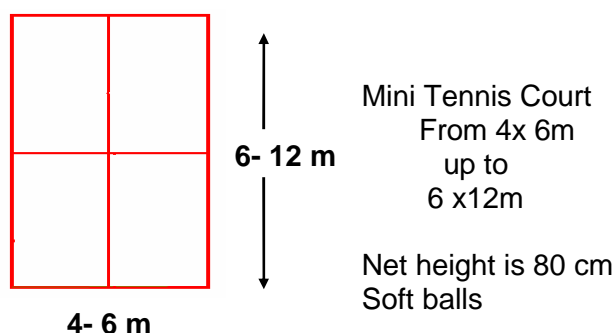
During the on court presentation we will show some typical exercises uses on Micro Tennis Stage.

When the children are able to perform these simple drills and are able to use the main tactics with reasonable success, they may be accepted to take part in the second Stage - Mini Tennis Stage.

## MINI TENNIS

Typical "Mini Tennis" kids are 7-8 but it may happen that older or younger children  
The main goals of this stage are:

Learn to play a simple game using simple tactics and to develop the core of major strokes.



- Backswing and follow through of the racket are still reduced (low risk of mistake), but greater than before
- Direction of the ball is almost horizontal
- Exercise forms: mostly game and task oriented

- Forms of competitions: game with/against the partner(s), some local competition if possible
- Tactical Goals  
3 games situations of:
  - Serve
  - Return
  - Both on baseline
  - Leading into attack and defenceBasic singles tactics of:
  - Ball over and in (consistency)
  - Moving player (accuracy)
  - Basic ready position and court positions to contact ballA bit later also they might be able to:
  - Use own strengths, favorite shots
  - Attack against the weaknesses of the opponent
- Technical Goals - during this stage students should:
  - develop the core of all basic strokes and:
    - learn "own" grips,
    - split-step, keep the balance,
    - backswing through body turn,
    - last step – "big",
- Coordination games and also other sports are still very important

During the on court presentation we will show some typical exercises uses on Mini Tennis Stage.

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