



How to Get More Girls into Tennis Competition?

Bernard Pestre

French Tennis Federation

The French Tennis Federation has noticed that there are less young girls taking part in tennis competitions than boys.

The French Tennis Federation has decided to put forward several solutions to try and solve this problem, with solutions including:

- The introduction of sports education for girls from an early age.
- Specific talent identification programmes for young girls, to avoid them from being compared to young boys.
- Training groups exclusively composed of young girls.
- The use of competition formats adapted to girls:
 - Adapted court dimensions and balls.
 - Organisation of round robin competitions instead of not knockout competitions.
- Enhance the education of coaches in the specificities of coaching young girls.

All of these solutions are now being used in many clubs in order to increase the participation of young girls in competition, as well as to help them improve their technical, tactical, physical and mental development.