

## WOMENS' TENNIS PROJECT 2004 - 2012

ALBERTO RIBA  
ROYAL SPANISH TENNIS FEDERATION

14<sup>th</sup> WWCW – Antalya Turkey  
17 – 23 October 2005

## REASONS FOR THE PROJECT

- Evolution of womens' tennis worldwide
  - Elite players
  - Junior players
- Technique and tactics
- Conditioning
- Mental toughness
- Analysis of Spanish womens' tennis

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## MAIN GOAL OF THE PROJECT

- To detect a large group of young female players with certain technical, physical and mental characteristics and to guide them towards competitive tennis following all the necessary steps that will ensure they develop adequately as human beings and sportswomen

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## WHICH KIND OF PLAYERS ARE WE SEARCHING FOR?

- Age: 9 to 11 years old
- Physical qualities
- Medical assessment
- Technical capacities

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## WHICH SELECTION CRITERIA WILL BE USED?

- Physical: Height, weight, mobility, coordination .....
- Technical: Skilled gestures (hand), consistency, arm acceleration, .....
- Psychological: Motivation, commitment, interest, competitiveness, .....
- “Clinical eye” of the coaches
- Other

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## WHERE WILL WE FIND THE PLAYERS?

- Clubs
- Schools
- Community programmes
- Regional Federations programmes

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## WHO COULD HELP US TO FIND THEM?

- Regional Federations
- Clubs
- Schools
- Local governments, Regional governments and State agencies

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## HOW WILL WE SELECT THE PLAYERS?

- 19 Regional Stages
- 5 Zonal Stages
- Individual agreements

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## REGIONAL STAGES

- Regional Technical Director proposes 25 players (approx.) with the specific characteristics set by the RFET.
- Miguel Margets, Regional Technical Director and volunteer coaches will conduct the stage during 4 hours.
- Initial selection of 15 players (approx.)

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## ZONAL STAGES

- 5 ZONAL STAGES
  - NORTH ZONE
  - CENTRAL ZONE
  - SOUTH ZONE
  - NORTH WEST ZONE
  - SOUTH EAST ZONE

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## ZONAL STAGES

- RFET technical staff, Miguel Margets, Angel Ruiz Cotorro, David Sanz, Isabel Balaguer and Alberto Riba, together with the Regional Technical Director conduct the stage during 2 days with the 60 players (15 X 4)
- Technical, physical, medical and psychological tests
- Final selection of the players

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## Individual agreements

- Meetings with parents
- Meetings with coaches
- Assessment of needs
- Individuals agreements

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## WHAT DO WE ASK OF THE SELECTED PLAYERS?

- To accept being included in the national project of womens' tennis
- To accept the technical direction of the R.F.E.T.
- To be ready to work intensively in order to become a good player

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## WHAT DO WE OFFER TO THE SELECTED PLAYERS?

- Being part of a national project
- Technical management and advice
- Planning and periodisation of training (technical and physical)
- Medical control and follow up
- Taking part in stages
- Participating in competitions

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## HOW DO WE WANT THEM TO WORK?

- In their own environment
- With their current coach
- With an individualised programme
- Under the control of the Federation

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## WHICH WILL BE THE GOALS?

- Short term:
  - Having fun playing tennis
  - Training according to a plan
- Mid term:
  - Developing positively
- Long term:
  - Achieving competitive results

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## WHICH PROBLEMS SHOULD WE CONTROL?

- Individualised work in a global project
- Non-fulfilment of the programme due to different motives
- Lack of resources
- Other

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## CONTINUOUS EVALUATION

- Control of work
- Goal achievement
- Necessary adjustments

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