

Lecture Room: Training Programmes With a Dialogue Between Technical/Tactical Education and Physical Training

On Court: A Dialogue Between Technical/Tactical Education and Physical Training Applied on Different Learning Stages

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In these presentations we will try to illuminate the importance of an integrated approach to technical and tactical development through the game based approach and the tennis specific physical pathway.

ITN	<u>10.3 t/m</u> <u>9</u>	<u>8 t/m</u> <u>6</u>	<u>5 t/m</u> <u>4</u>	<u>3 t/m</u> <u>1</u>
Pathway M / F	5-8 / 5-8	9-12 / 9-11	13-16 / 12-15	+16 / +15
METHODOLOGY	INITIATION	FUNCTIONAL	POSITIONAL	ADAPTIVITY CREATIVITY
TA / TE	+	++	++++	++++
	Analytic technical	Technical functional	Tactical functional	Mental-physical tactical
TE / TA	++++	++++	++	+
	Elementary static	Basics dynamic control	Dynamic power & control	Tactical power & control
CO-ORDINATIVE / PHYSICAL	++++	++++	++	+
PHYSICALLY / CO-ORDINATIVE	+	++	++++	++++
MENTAL	+	++	+++	++++



In the early stages of learning technique a lot of basic skills have to be thought. Without these basics it is impossible to use shots tactically. Physical conditioning at this stage is not about enhancing performance by strength or stamina, but rather it is about creating and enlarging the co-coordinative base. Therefore, the phases of mini tennis and midi tennis could be characterised as technical-tactical and coordinative-physical.

When players are further developed the technical possibilities become larger. This has an influence on the game concept. In addition at the onset of puberty certain biological changes occur. This change, in maturity, has a great influence on the trainability and the load capacity of the young athlete. At this stage the specific training content shifts from a more technical to a more tactical approach. Due to an enlarged susceptibility to certain physical training stimuli (aerobic at first and later anaerobic endurance and muscular strength) the athlete's physical conditioning programme should focus more on the development of physical capacity and in future stages physical power and capacity.

On court we will show how these principles are put into practice. We'll apply it to 4 different ITN levels (10, 9, 6 and 3) and show how technique, tactics, co-ordination and physical training can go hand in hand.

In ITN 10 (mini tennis) the court is still short and narrow. Most of the court can be covered by the forehand. Stability and simple placement is the key tactical factor. Co-ordination training should be oriented around the development of all basic/general motor skills, which are of great importance for modern tennis play. On one hand the child should experience specific movement qualities, which are necessary to play tennis at this stage (e.g. postural control and balance, footwork, throwing-catching-hitting, orientation in time and space, speed-co-ordination, racket & ball cleverness, ...). However, on the other hand general co-ordination training is meant to precede the specific development. In this way physical training should be seen as a long-term and short-term conditioning or preparation programme. The concept of play should be succeeding (hitting the ball in), hitting or throwing a target, catching in balance, ...

In ITN 9 (midi tennis) the court becomes longer. Swinging becomes more complex but still rather static while hitting. Fluid accelerations come into play without using a lot of power or leg drive. These technical demands are introduced through general throwing and other skills in the co-ordinational/physical trainings in the previous stage. In the same way demands in the next level should be prepared through general motor skills. It focuses on being able to have more dynamic loading and leg drive in strokes and also keeping balance after strokes. In addition footwork and speed training are of great importance at this stage.

In ITN 6 the player has already mastered quite a few shots. Balls can be hit with more force and spin. Trunk stability, leg drive are basics for a more dynamic execution of shots. Tactically, scoring of points becomes relevant. As the concept of playing the game shifts more to domination, physical aspects are of more importance. They should be generally developed with attention to the tennis technical demands.



In ITN 3 the game style of the player is fully developed. Tactics are dependant on this. Physical workouts and complex combinations of the various aspects (speed, strength, stamina) can make substantial increases in performance. Physical performance needs to have a greater focus keeping the sport specific and individual needs in mind.