



## Field Testing: an Integrated Approach. Practical Tools for Young Players.

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### Introduction

The profile of young tennis competitions guides us to develop training methods that respect the demands at those ages. Sports scientists involved in tennis keep searching for valid tests that help both coaches and players to improve their performance on court. The evaluation of the training programme is one of the most important aspects. The training programme is planned based on certain championships during the season, so that the players' health and performance is highest during these periods. It has been shown that integrated training methodology is helping young tennis players to train with more quality and specificity with regard to the competition profile. Furthermore, testing should also be planned to simulate and evaluate the competition profile. The main goal of our work is to increase the specificity of the training and its monitoring from an integrated approach involving all the performance determining factors in tennis by developing practical field testing tools.

### Method

We understand that it is not easy to create a perfect and objective field-testing tool due to the high variability of the game. It is very common to hear how coaches use everyday subjective opinions to evaluate their players. To evaluate an integrated approach of training, we are trying to develop the first steps of a field test that considers tennis as an open sport. We tape the testing session once every three months (before competition period) and then we speak with the coach and the player about the performance on the test and how the player is feeling.

1. Evaluation of the reaction speed and efficiency of stroke (Technical + Tactical drill)
2. Evaluation of the explosive strength and speed of serve (Technical - Tactical drill)
3. Evaluation of Mental abilities (Concentration - Motivation) and competition situation (Technical + Tactical drill)
4. Evaluation of the Range of Movement (ROM) and Mental abilities

### Results and Discussion

The players' performance on the tests has been shown to improve during the season. Of note is that the training programme of these players has been designed so that they train for fewer hours, maximum time 2 hrs (including all physical work on court), and only play competition on weekends. This suggests that long exhausting training sessions, sessions of greater than 2 hrs, are perhaps not required for improved performance at a young age.

### Conclusion

Training methodologies are being used to improve the quality of the training by avoiding unnecessary overloads at young ages. As tennis professionals, we must respect the development of the child to improve their future performance by giving the right tennis stimulus at young ages. These practical testing tools are being developed help to improve the way we conduct on court training.

### References

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