



Long-Term Player Development Programme

The Long-Term Player Development Programme was introduced two years ago, when an evaluation of our coach education programme revealed that the defined goals were not being achieved. Quite simply, the coaches were finding it hard to apply their newfound knowledge to their day-to-day activities. It was then the idea was born to try to produce more practically applicable material to supplement the coach training programme.

Based on the four foundations of tennis – Technique, Tactics, Physical and Mental – the Long-Term Player Development Programme began to take shape: a common thread in a player's development, from mini tennis to the adult game.

A DVD has been or will be produced for each area, presenting a pedagogic concept for coaches to develop their players' capabilities based on the individual's skill level. In association with the company TennisPlanet, an accompanying bag was developed containing educational aids. These were sent out free to all tennis clubs in Sweden. National and regional coach meetings were also arranged to educate coaches in how to apply the concept.

The material – which in itself is quite basic – is based on the idea that coaches themselves have to supplement the material with their own thoughts and experiences, so in effect the material improves the more advanced the coach.

To date we have produced two parts, Physical and Tactics, and we are currently working on the Technique material which we hope to present in 2007.

TENNISPASSET – PHYSICAL DVD

Integrated Physical & Tennis conditioning

Dvd

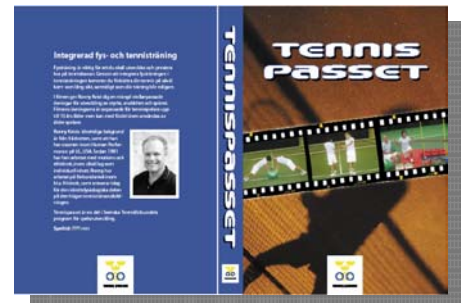
Created by: Ronny Kvist and Christer Sjöo

Running time: Approx. 60 minutes

Language: Swedish

Year of production: 2005

Target group: For players up to the age of puberty.



Content summary: Physical training is vital for players to develop and perform well on court. Integrating physical training will improve players' tennis in both the short and long term, while also making training more fun. The DVD contains numerous level-specific exercises designed primarily to develop strength, speed and physical fitness. The exercises are adapted for players up to the age of puberty, but can also be used by older players.

Educational aids

The Physical bag accompanying the DVD includes:

- Medicine balls
- Balance balls
- Pump
- Mats
- Pegs
- Barbells
- Skipping rope
- Hurdles



Information and ordering

Information on the Swedish Tennis Association's Long-Term Player Development Programme

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DVD orders:

Holmbergs
E-post: distribution@holmbergs.com
Phone: +46 40-6606669



The DVDs cost SEK 175 + p&p each

Ordering the educational aids accompanying the DVDs

Tennisplanet
Magnus Hansson
E-post: magnus@tsnab.net
Phone: +46 431 431130



The cost of the materials varies depending on the size of the order