

evolution KIDSTENNIS

UNDERSTANDING THE STAGES



This is the very first stage where players learn basic concept of the game and how to keep and control a ball in a space. Players develop fundamental movement and balance skills plus basic hitting and rallying skills, in a limited size court. Essentials here include reception, contact and a basic short swing shape. Players start to count and score and understand some basic rules. Athletic skills focus on balance basis coordination. Coaching sessions run from 45 – 60 minutes and competition is based on performing and counting skills in teams.



In two and three players learn key concepts of the game, and missions focus on controlling and directing the ball, to help to win points. To facilitate this they continue to build the skills required to serve, rally and score. Stroke shapes, although basic, are developing and are combined with movement and recovery. Athletic skills now include a higher stage of coordination and agility but balance is still key. Coaching sessions run for 60 minutes and competition is through team based matches using shortened scoring systems of one tiebreak or less.



As players move into these stages their skills improve and the missions become more challenging. Here they need to use time to make the ball go faster and also to connect shots together using patterns of play. Moving up the court and using angles is also more evident. The plan just evolved and technique will become better to help make this happen. Mentally they learn to focus and enjoy challenging situations. Athletic skills now focus on agility with a high stage of coordination. Further development of technical shapes and skills is equally emphasized, including the use of spin. Coaching Sessions run for 60 – 90 minutes and competition is both through team and individual matches.



In making the transition to the full court players are more confident and tactically aware. Missions now focus more on their opponent and how to attack and defend against their strengths and weaknesses. As they grow and develop some basic strength, athletic skills play a bigger part in their game physical size must be considered as players transition. Focus is placed on developing more tactical skills and refining technical ones, building upon the quality foundations from previous stages, including attacking, defending and using strengths and weaknesses. Sessions run for 90 – 120 minutes and competition is presented through singles and doubles matches, using game scoring.