

Play and Stay - game based training with larger groups

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1. INTRODUCTION

- **Background:**
 - The Play and Stay Seminar in London 2008
 - Update on Tennis Play and Stay Campaign
- **The 5 Key messages:**
 - Tennis is Fun
 - Tennis is Easy
 - Tennis is Healthy
 - Tennis Competition can be fun...formats and scoring systems
 - Tennis is a sport for all...ITN
- **The Slogan....Serve Rally and Score!**

2. KEY ASPECTS

- **Balls:**
 - The importance of the slower balls with starter players
 - The equipment...ensuring the specifications are good for the players
- **Courts:** Setting up the smaller courts easily
- **Competition:** Competition formats
- **Books, website and DVDs:** The supporting materials for Tennis Play and Stay
- **Methodology:**
 - Understanding the game base approach
 - Tennis lessons should be more learner centred
 - Simple tactical and technical instruction for starter players
 - The 5 game situations
 - Effective rotation and scoring
 - Fun competition
- **Persuasion:** Need to convince coaches/club managers and tennis administrators
- **Case studies:** The success to date and case studies of Play and Stay
- **The coach:**
 - The main role of the coach is to organise people to play tennis and then give relevant instruction to help them play better.
 - Teaching technique is important but it is only one element of the coaches' job.

3. 10 & UNDER AND THE RULE CHANGE MANDATED FROM 2012 ONWARDS

- Why slower balls with 10 and under players?
- The importance of the balls for developing high performance juniors
- Changing the rules of tennis....if the competitions use the balls and the smaller courts....the coaches will have to use them in the training.
- ITF Guidelines for the age, the court size, the ball, the racket size and the scoring.
- Support of the top players
- Tennis10s will be one of the most important rule changes made in tennis....will help tennis to better compete with other sports

4. DIFFERENT TENNIS POPULATIONS

- **Adults:**
 - Adult Tennis Task Force established
 - The proposed starter adult tennis programme to be rolled out in 2011
- **Players with disabilities:**
 - Importance of Play and Stay for players with disabilities

Tennis technique and tennis training today and tomorrow

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1. INTRODUCTION

- **Evolution of the game:**
 - Players
 - Tournaments
 - Surfaces
 - Equipment
 - Other...
- **Evolution of tennis technique**
- **Evolution of tennis training**

2. EVOLUTION OF TENNIS TECHNIQUE

- **Components of tennis technique:**
 - Efficiency
 - Effectiveness
 - Injury free
- **Biomechanics and technique**
- **Technique and style**
- **Stroke power vs control**
- **Aspects that influence technical evolution:**
 - Tactics
 - Conditioning
 - Technique
 - Equipment
- **The tennis technique of the future**
 - New strokes?
 - New patterns and/or movements?

3. EVOLUTION OF TENNIS TRAINING

- **Some components of tennis training:**
 - Volume
 - Intensity
 - Periodisation
- **Evolution of tennis training:**
 - Origins
 - The Australians - Harry Hopman
 - The Eastern Europeans – The “Czech” way
 - Modelised – Game based
- **“Philosophy” of tennis training:**
 - From analytic and structural to global, holistic and dynamic
- **The tennis training of the future**
 - Complexity
 - Laterality
 - Variability
 - Prevention

4. HOW TO PREPARE FOR THE FUTURE OF TENNIS TECHNIQUE AND TRAINING - INNOVATION

- **The role of technology in equipment, technique and training**
- **Learn from the top players**
- **Learn from sport scientists - research**