By the end of this session you should be able to:

• Understand how the load can be increased in tennis training
• Explain the main characteristics of planning as applied to tennis drills
• Devise effective and appropriate planning routines and programmes for tournament tennis players
An example of a yearly training cycle for double periodisation 
Under 14 player

<table>
<thead>
<tr>
<th></th>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>Aug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest</td>
<td>Preparation</td>
<td>Comp</td>
<td>Rest</td>
<td>Prepar</td>
<td>Competit</td>
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<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td></td>
</tr>
</tbody>
</table>

Mayes (1995)
An example of a yearly training cycle for double periodisation
Under 14 player
with *macro* and mesocycles

<table>
<thead>
<tr>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Jan</th>
<th>Feb</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Rest</td>
<td>Prep</td>
<td>Comp</td>
<td>Rest</td>
<td>Prep</td>
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<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
</tbody>
</table>

Mayes (1995)
How to increase the effort (load) in tennis training

<table>
<thead>
<tr>
<th>VOLUME</th>
<th>INTENSITY</th>
<th>COMPLEXITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. More time of training</td>
<td>3. Reduce recovery time between series and between drills</td>
<td>3. Zones of direction or position</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4. Play against better opponents</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5. Change the score system, etc.</td>
</tr>
</tbody>
</table>
Load values in tennis competition (effort)

<table>
<thead>
<tr>
<th></th>
<th>LOW</th>
<th>MODERATE</th>
<th>HIGH</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Duration</strong></td>
<td>1 hour</td>
<td>1 hour 40 min.</td>
<td>2 hours 30 min</td>
</tr>
<tr>
<td><strong>Number of games</strong></td>
<td>20 (3 min. 30 sec)</td>
<td>27 (3 min. 45 sec)</td>
<td>36 (4 min. approx)</td>
</tr>
</tbody>
</table>
Load values in tennis training (effort)

<table>
<thead>
<tr>
<th></th>
<th>LOW</th>
<th>MODERATE</th>
<th>HIGH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duration</td>
<td>70 minutes</td>
<td>2 hours</td>
<td>2 hours 30 min to 3 hours</td>
</tr>
<tr>
<td>Time of drills</td>
<td>75%</td>
<td>46%</td>
<td>25% - 36%</td>
</tr>
</tbody>
</table>
Microcycles
general aspects

• Highly intensive and demanding training contents:
  – speed,
  – anaerobic endurance,
  – dexterity, etc.) should be scheduled after easier sessions or days
Microcycles
general aspects (II)

- The player’s strengths should be scheduled:
  - at the beginning or at the end of the week during the preparatory phase
  - in the last days before the tournament during the competition phase due to psychological reasons (build self-confidence)
## Microcycles Example

### Sample weekly Plan

Week 5 out of 14

<table>
<thead>
<tr>
<th>Day</th>
<th>Technical-tactical</th>
<th>Physical</th>
<th>Mental</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>Serve and return</td>
<td>Sprints</td>
<td>Emphasise pace of play</td>
</tr>
<tr>
<td></td>
<td>First serve percent</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>Consistency at baseline</td>
<td>Competitive sprints</td>
<td>Emphasise posture and coping</td>
</tr>
<tr>
<td></td>
<td>Doubles return</td>
<td></td>
<td>behaviours</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>Match day</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>Stroke first aid</td>
<td>Fun ball skills</td>
<td>Discus match results</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>Play points</td>
<td>Light running and</td>
<td>Relaxation, concentration and</td>
</tr>
<tr>
<td></td>
<td>Tie-breaker matches</td>
<td>stretching</td>
<td>pressure drills</td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td>Match day</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The day periods

• Schedule low intensity and low volume day periods after high demanding ones
• Schedule a tapering (reduced volume) day period before the tournament day
• Schedule a high volume or high intensity day period after the weekend, if the player has had enough rest
The training session (I)

• Determine the degree of load in each session in order to challenge the adaptation capacity of the player
• Know how to order the different training sessions for different results
• Schedule first the most important session of the day (i.e. the one that has the main goal)
The training session (II)

• In the general preparatory period:
  – Conditioning sessions before technical sessions
  – Conditioning: most important goal of the period

• In the specific preparatory period:
  – Technical sessions may be placed before tactical and physical ones

• In the pre-competition period:
  – Tactical sessions before technical ones
The training session (III)

• Sessions requiring speed, power and maximum strength should never follow days of high effort.

• Sessions of speed-endurance, aerobic endurance or strength endurance should never precede sessions designed for technique, speed, flexibility or maximum strength.
The training session
Determining factors

• The general and long term goals of the annual plan
• The specific and short term goals of the practice session
• The players characteristics
• The personal coaching philosophy of the coach
• The available means and facilities
The training session
Principles (I)

<table>
<thead>
<tr>
<th>PRINCIPLE</th>
<th>CHARACTERISTICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal setting</td>
<td>The coach should have a goal for every training session and plan the session according to the achievement of that goal.</td>
</tr>
<tr>
<td></td>
<td>The coach should take time to prepare for each practice.</td>
</tr>
<tr>
<td></td>
<td>Drills should be well planned and structured.</td>
</tr>
<tr>
<td>Warm up and cool down</td>
<td>It is very important to warm up physically and technically before the session start. This will help the player not only physically but also mentally. Besides, the players should go through a cool down routine just after the last drill of the session (i.e. a fun game, stretching, easy jog, etc.).</td>
</tr>
<tr>
<td>Homogeneity</td>
<td>The more similar the players are in ability, the easier it is to design good practices.</td>
</tr>
<tr>
<td></td>
<td>The coach can use games and specific adapted scores to equalise the challenge to each member of the team during practice (optimal challenge) (differentiation).</td>
</tr>
<tr>
<td>Practising every day the fundamentals</td>
<td>It is very important to introduce in each daily training session the five fundamental game situations: serve, return, baseline game, approach/volley and passing.</td>
</tr>
</tbody>
</table>
## The training session

### Principles (II)

<table>
<thead>
<tr>
<th>PRINCIPLE</th>
<th>CHARACTERISTICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work all aspects</td>
<td>In planning a practice it is important to keep a balance between training weaknesses and strengths. The coach should keep a daily written record of training contents to ensure that each area of the game is being practised sufficiently by the player.</td>
</tr>
<tr>
<td>Use different types of drills</td>
<td>The coach should plan a varied practice by using different types of drills: basket drills, play with the pro drills, rally between players, and scrimmage or matchplay situation drills.</td>
</tr>
<tr>
<td>Adaptability</td>
<td>Drills should be adapted to players characteristics. The coach should modify the different aspects of a drill: feeding procedures, rhythm, work/rest ratio, difficulty level, etc., in order to match and challenge the ability of the player.</td>
</tr>
<tr>
<td>Fun, movement, etc.</td>
<td>Keep each drill short and quickly moving. Remain positive and be constructive with your criticism. Remember, a good drill done for too long, becomes a bad drill. Introduce games and competition drills with score. Drills should be enjoyable and challenging.</td>
</tr>
</tbody>
</table>
Drills
Introduction

• There are thousands of drills. Whether a drill is good or bad depends on:
  – The general & specific goal of the coach
  – The number of players per court / per coach
  – The time and means available
  – The players level of ability
  – The attitude/enthusiasm of the coach/player
Drills

General goals

• To emphasise the learning of a new skill (LEARNING)
• To improve skills which the player already has (CORRECTION)
• To maintain skills which the player already has (STABILISATION)
Drills
Specific goals (I)

• **Technical**: to learn a shot (basic, special, spin, situation), to improve a movement (footwork, swing, placement), to hit with more power, etc.

• **Tactical**: to learn the tactical use of a shot, to plan a strategy for a match, tactical patterns of play, match analysis, the game situations, etc.
Drills
Specific goals (II)

- **Psychological**: to handle pressure, to improve mental strength, concentration, motivation, emotional control, control of thoughts, visualisation, relaxation, etc.
- **Physical**: to improve general fitness, or specific physical qualities: speed, strength, power, coordination, endurance, etc.
- **Mixed or combined**: When some of the above specific goals are combined in a drill
Drills

Important aspects to consider

• The player knows and understands the main and secondary goals of the drill
• Player gives 100% effort, concentration and intensity
• Go for quality instead of quantity: e.g. ‘hit the best 5 balls you can’
• When the quality of performance begins to drop: stop the drill
Drills
Structure (I)

• Easier drills should be performed before more difficult drills
• Technical drills (those which don’t involve decision making) should be done before tactical ones
• Learning or correction drills should be done before drills aimed at stabilising the skills of the player
Drills Structure (II)

• Drills which involve practising co-ordination or fine motor skills (e.g. serve, drop-shot) should be performed before those which involve practising other skills (e.g. groundstroke endurance, etc.)

• Tough drills should be mixed up with fun or competition drills to ensure motivation
Drills Structure (III)

• After a hard drill it is better to rest more time. Follow a hard drill with an easier drill

• Schedule recovery drills towards the end of the session to maximise the quality of the training
## Drills
### Rotation systems

<table>
<thead>
<tr>
<th>SYSTEM</th>
<th>CHARACTERISTICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of repetitions</td>
<td>Each player gets a specific number of balls (2-8) and then rotate. It is better not to hit 1 ball and then rotate.</td>
</tr>
<tr>
<td>Time</td>
<td>Each player gets a specific amount of time (e.g. 5 sec.) and then rotate.</td>
</tr>
<tr>
<td>Scoring</td>
<td>The player who wins the point stays and the loser comes out (players play at maximum of 2 points).</td>
</tr>
<tr>
<td>Errors</td>
<td>Players rotate after they make an error or a given number of errors</td>
</tr>
<tr>
<td>King of court</td>
<td>Player who first scores 3 points first goes by himself</td>
</tr>
</tbody>
</table>
Drills
Procedures for performing

• Explain
• Demonstrate
• Practice
• Give feedback (positive whenever possible)
• Evaluate
• Adapt
Drills

Setting up the progression

• Targets:
  – Projection, Reception/Perception, Constraints
• Movement:
  – Before hitting, during and after the shot
• Number and type of shots:
• Use of scores: balls to a target, in a row, etc.
• Work/rest ratio
Drills
Intensity

• **High intensity drill**: No rest, continuous hitting. 2/1, 1/1 work/rest

• **Moderate intensity**: 1/2, 1/3 work/rest, realistic ratio

• **Low intensity**: 1/4, 1/5 work/rest, warm-up, learning or correction ratio
Drills
Periodisation

• Preparation period (Learning or correcting):
  – 20 min. drill max.
  – Use different drills

• Pre-competition (stabilising):
  – 10-20 sec. work
  – 20 sec. rest
  – Every 8-10 min. drill, 2 min. rest
Advanced group training
Basic prerequisites (I)

- 4-6 players of homogeneous skill levels
- 1 to 2 - 2 ½ hours session
- 1 - 2 courts are often used
- Players should practice every day the 5 basic game situations
- Always full participation (hitting, moving, resting, picking up balls, etc.) of all players
Advanced group training
Basic prerequisites (II)

• It is mandatory to have one or two main goals of the training session

• Coach creates a positive learning/training environment:
  – 3:1 credit to criticism,
  – go for it attitude,
  – performance versus outcome,
  – positive feedback, co-operative style, etc.
## Advanced group training

### Practice routines

<table>
<thead>
<tr>
<th>Available time</th>
<th>Tentative Schedule</th>
</tr>
</thead>
</table>
| 1 hour         | 10 min. Warm up (physical and technical)  
                 40 min. Main part of the session  
                 5 min. Cool down  
                 5 min. Review, summary and closing |
| 1 hour 30 min. | 5 min. Warm up (physical)  
                 10 min. Warm up (technical)  
                 60 min. Main part of the session (5 min. break in the middle)  
                 10 min. Cool down  
                 5 min. Review, summary and closing |
| 2 hours        | 10 min. Warm up (physical)  
                 20 min. Warm up (technical)  
                 1 hour 15 min. Main part of the session (5/10 min. break in the middle)  
                 10 min. Cool down  
                 5 min. Review, summary and closing |
| 2 hours 30 min.| 15 min. Warm up (physical)  
                 20 min. Warm up (technical)  
                 1 hour 35 min. Main part of the session (15 min. break in the middle)  
                 10 min. Cool down  
                 10 min. Review, summary and closing |
Advanced individual training
Basic prerequisites (I)

• The methodology of training depends on the goals and on the coach’s level of play:
  – Good level of play: It is possible to rally, play points and practice match situations. No need to have a sparring partner all the time
  – Average level of play: It is better to use feeding drills or rallying to specific zones of the court. It is important to have a sparring partner
Advanced individual training
Basic prerequisites (II)

• The length of the session can be approximately as follows:
  – Beginner: 30 to 45 min.
  – Intermediate: 45 min to 1 hr. 15 min.
  – Advanced: 1 hr. to 1 hr. 30 min.

• 1 court is used for the training

• Ensure that the player practices every day the 5 basic game situations
Advanced individual training
Basic prerequisites (III)

• As the player is playing all the time, it may be difficult for him to maintain a high concentration during all the session
• Physically the player requires rest periods. So that, the technique doesn’t break down
• Combine drills with rest intervals where you may give feedback to the player, ask him to drink, to rest or to pick up balls.
## Advanced individual training

**Practice routines**

<table>
<thead>
<tr>
<th>Available time</th>
<th>Tentative Schedule</th>
</tr>
</thead>
</table>
| 30 mins        | 5 min. Warm up physical and technical  
                  20 min. Main part of the session (2-5 min. break in the middle)  
                  5 min. Cool down, review, summary and closing |
| 45 mins        | 10 min. Warm up physical and technical  
                  30 min. Main part of the session (5 min. break in the middle)  
                  5 min. Cool down, review, summary and closing |
| 1 hour         | 10 min. Warm up (physical and technical)  
                  40 min. Main part of the session (5 min. break in the middle)  
                  5 min. Cool down  
                  5 min. Review, summary and closing |
| 1 hour 30 min. | 5 min. Warm up (physical)  
                  10 min. Warm up (technical)  
                  60 min. Main part of the session (5 min. break in the middle, 2 times)  
                  10 min. Cool down  
                  5 min. Review, summary and closing |
Mental training Planning (I)

- PREPARATION: Motivation, 100% effort, fun & enjoyment
- PRE-COMPETITION: Emotional control, concentration, positive thinking
- COMPETITION: Visualization, behavioural control, specific match play situations
- TRANSITION: fun & enjoyment
Mental training Planning (II)

• Depends on the mental ability, the period of the season and the player characteristics

• Average: from 15 to 20 minutes per session, 2 to 3 times per week

• The coach may plan specific mental training drills inside each technical or tactical session
### Physical training Planning

<table>
<thead>
<tr>
<th>PHASE</th>
<th>I PREPARATION</th>
<th>II PRE-COMPETITIVE</th>
<th>III COMPETITIVE</th>
<th>IV ACTIVE REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal</td>
<td>Firm base fitness level</td>
<td>Tennis specific training</td>
<td>Physiological peak</td>
<td>Recovery</td>
</tr>
<tr>
<td>Fitness training</td>
<td>Aerobic 20-40 minutes continuous 3 days/week during 6 weeks</td>
<td>Anaerobic/aerobic interval and circuit training 1 day/week</td>
<td>Tennis specific drills short explosive One 40 minutes run each 2 weeks</td>
<td>Light fitness training especially in other sports</td>
</tr>
<tr>
<td>Speed training</td>
<td>Speed resisted training 2 days/week Before endurance and strength sessions</td>
<td>Speed reaction drills 1-2 days/week</td>
<td>Tennis specific and ball drills short explosive</td>
<td>Practice of other sports</td>
</tr>
<tr>
<td>Strength training</td>
<td>Low intensity 2-3 sets High repetitions 12-15 2-3 days/week Leave 48 hours between sessions to recover</td>
<td>Higher intensity 4-5 sets Lower repetitions 4-8 2-3 days/week</td>
<td>Decrease intensity Circuit training 1-2 sets 12-15 reps. Once each 2 weeks</td>
<td>Practice of other sports</td>
</tr>
</tbody>
</table>