



Thema congres

- “the long-term development of high performance player”

	10U	14U	18U	23U
Player development				
Technique				
Tactics				
Conditioning				

Om over na te denken

- Player development in 10U
 - Verband tussen competitie en player development
 - “Over competing”
- Tactisch plannen
- Belang van fysieke training
- Case studeys

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10U – Talent ID

- Debbie Kirkwood (Canada)
 - Studies tonen aan dat 77% van de top 100 “startte” met tennis tussen de leeftijd van 4 en 7
 - Voor vrouwen is dit 63%
 - In Canada is de startleeftijd 8+
- Andrew Lewandowski (Great Britain)
 - Talent ID programma sinds 2007
 - Pyramide structuur (county – regional – national)
 - 1200 spelers via nationaal niveau getest
 - Talent management v id

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10U Competitie – player development

- Bernard Pestre (France)
 - Competitie structuur voor 10U is zeer belangrijk voor de ontwikkeling van de speler
 - Verschillende aanpassingen in de structuur sinds 2006
 - Officiële competitie > 8
 - Eén leeftijdscategorie
- player development
 - Garanderen van gezondheid en welzijn van de spelers
 - Ontwikkelen van een gevoel van fair play en waarden. (ook van toepassing voor de ouders).
 - Ontwikkelen van een spel zonder beperkingen door voldoende tijd op het gepaste terrein te trainen

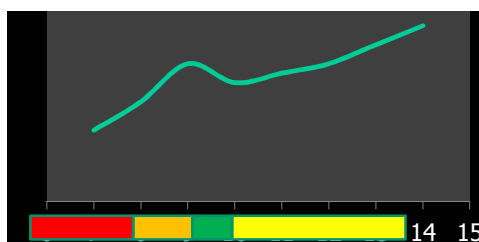
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10U – Player development

- Max De Vylder
(Great Britain)



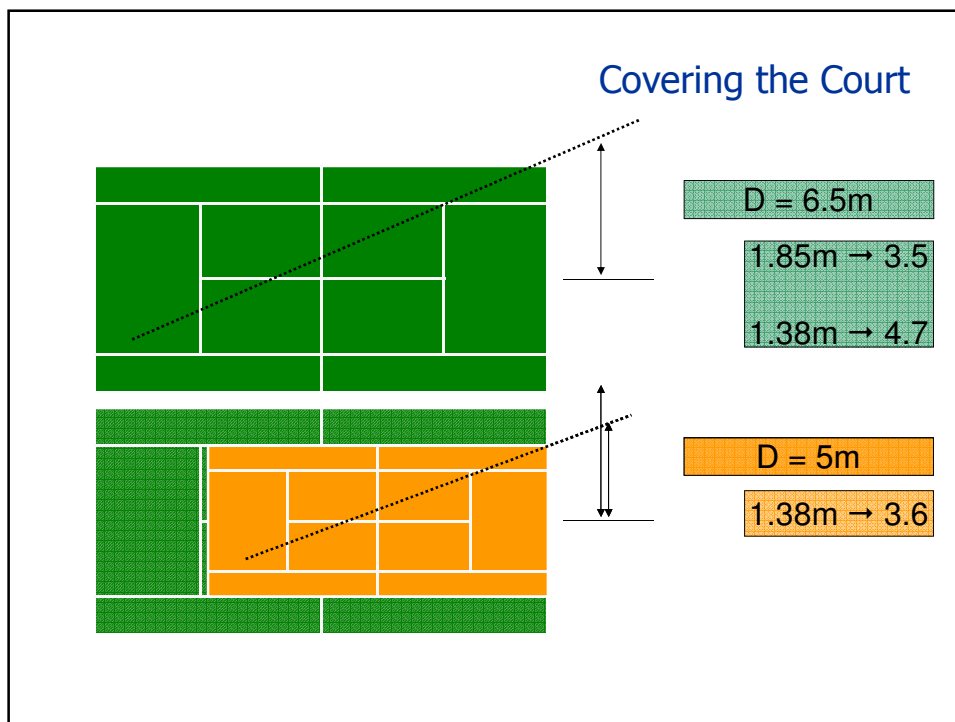
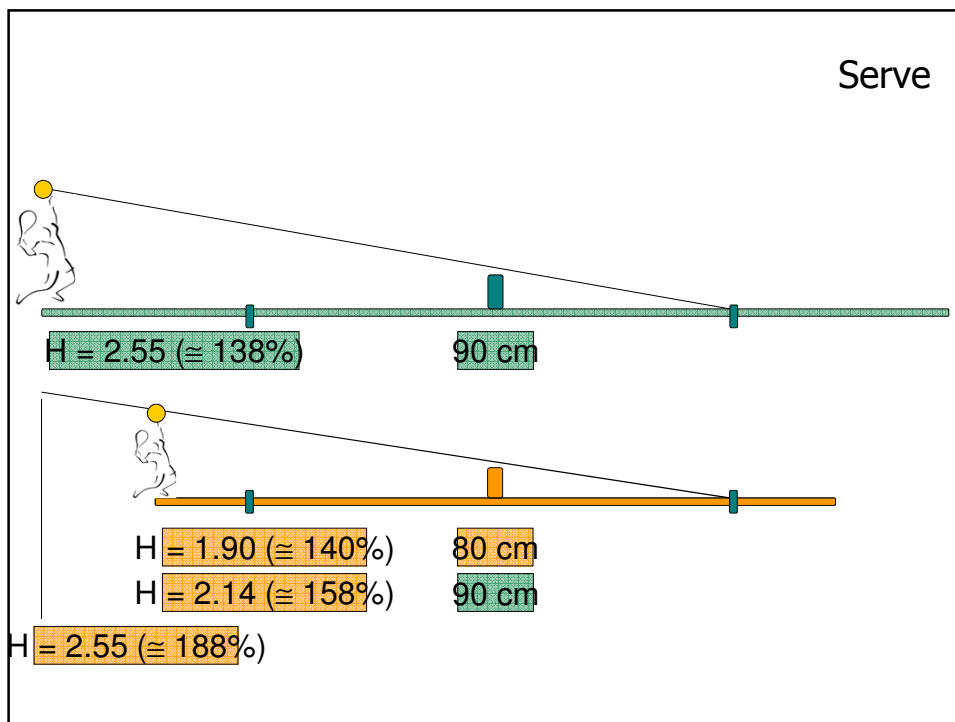
- Michael Ebert (Austria)

	Oranje	Groen	ATP
Points won on S1	58%	43%	67%
Serve & Return contact delay	1.03s	1.26s	0.75 – 0.85s
Rally contact delay	1.59s	1.83s	1.32s
Net approaches	58%	47%	67%

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“Over competing”

- Problemen door een te groot aantal wedstrijden
 - Langdurige kwetsuren
 - Burn out
 - Drop out
 - Vertragen van de ontwikkeling van de speler

- Aanbevelingen aantal wedstrijden per jaar (FFT)
 - 8 jaar: 30 wedstrijden (oranje)
 - 9 jaar: 50 wedstrijden (groen)
 - 10 jaar: 70 wedstrijden (groen)
 - 11 jaar: 80 wedstrijden (geel)

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Tactisch plannen

- Doug MacCurdy
 - Players should learn to win points effectively with the strokes they have.
 - Players should recognize what tactical situations they find difficult to play against.
 - Players should be able to execute patterns that allow them to use their favourite shots and to minimize the opportunities that their opponents have to use effective patterns against them.
 - Decision-making is required in tactical training.
 - It helps players understand to recognize defensive, neutral and offensive situations.
 - Tactical training is particularly important for junior players from around age 12 to 16.
 - Tactical training will help players discover their own game-style.
 - Players learn the benefit of using specific shots in specific situations.

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Tactisch Plannen

- Louis Cayer (Great Britain)
 - Problemen qua tactische planning in training centra
 - Thema's veranderen week na week
 - Hetzelfde thema wordt (op dezelfde manier) aangehouden gedurende een lange periode
 - Techniek wordt voornamelijk getraind als voorwaarde voor een specifieke tactiek
 - Tactische ontwikkeling is intuïtief gekend door coaches maar wordt slecht "gepland" in het lessenplan
 - Coach kan kiezen
 - Moeilijkheid
 - Frequentie
 - Belang
 - Train beide rollen in een patroon (speler/tegenstander)

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Tactisch Plannen

- Hans Peter Born (Duitsland)
 - "speel" tijd in een wedstrijd 16.9%
 - S1 ⇒ S2: 8s
 - Slagen rond de basislijn: 45% onder tijdsdruk
 - Meer verplaatsingen (snel lopen) naar de FH kant
 - Maximale loopsnelheid in ± 20% van de basislijn slagen
 - 5.9% van de ballen wordt niet gehaald
 - 3-6 meter verplaatsingen
 - Zijwaarts sprinten > voorwaarts sprinten
 - 80% van de punten ≤ 8 slagen

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Belang van fysieke training

- Beni Linder (Zwitserland)
 - *Building phase (U10)*
 - Play and stay and learning while playing is a goal.
 - Stimulation on different physical factors – not very specific but fun and variation are elements of the lessons. Contents can be: stop-and-go / jump-and-go / turn and go / throw and catch / catch and run /
 - Example of exercises
 - stop-and-go / jump-and-run / turn-and-run / catch and run / etc.
 - Method: general training

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Belang van fysieke training

- Beni Linder (Zwitserland)
 - *Development phase (11-14):*
 - Growing phase: "length growing" ⇒ endurance, coordination
 - Learn to train – learn to go to the limit of speed and agility.
 - Learn to get physically stressed – be able to work with this load and stay in the process of moving and creating simple and further complex movements.
 - Example of exercises
 - Change the direction, starting speed, acceleration, frequency speed and reaction speed
 - From simple general – to more complex oriented exercises

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Belang van fysieke training

- Beni Linder (Zwitserland)
 - *Junior phase (15-18):*
 - Growing phase: "wide-growing" ⇒ the strength training (to get more muscle volume) is a sensitive element to make huge progresses. Learn the different variations of strength training.
 - Transmit the "new" power of strength on the court. Fast but precisely is the goal (oriented training method).
 - developing their movement qualities. So to be fast and strong, to have power etc. is nice but it's the beginning of transmitting these qualities on the court. Maximum v optimum
 - Collaboration between the physical and the tennis coach is a MUST. Both sides have their topics to develop – but the focus is more and more to optimise the player's game (optimum and not maximum).
 - Example of exercises
 - Mix of explosiveness and quickness – fast but precisely lightly anaerobic to mix aerobic to anaerobic load is between 10 sec - 20 sec. / break time about 30 sec.

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Belang van fysieke training

- Beni Linder (Zwitserland)
 - *Transition to professional phase (19-23)*
 - Endurance of strength speed
 - Endurance of speed, coordination and agility
 - Intermittent trainings
 - Stimulation of the basic physical factors: variations of strength, variations of endurance, variations of speed-power-agility-coordination
 - Good and strong physical abilities are nice to have but the real athlete is the one who can transmit these abilities on the court (integrated and specific trainings method). – complex as it is in the game.
 - Example of exercises
 - Video: example of a strength speed and power speed training and the same topics but in an endurance environment (intermittent)
 - General and oriented exercises / movements

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