

Het lange-termijn trainingsconcept van de Vlaamse Tennisvereniging

Steven Martens & Kenneth Bastiaens

Dag van de trainer – BLOSO – december 2006



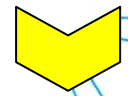
TRAININGSCONCEPT

GAME BASED
APPROACH



TRAININGS-
PROGRESSIE

**SPELCONCEPT /
TACTIEK**

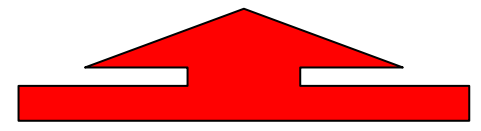


**TECHNISCHE
VAARDIGHEDEN**

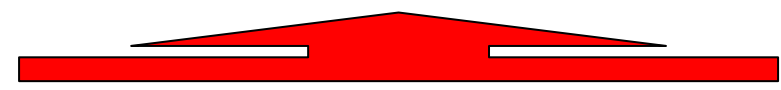


**COORDINATIEVE &
FYSIEKE
VAARDIGHEDEN**

**SPELCONCEPT /
TACTIEK**



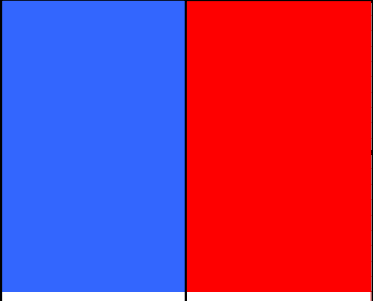
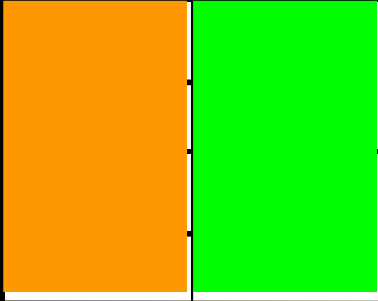
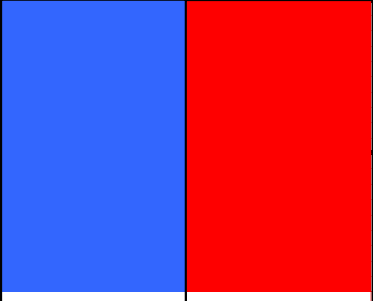
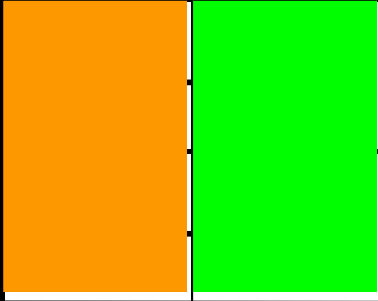
**TECHNISCHE
VAARDIGHEDEN**



**COORDINATIEVE &
FYSIEKE VOORBEREIDING
EN ONDERSTEUNING**

Lange-termijn ontwikkeling KidsTennis



ITN	<u>10.3 t/m 9</u>	<u>8 t/m 6</u>	<u>5 t/m 4</u>	<u>3 t/m 1</u>
Pathway ♂ / ♀	♂ 5-8 / ♀ 5-8	♂ 9-12 / ♀ 9-11	♂ 13-16 / ♀ 12-15	♂ +16 / ♀ +15
METHODE	INITIATION	FUNCTIONAL	POSITIONAL	ADAPTIVITY CREATIVITY
TA / TE	< + >	< + >	< + + + + >	< + + + + >
TE / TA	< + + + + >	< + + + + >	< + + >	< + >
CO / PHY			< + + >	< + >
PHY / CO			< + + + + >	< + + + + >
ME / TA / PHYS	< + >	< + >	< + + + >	< + + + + >

SAMENVATTING

PHASES	TECHNISCH/ TACTISCH	TACTISCH/ TECHNISCH	FYSIEK/ COORDINATIEF	COORDINATIEF/ FYSIEK	
ITN 0.3 - 9	initiatie	<div style="text-align: center; font-size: 2em; font-weight: bold;">VLAAMSE "V"</div>			algem coord
0.3 - 9	initiatie				algem coord
ITN 8 - 6	functio- neel	<div style="text-align: center; font-size: 2em; font-weight: bold;">VLAAMSE "V"</div>			alg & specif
8 - 6	functio- neel				alg & specif
ITN 5 - 4	postio- neel		alg & specif conditie		
ITN 3 - 1	strate- gisch		specif & alg conditie		