



PEOPLE'S COURTS TENNIS ACADEMY PROGRAM'S BENEFITS

Our High Qualified Coaches introduce players to the sport of tennis, so that they may enjoy the short term and long term benefits:

LIFETIME SPORT

Tennis is one of the great lifetime sports. It provides physical exercise and offers challenges and rewards to players of all ages.

THINKING SKILLS

Tennis is recognized as a game that helps develop thinking skills, such as ball placement strategies for forcing an opponent out of position and anticipation of an opponent's move. Successful tennis players must learn how to concentrate over a long period of time. And they must eventually learn how effort and concentrated purpose are necessary in practice to achieve maximum skill development.

SOCIAL SKILLS

Students will be able to obtain the social benefits that are involved with tennis. Tennis demands regular and consistent cooperation. It is a game played in virtually every part of the world by exactly the same rules.

EMOTIONAL DEVELOPMENT

Tennis is a great game for promoting emotional development. Tennis players must, by the nature of the game, be self-reliant. They cannot call timeout to consult a coach or expert to get a substitute when things get rough. Players must also be their own officials. This demands a very high level of trust and cooperation.

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High Performance Program

The goal of the program is to help and assist talented and ambitious athletes to achieve their personal goals in their sports career.

This program aims at creating and developing national and international players and preparing them on required technical, tactical, physical, mental and nutritional competencies for such events.

Training Objectives

Technical

- Development and integration of advanced stroke variation
- Development and integration of net play
- Integration of advanced footwork patterns

Tactical

- Integration of point construction
- Development of a game plan and personal game style
- Advanced decision making
- Creating and using match report journal

Physical

- ABC (Agility-Balance-Coordination)
- Speed
- Flexibility
- Muscular strength and endurance
- Aerobic endurance

Mental

- Imagery
- Goal setting
- Positive thinking and self talk
- Anxiety control
- Emotional control

Nutrition

- Awareness of a healthy diet
- Awareness of pre-, mid- and post competition nutrition

General

- Professional attitude
- Taking responsibility
- Creating high level of work ethic
- Ability to meet and enjoy challenges
- Sportsmanship in match play

Long Term Development Plan

Periods

Basic Goals

High Performance Tots 6-8 YEARS OLD

1. Pre-selection and involving talented kids in organized tennis programs.
2. Physical and mental development of this kids.
3. Teaching the basic technical skills through Progressive Tennis.
4. Final testing and selection.

High Performance Development 8-11 YEARS OLD

1. Enlargement of basic motor skills.
2. Teaching the basic stroke techniques without individual modification.
3. Mental and emotional development, mutual respect and self confidence.
4. Increasing the level of basic physical abilities.
5. Adaptation to systematic training sessions.

High Performance 1 & 2 13-17 YEARS OLD

1. Perfecting the technique of all strokes.
2. Working on the efficiency of the strokes in motion and in static, development of tactical skills combining 2 or 3 shots, using different spins and game styles.
3. Development of mental toughness .
4. Increasing the number of domestic and international tournaments and circuits.

HIGH PERFORMANCE

17+

1. Perfecting the technique of all strokes.
2. Working on the efficiency of the strokes in difficult game situations.
3. Special attention about serve and return.
4. Playing successful on all type of court surfaces.
5. Maintaining and improving of the fitness level.
6. Specific tournament mental preparation.
7. Increasing the level of tournament routine participating in more international tournaments