

Programs

During the last year the NYTA has spent time blending our previous program with Tennis Canada (LTAD) Long Term Athlete Development system and the (ITF) International Tennis Federation. With the purchased of new equipment to support or "Progressive Tennis" movement and recertification of our Coaches we are more equipped to serve our students. Our programs are broken into 5 levels of development with goals and objectives specific to each level.

Red Ball Program

The first level of development is what we call the **Red Ball Program**. This program is recommended to 5-7 years that are trying the game for the first time. With different levels of play and progression we have broken the program into 3 sections.

½ court bronze: "fundamentals"

½ court silver: "basic play"

½ court gold: "consistent precision"

For each level we have identified objectives and goals that need to be in place before advancing.

- Instill a love of sport and being physically active
- Introduce tennis with the appropriate sized balls, racquet and court
- Developing the 5 fundamentals (grip, set-up, impact point, hitting zone and recovery)
- Introduce hand-eye coordination (striking an object), fundamental movement skills,
- Promote self-confidence in an enjoyable, safe environment
- Introduce fundamental movement skills (walking, running, jumping, wheeling, catching, throwing)
- Introduce fundamental motor skills (agility, balance, coordination and reaction speed)
- To get the students to play quickly and successfully

This program is designed that an average player will need 2 years (36 weeks per year) to acquire the skills. An exception player could achieve these skills in 1 year. Parents will be given written evaluations before the conclusion of the session.

Orange ball program

For the next level of development the students move to the ¾ court which we call the **Orange ball Program** stage. We recommended this level to 7-9 year olds that have completed the Red Ball Program. We also use this level for the entry point for 10-14 year olds that are new to the game. We have divided the ¾ court curriculum into 3 sections with different goals.

¾ court bronze: pressure through consistency "keeping the ball in the court"

¾ court silver: pressure with increase precision and power while maintaining consistency

¾ court gold: pressure by moving the opponent and playing an all- court game with consistency

Like the previous level we have identified objectives and goals that need to be in place before advancing to full court tennis.

- Further develop movement skills, motor skills
- Conformity of the 5 fundamental (grip, set-up, impact point, hitting zone and recovery)
- Introduce tennis with the appropriate sized balls, racquet and court
- Optimal windows of trainability for speed and flexibility
- Develop tennis skills (technical/tactical)
- Acquire psychological skills (ability to focus, emotional control, positive attitude, commitment & effort)
- Introduce decision-making
- Develop competitive skills
- Having fun
- Reading the opponent

The ¾ tennis is very important stage of development where the players are in the conformity stage (developing muscle memory). We have to be relentless regarding the 5 fundamentals because this will affect the player for the rest of their tennis career.

"My theory is that every ball hit the wrong way will take four or more balls to correct it"

Tyler Prescott, Director of Coaching NYTA

Players that have developed the skill during this phase are able to move to the baseline with the same skill. By moving to the baseline too early and using the normal balls the players end up fighting the ball and not developing to their full potential.

"It is not a race to the baseline but a race to develop skill"

Tyler Prescott, Director of Coaching NYTA

The ¾ court system allows the players to play the "real" game of tennis. With the scaled down court this allows the player to develop an all-court game style. Players spend their time playing like a mini professional.

The average player will need 2 years (36 weeks per year) to acquire the skills. An exceptional player could achieve the skills in 1 year.

Full Court Green dot ball/Full Court Regular Ball

The next level of development is the **Full Court Green Dot Ball/Full Court Regular Ball** level. This level is recommended to 9-10 year olds that completed the Fundamental/Intermediates level. This is the entry point for 12-14 year olds that in the past would be classified as high intermediates to low advanced players that have had 3-4 years of exposure to tennis.

The objectives and goals for the program include:

- Further develop and consolidate all fundamentals tennis competencies (technical, tactical) in match play
- Develop basic psychological skills (ability to focus, emotional control, effort/determination, positive attitude)
- Develop basic competitive skills
- Participation in other sports
- Continue to develop decision making skills
- learning to work hard
- Reading the opponent

Program is designed that an average player will need 2 year (36 weeks per year) to acquire the skills. An exception player could achieve the skills in 1 year.

After completing this stage of development the player, parent and coach have to decide the direction and career path the students plans to pursue. The two streams are the tennis for life stream and the high performance stream.

For the players looking for high level of play in a recreational atmosphere tennis they can continue to participate in the Progressive/Advance level. Players that wish to continue their development and train in the HP/ Top Performance stream they must meet certain requirements:

1. Recommendation from Tyler Prescott, Director of Coaching NYTA
2. Top 20 OTA provincial ranking or national ranking
3. Completed the Progressive/Advance level

HP/ Top Performance

This program is geared towards developing international tennis competitors. For our players to meet their goals on top of regular secluded training hours players have access to extra training: walk on courts, match play, fitness training, and ball machine use

The "Hp" Top Performance stream is divided into 3 sections. The bronze, silver and gold sections are based on age and stage of development.

Full court bronze: "consolidating"

Ages: Girls 12-14, Boys 13-15 or exceptional 11-13 year old boys

This is a critical stage of development for the athlete/ tennis player, as it set the foundation for learning to be a competitive junior. In addition, this stage can determine if an athlete has an opportunity to compete at a high international level in the future.

General objectives

- monitor growth spurts to optimize the development of (flexibility, speed, strength, and aerobic endurance)
- Consolidate learned skills from practice and apply to competitive situations
- Balance the increase in training demands with lifestyle issues
- Continue to develop and refine technical skills
- Consolidate a specific game style
- Use sport sciences in the areas of physical preparation and psychological routines
- Introduce the concept of recovery and pre-habilitation
- Develop necessary decision making skills

Full court silver: "learning to Perform "

Ages: Girls 15-16, Boys 16-18 Ratio 1:1

The player has made the conscious decision to pursue a potential career as a "professional player".

General Objectives:

- Develop and refine technical skills
- Learn to cope with the challenges of different competitive surfaces
- Routines to produce the ideal performance state
- Adopt a positive lifestyle
- Consistency in the warm-up, recovery and diet
- Develop all the physical skills (flexibility, speed, strength, and aerobic endurance)
- Ensure pre-habilitation managed effectively
- Use recovery techniques (sport massage, relaxation, meditation)

Full court gold: "learning to be professional"

Ages: Women 17-21+, Men 19-23 Ratio 1:1

At this stage the player is 24/7 athlete working with a traveling coach full time, and is no longer involved in group lessons. The player is being trained 100% for competition. For information regarding this level you can visit Tennis Canada's web site under their LTAD plan.

Each session (spring, summer, fall and winter) the students will be evaluated.