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### **Essential Components of Planning a Tennis Training Session**

Each training session needs to contain the same essential elements. The amount of time spent on each element will depend on the goal of the training session, the time of season the session is in and the amount of time available for a particular session. The following elements need to be included in an athlete's daily training program. Please refer to the noted sections in each area for more in-depth information and guidance on these topics.

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Warm-ups</li><li><input type="checkbox"/> Previously taught skills</li><li><input type="checkbox"/> New skills</li><li><input type="checkbox"/> Competition experience</li><li><input type="checkbox"/> Feedback on performance</li></ul> |
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The final step in planning a training session is designing what the athlete is actually going to do. Remember when creating a training session using the *key components* of a training session, the progression through the session allows for a gradual build-up of physical activity.

1. Easy to difficult
2. Slow to fast
3. Known to unknown
4. General to specific
5. Start to finish



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**Principles of Effective Training Sessions**

<b>Keep all athletes active</b>	Athletes need to be active listeners.
<b>Create clear, concise goals</b>	Learning improves when athletes know what is expected of them.
<b>Give clear, concise instructions</b>	Demonstrate – increase accuracy of instruction. Have a consistent stop and listen signal.
<b>Record progress</b>	Chart progress together with your athlete.
<b>Give positive feedback</b>	Emphasize and reward things the athlete is doing well.
<b>Provide variety</b>	Vary exercises – prevent boredom.
<b>Encourage enjoyment</b>	Training and competition is fun. Help keep it this way for you and your athletes. One good way is to reinforce and repeat the topics. Athletes perform better when they are comfortable with the activity. An example would be a story, book or video for children. They are not bored with the same story over and over again, even though adults want more variety.
<b>Create progressions</b>	Learning is increased when information progresses from: Known to unknown – discovering new things successfully Simple to complex – seeing that “I can do it” General to specific – “this is why I am working so hard”
<b>Plan maximum use of resources</b>	Use what you have and improvise for equipment that you do not have – think creatively.
<b>Allow for individual differences</b>	Different athletes, different learning rates, different capacities.



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### **Tips for Conducting Safe Training Sessions**

Though the risks can be few, coaches have a responsibility to ensure that athletes know, understand and appreciate the risks of tennis. The safety and well-being of athletes are the coaches' primary concerns. Tennis is not a dangerous sport, but accidents do occur when coaches forget to take safety precautions. It is the head coach's responsibility to minimize the occurrence of injuries by providing safe conditions.

1. Establish clear rules for behavior at your first practice and enforce them. Some examples are:
  - Keep your hands to yourself.
  - Listen to the coach.
  - When you hear the whistle, "Stop, Look, and Listen."
  - Ask the coach before you leave the court.
2. When the weather is poor, have a plan to immediately remove athletes from inclement weather.
3. Make sure athletes bring water to every practice, especially in hotter climates.
4. Check your first-aid kit; restock supplies as necessary.
5. Train all athletes and coaches on emergency procedures.
6. Choose a safe court area. Do not practice in areas with rocks, cracks or wet spots that could cause injury. Simply telling players to avoid obstacles is not enough.
7. Walk the court area and remove unsafe objects. Be particularly vigilant when you are playing in cluttered indoor gyms. Remove anything that a player might run in to.
8. Review your first-aid and emergency procedures. Have someone who is trained in first aid and CPR on or very near to the field during practice and games.
9. Warm up and stretch properly at the beginning of each practice to prevent muscle injuries.