



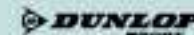
VTV KidsTennis

Technical progressions of the forehand stroke

Munich, January 2009

Line Declercq

VTV KidsTennis Coordinator





What is VTV KidsTennis?

- Tennis education system for children (3 - 12 years old)
- Improve quality
 - Children
 - Parents
 - Trainers
 - Clubs
- Colours = levels of skill
- Trainer = key to success => Trainers book





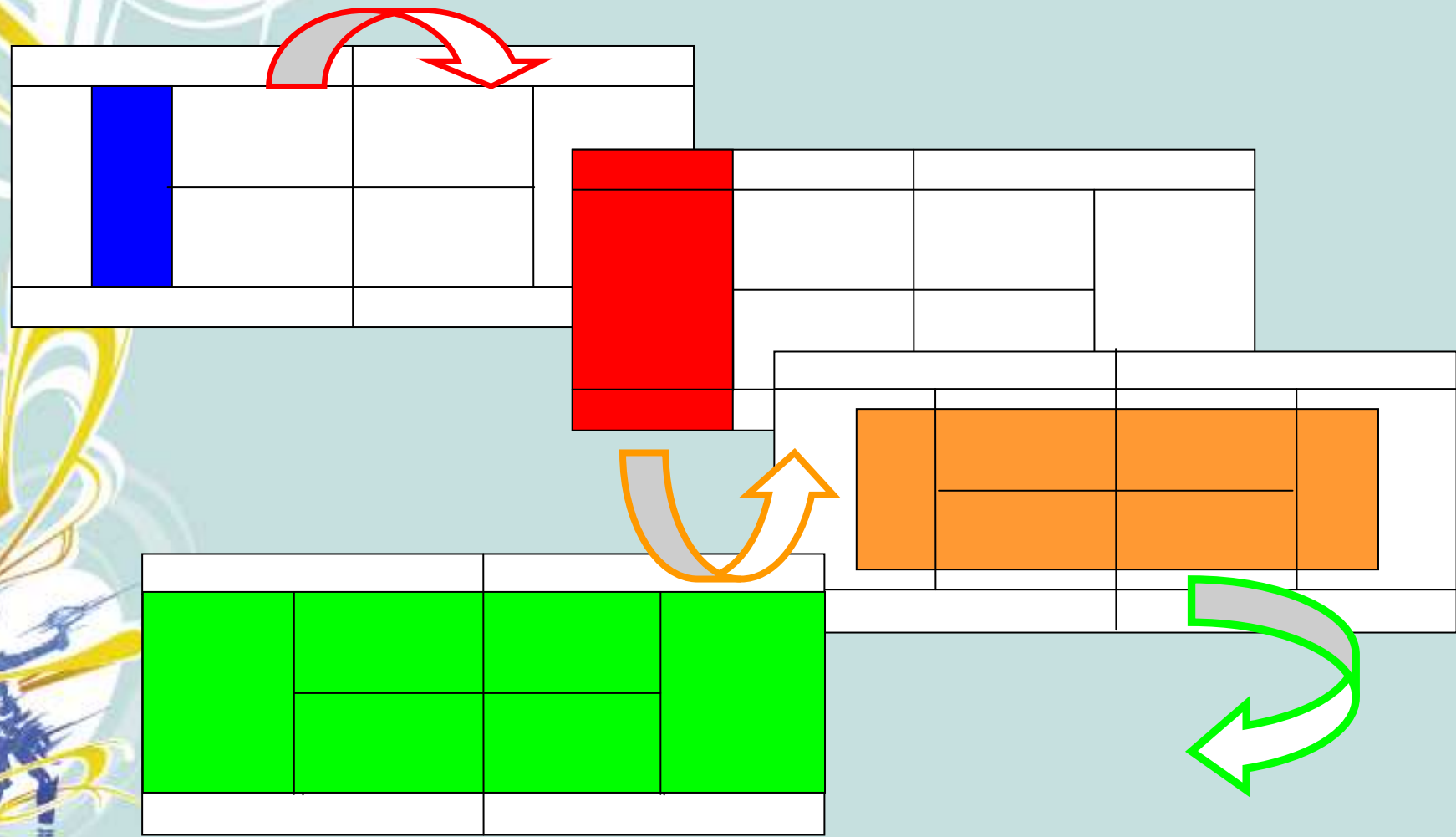
VTV KidsTennis

KidsTennis Level	Age	Court Size
White	3-5	Coordination in function of tennis
Blue GO	5-6	8m
Blue PRO	6-7	
Red GO	7-8	11m
Red PRO	8-9	
Orange GO	9	18m
Orange PRO	10	
Green	10-12	24m





Court progressions



VTV Kidstennis

DUNLOP
SPORT

VTV
VLAAMSE
TENNISVERBAND

Make your choice!



	Blauw 8 meter terrein	Rood 12 meter terrein	Oranje 18 meter terrein	Groen 24 meter terrein	Alle overige baltypen hele terrein					
INDICATIE	SHORT TENNIS	SHORT TENNIS	SPREIDBAL	MPV ORANGE YELLOW	MPV GROEN YELLOW	PROGRESS	COACH PRO	CHAMP HI-ME	ROLAND GARROS MENTH GREEN	FORT DUCK 70% WATER AFBIJEND
Verpakkingseenh.	zak met 12 ballen	zak met 12 ballen	zak met 12 ballen	3-bal tube	3-bal tube	4-bal tube	4-bal tube	3-en 4-bal tube	4-bal tin	4-bal tin
Type bal	gladde bal (Bow), met zeer lage druk	zeer lage compressie	spreekbal (lang elastische zaïbal)	zeer lage compressie zaïbal	lage compressie energibal	lage compressie energibal	gasgevuld	gasgevuld	gasgevuld	gasgevuld
	(geschikt voor 8 en 12 meter terrein)	(12 meter terrein)	(12 meter terrein)	over langzaam bal (18 meter terrein)	langzaam bal (24 meter terrein)	langzaam bal (24 meter terrein)	value for money trainerbal	value for money ITF goedgekeurd	ITF goedgekeurd	ITF goedgekeurd
							10% beter zichtbaar vit		officiële wedstrijd bal van Roland Garros	70% meer water afbijend vit (Duck Technology)

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Methodology

Game based approach:

What do you teach?

TEACH THE GAME

(game play depending on court size)



Technical demands

Court size progressions >> technical progressions





Methodology

How do you teach?

- Progressive and related to the game/child
 - Ball, racket and court
 - Stroke
- Technical (game based) evolution
 - Contact point centered
 - Tapping > Hitting
 - Translation for rotation > positive weight transfer
 - Forward and upward accent





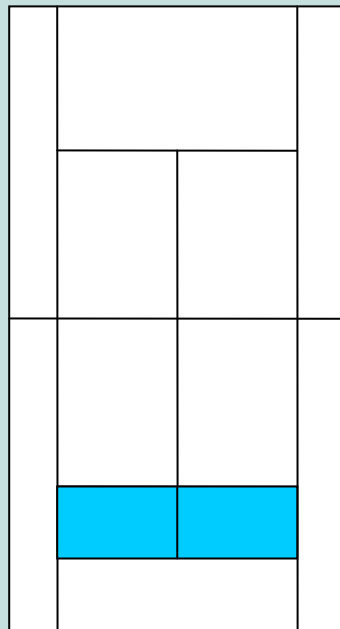
Forehand: Technical progressions

Blue	GO	Tapping in short zone
		Tapping in deep zone
		Tap and approach to the net
Blue	PRO	Tapping with direction from ready position
Red	GO/PRO	Hitting with direction (with short preparation)
Orange	GO	Hitting ball with a curved flight path (with bigger, fluent preparation)
	PRO	Hitting ball with direction and a curved flight path (with bigger, fluent preparation)
		Hitting a high, deep ball (moving backward)
		Hitting a low, short ball (moving forward)
Green		Hitting ball with direction and depth
		Hitting a high and/or deep ball (moving backward)
		Hitting a low and/or short ball (moving forward)





Blue



- Playing is fun: 'over' and 'in'
- Concept: to succeed
- Technical demands on a Blue court?





Forehand Blue GO

- Start position (unilaterally)
- Just behind contact point > tapping
 - Finding the right contact point next to and in front off the body
 - Simple movement: key is to succeed 'OVER' and 'IN'
 - Excessive strokes: loss of control
- Short zone > deep zone
 - Start position > step forward





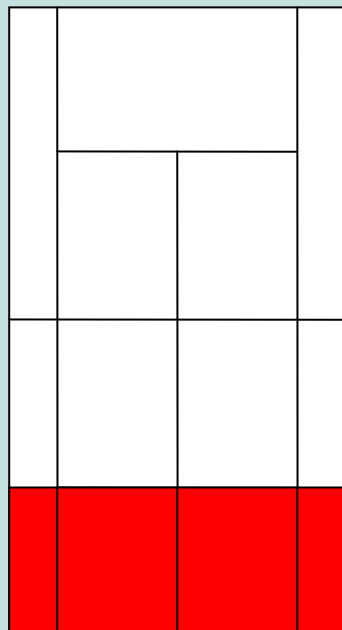
Forehand Blue PRO

- Bilaterally: ready position
- Split step
- Sequence: split > open > step > tap
 - Limited movement





Red



- Play with opponent
- Concept: to succeed with movement
- Technical demands on a Red court?





Forehand Red GO

- Court is wider and longer
 - Bigger stroke: butt to butt
 - More movement
- Direct preparation
- 90°- 90°- 90° (follow through)





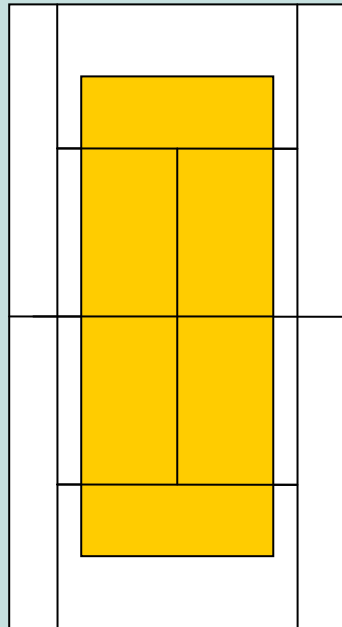
Forehand Red PRO

- Move towards an eastern grip (topspin)
 - Longer touch zone > more control
- Beware of an extreme grip at a young age:
 - Closed (full) western
 - Difficult low contacts
 - Bigger grip change (FH>BH)





Orange



- Play and build the rally
- Concept: to succeed and to make your opponent miss
- Technical demands on an Orange court?





Forehand Orange GO

- Looped preparation
 - Up – down – up
 - Purpose: more depth in the strokes
- Shape:
 - Racket head on head height
 - Elbow in the plane
 - Fluent transfer between preparation and hitting stage
 - Start on time (reference: ball hits the ground > racket backwards)
 - Hand under pocket (down)
- Beware of excessive preparation used as a power source by children





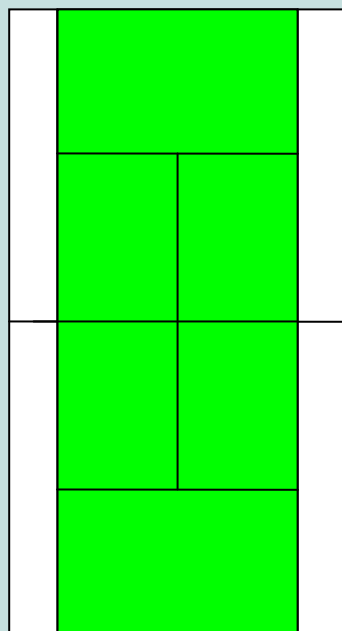
Forehand Orange PRO

- Dynamic
 - Short balls
 - Long balls
- Orientation as a function of the direction
- Static or dynamic balance
- Non-hitting arm parallel to the net in preparation





Green



- Play creative and take initiative
- Concept: to succeed, to make your opponent miss and to score
- Technical demands on a Green court?





Forehand Green

- Move towards a semi-western grip
- Dynamic stroke => functional technique
 - More acceleration and topspin
 - Pre stretch (rotation, dynamic contact,...)
 - Different orientations, directions, pathways





Finally

KidsTennis:

- a way to teach children how to play (not 'the' only way)
- a way to make children play well
- a way to make children feel succesful at a young age
- a way to reduce drop out at a young age

