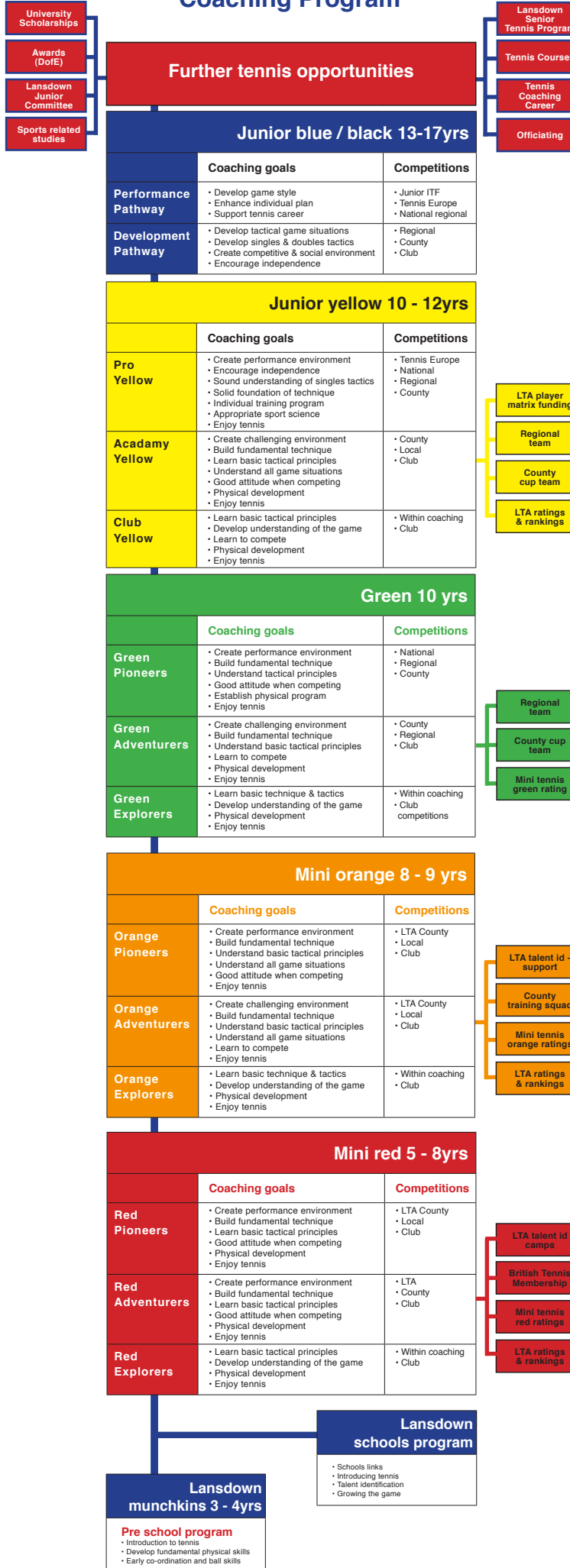


Lansdown Tennis Club Coaching Program



Lansdown Tennis Club Coaching Program

- University Scholarships
- Awards (DofE)
- Lansdown Junior Committee
- Sports related studies

Further tennis opportunities

- Lansdown Senior Tennis Program
- Tennis Courses
- Tennis Coaching Career
- Officiating

Junior blue / black 13-17yrs

	Coaching goals	Competitions
Performance Pathway	<ul style="list-style-type: none"> • Develop game style • Enhance individual plan • Support tennis career 	<ul style="list-style-type: none"> • Junior ITF • Tennis Europe • National regional
Development Pathway	<ul style="list-style-type: none"> • Develop tactical game situations • Develop singles & doubles tactics • Create competitive & social environment • Encourage independence 	<ul style="list-style-type: none"> • Regional • County • Club

Junior yellow 10 - 12yrs

	Coaching goals	Competitions
Pro Yellow	<ul style="list-style-type: none"> • Create performance environment • Encourage independence • Sound understanding of singles tactics • Solid foundation of technique • Individual training program • Appropriate sport science • Enjoy tennis 	<ul style="list-style-type: none"> • Tennis Europe • National • Regional • County
Academy Yellow	<ul style="list-style-type: none"> • Create challenging environment • Build fundamental technique • Learn basic tactical principles • Understand all game situations • Good attitude when competing • Physical development • Enjoy tennis 	<ul style="list-style-type: none"> • County • Local • Club
Club Yellow	<ul style="list-style-type: none"> • Learn basic tactical principles • Develop understanding of the game • Learn to compete • Physical development • Enjoy tennis 	<ul style="list-style-type: none"> • Within coaching • Club

- LTA player matrix funding
- Regional team
- County cup team
- LTA ratings & rankings

Green 10 yrs

	Coaching goals	Competitions
Green Pioneers	<ul style="list-style-type: none"> • Create performance environment • Build fundamental technique • Understand tactical principles • Good attitude when competing • Establish physical program • Enjoy tennis 	<ul style="list-style-type: none"> • National • Regional • County
Green Adventurers	<ul style="list-style-type: none"> • Create challenging environment • Build fundamental technique • Understand basic tactical principles • Learn to compete • Physical development • Enjoy tennis 	<ul style="list-style-type: none"> • County • Regional • Club
Green Explorers	<ul style="list-style-type: none"> • Learn basic technique & tactics • Develop understanding of the game • Physical development • Enjoy tennis 	<ul style="list-style-type: none"> • Within coaching • Club competitions

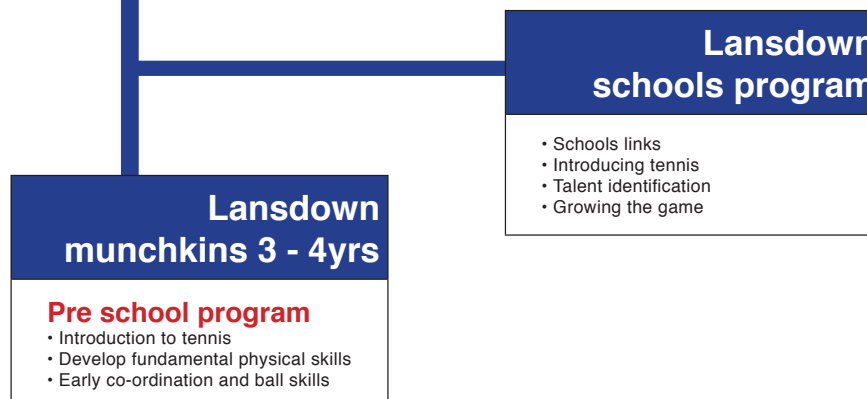
- Regional team
- County cup team
- Mini tennis green rating

Mini orange 8 - 9 yrs		
	Coaching goals	Competitions
Orange Pioneers	<ul style="list-style-type: none"> • Create performance environment • Build fundamental technique • Understand basic tactical principles • Understand all game situations • Good attitude when competing • Enjoy tennis 	<ul style="list-style-type: none"> • LTA County • Local • Club
Orange Adventurers	<ul style="list-style-type: none"> • Create challenging environment • Build fundamental technique • Understand basic tactical principles • Understand all game situations • Learn to compete • Enjoy tennis 	<ul style="list-style-type: none"> • LTA County • Local • Club
Orange Explorers	<ul style="list-style-type: none"> • Learn basic technique & tactics • Develop understanding of the game • Physical development • Enjoy tennis 	<ul style="list-style-type: none"> • Within coaching • Club

- LTA talent id - support
- County training squad
- Mini tennis orange ratings
- LTA ratings & rankings

Mini red 5 - 8yrs		
	Coaching goals	Competitions
Red Pioneers	<ul style="list-style-type: none"> • Create performance environment • Build fundamental technique • Learn basic tactical principles • Good attitude when competing • Physical development • Enjoy tennis 	<ul style="list-style-type: none"> • LTA County • Local • Club
Red Adventurers	<ul style="list-style-type: none"> • Create performance environment • Build fundamental technique • Learn basic tactical principles • Good attitude when competing • Physical development • Enjoy tennis 	<ul style="list-style-type: none"> • LTA • County • Club
Red Explorers	<ul style="list-style-type: none"> • Learn basic tactical principles • Develop understanding of the game • Physical development • Enjoy tennis 	<ul style="list-style-type: none"> • Within coaching • Club

- LTA talent id camps
- British tennis membership
- Mini red tennis ratings
- LTA ratings & rankings



Lansdown munchkins 3 - 4yrs

Pre school program

- Introduction to tennis
- Develop fundamental physical skills
- Early co-ordination and ball skills

Lansdown schools program

- Schools links
- Introducing tennis
- Talent identification
- Growing the game