

The LTA - Player Development Guidelines

For players aged 13 and Under

Rating Scale for technical, tactical and mental skills

A = efficient

B = nearly there

C = getting there

D = nowhere near

First name
(of player)

Surname:

Address:

County:

Postcode:

Date of birth:

Male/Female:

Right/Left handed:

Name of coach
conducting assessment

Date of
assessment

Technical - Tactical: 'Developing a dominating game style'

1 when serving:

A	B	C	D	Comments
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1.1 player has a co-ordinated use of the full body (legs, hips, trunk, arm)

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1.2 player can control the ball using flat and spin serves to any area of either box

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1.3 player can produce a rounded arc of the ball from a topspin serve

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1.4 player can or is visibly working on making the ball noticeably swerve in the air and off court using a slice serve

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1.5 player can or is visibly working on serve and groundstroke attack (particularly the forehand)

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other:

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2 when returning:

2.1 player has compact preparation off both sides to be able to return a fast serve

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2.2 player moves 'up the court' and attacks weak serve

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other:

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3 when both back:

3.1 player has no major weaknesses in basic groundstrokes

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3.2 player has a co-ordinated use of the full body (legs, hips, trunk, arm) on both groundstrokes

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3.3 player has fast racquet head speed off both forehand and backhand

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A	B	C	D	Comments
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3.4 player has efficient strokes which allow the ball to be hit 'on the rise'

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3.5 player maintains a position up to the baseline when appropriate

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3.6 player dominates the rally (i.e. can create a wide range of attacking opportunities) with:

the forehand					
the backhand					

3.7 player can or is visibly working on appropriate use of the disguised drop shot and the follow-up movement pattern to prepare for the return drop shot

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3.8 player can make the ball skid on the backhand slice

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3.9 player is visibly working on countering the moon ball by attacking using a bounce smash

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3.10 player can or is working on playing at an **increased rallying tempo** through:

attacking balls inside the baseline at shoulder height on the forehand					
attacking balls inside the baseline at shoulder height on the backhand					
dominating the ball when counter-attacking on the run					
moving 'up the court' to hit 'on the rise' inside the baseline					

other:

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4 when approaching or at the net:

A	B	C	D	Comments
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4.1 player has proper actions to control volleys at the net

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4.2 player can or is visibly working on the delayed approach (ghosting in') when they see that the opponent is in trouble

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4.3 player can or is visibly working on trying to intercept moon balls with a drive volley

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4.4 player can or is visibly working on pressurising the opponent from the mid-court with:

precision
hitting on the rise
power

other:

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5 when opponent approaches or is at the net

5.1 player shows effective use of topspin lobs on:

the forehand

the backhand

5.2 player shows effective use of the **high** defensive lob

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5.3 layer shows effective use of passing shots on:

on the forehand

on the backhand

other:

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6 **Mental skills/qualities: 'Performance leads to results'**

		A	B	C	D	Comments
6.1	player enjoys playing tennis in both practice and matchplay					
6.2	player shows the desire to compete (competitive attitude) against any standard of opponent					
6.3	player can practise independently with a defined goal or purpose in every drill					
6.4	player displays the ability to tactically problem-solve in match situations					
6.5	player is able to self motivate at all times					
6.6	player shows respect for opponents and officials					
6.7	player is aware of own abilities and works consistently to become a better player					
6.8	player consistently gives 100% effort in practice situations/drills					
	mental effort (i.e. concentration)					
	physical effort					
6.9	player has the ability, through effective emotional control, to maintain and/or raise technical and tactical performance levels when:					
	in a winning position in a tight match situation (e.g. 5-4 serving, final set)					
	losing to a player they would expect to beat (e.g. set-down and 2-0 down in the second set)					
	beating a player they might not have expected to (e.g. having just won the 1st set)					

A	B	C	D	Comments
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6.10 player is beginning to develop the use of a consistent fighter image (positive body language and self talk)

when the flow of the match is with the player

when the flow of the match is against the player

when the flow of the match is neutral

6.11 player is beginning to develop the use of immediate constructive reactions to winning and losing points

when the flow of the match is with the player

when the flow of the match is against the player

when the flow of the match is neutral

6.12 player is committed to setting competitive performance goals prior to matches

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6.13 player reviews the achievement of performance goals in the match with either the coach and/or parent. Player is a consistent appraiser of personal skills

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6.14 player has a consistent personal routine:

between points
between change-overs
before matches

other:

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The LTA Annual Training and Tournament Planner

Player's name:

Player's county:

player's contact number:

Coach/es name/s:

Coach/es contact numbers:

Priority goal for the next 12 months:

My game plan/tactical objectives by 31st December **will be:**

When serving:

When returning:

When both at the back:

When approaching or at the net:

When opponent is approaching or at the net:

The LTA Annual Training and Tournament Planner

1. Tactical Development

Technical skill needed to achieve desired tactics:

- a.
- b.
- c.

Mental Skills

- a.
- b.
- c.

Physical Attributes

- a.
- b.
- c.

2. Competitive schedule (important events when the player needs to be at their best)

- a.
- b.
- c.

3. Results/ranking targets:

- a.
- b.
- c.

4. Other Factors (i.e. social, personal, educational etc.)

- a.
- b.