

The LTA - Player Development Guidelines

For players aged 15 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's first serve causes problems for the returner using:

power
accuracy
variety

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 make the ball noticeably change direction from left to right (or right to left for left handers) after the bounce using a topspin serve

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1.4 player can make the ball noticeably swerve in the air and off court using a slice serve

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1.5 player, when appropriate, attacks of the first shot after the serve using:

groundstroke attack
groundstroke attack serve and volley

other:

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2 when returning:

2.1 player has stroke efficiency to counter-attack powerful serves:

using the forehand
using the backhand

2.2 player, when appropriate, aggressively attacks second serves using:

return and stay back
return and attack the net

2.3 player applies pressure to the opponent through consistent returns

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other:

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3 **when both back:**

	A	B	C	D	Comments
3.1 player has footwork and stroke technique					
on the forehand					
on the backhand					
3.2 player, when appropriate, counter-attacks with a down the line backhand (particularly from an aggressively hit inside out forehand)					
3.3 player can pressure the opponent by quicken ing the the rallying tempo					
3.4 player can attack with at least one powerful groundstroke from all over the court, including 3/4 court balls at shoulder height					
3.5 player can effectively attack with a down the line backhand					
3.6 player shows efficient use of the open stance double handed backhand when under pressure on the wide ball					

other:

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4 **when approaching or at the net:**

	A	B	C	D	Comments
4.1 player, when appropriate, can effectively approach the net from the first groundstroke after their serve					
4.2 player can pressurise opponent from midcourt with:					
power					
precision					
hitting on the rise					
4.3 player shows proper tactical use to apply pressure from their first volley					
4.4 player has a dominating (i.e. 100% winning) overhead					
4.5 player can successfully 'ghost in' when they see that they have put their opponent in trouble					

other:

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5 **when opponent approaches or is at the net**

5.1 player can pass crosscourt using precision and power

on the forehand
on the backhand

A	B	C	D	Comments

5.2 player can pass down the line using precision and power

on the forehand
on the backhand

A	B	C	D	Comments

5.3 player shows appropriate use of the two ball pass routine

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5.4 3 player shows effective use of the topspin lob off both forehand and backhand

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other:

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

6.1 player enjoys playing tennis

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6.2 player shows the desire to compete (competitive attitude) against any standard

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6.3 player can practise independently with a defined goal or purpose in every drill

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6.4 player displays the ability to tactically problem-solve in match situations

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6.5 player is able to self motivate at all times

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6.6 player shows respect for opponents and officials

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	A	B	C	D	Comments
6.7 player is independent					

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)					
player reacts constructively after losing a point					

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

A	B	C	D	Comments

6.14 player has a consistent personal routine:

between points
between change-overs
before matches

6.15 player is able to think clearly and find solutions in difficult situations

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6.16 player is able to think clearly and find solutions in difficult situations

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6.17 player has determination to succeed

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6.18 player has the courage to try different solutions

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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.