

# The LTA - Player Development Guidelines

## For players aged 9 & 10

### 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 either has or is visibly working on the serve grip

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1.2 player has a stationary position throughout the serve

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1.3 player has a throwing action on the serve

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1.4 player either has or is visibly working on a simple smooth takeback and weight transfer on the serve

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1.5 player either has or is visibly working on a simple co-ordinated action of the placing and hitting arm

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1.6 player can place the serve to both the forehand and backhand sides in each box

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#### other:

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### 2 when returning:

A	B	C	D	Comments
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2.1 player can direct the ball to either side (forehand and backhand) of the opponent

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2.2 player has or is visibly working on a compact technique for returning a fast serve

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2.3 player can or is visibly working on moving inside the court to attack a weak

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#### other:

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**3 when both back:**

	A	B	C	D	Comments
3.1 player recognises options for each ball:					
recognising when to attack					
recognising when to build					
recognising when to defend					

3.2 player is beginning to develop racket head speed appropriate to physique					
the forehand					
the backhand					

3.3 player is developing a co-ordinated use of the full body (legs, hips, trunk, arm)					
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3.4 player uses or is visibly working on co-ordinating the upper arm, forearm and hand (wrist) for power in the forehand					
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3.5 player has a swing on the forehand which has the potential to generate maximum yet efficient acceleration of the racket head					
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3.6 player either has or is visibly working on a forehand grip which will allow the development of power, accuracy and consistency (beware the limitations of extreme grips)					
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3.7 player can or is visibly working on attacking balls inside the baseline at shoulder height					
the forehand					
the backhand					

A	B	C	D	Comments
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3.8 player can or is visibly working on 'staying' in the point when under pressure using:

defensive moon ball					
deep slice					
deep shot down the middle					

3.9 player can or is visibly working on hitting forehands:

cross court					
down the line					

3.10 player can or is visibly working on hitting backhands:

cross court					
down the line					

3.11 player has forehand technique which will eventually make the ball travel with a rounded arc so that a short angle can be hit

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3.12 player has a backhand technique which can make the ball travel with a rounded arc so that a short angle can be hit

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3.13 player can or is visibly working on the dropshot off both forehand and backhand

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3.14 player has or is visibly working on the proper use of the non-hitting arm on the one-handed backhand slice

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**other:**

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

		A	B	C	D	Comments
6.1	player shows enthusiasm and enjoys playing					
6.2	player consistently wants to work hard e.g. never letting the ball bounce twice					
6.3	player shows respect for opponents and officials					
6.4	player consistently gives <b>100%</b> effort in practice situations/drills (mental effort e.g. focuses appropriately)					
6.5	player tries to rate their personal performance accurately within given drills or practice situations					
6.6	player is able to practise purposefully, without the coach present, and with a goal in mind					
6.7	player gives <b>100%</b> effort consistently whatever the match situation					
6.8	player shows signs of developing a consistent personal routine:					
	before matches					
	between points					
	between change-overs					
6.9	player reacts constructively after losing a point					
6.10	player tries to show positive/confident body language and image in all situations					
6.11	player and coach agree the goals; player then tries to use them in a match, if necessary					
6.12	player is able to review and reflect on their personal performance whatever the outcome of the match					

## 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.