

Croatian Coaches' Conference – Zagreb 2019



French player development system

« Galaxy Tennis »



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French player development system : « Galaxy Tennis »

⇒ Learning program for U10 : from white to green court

⇒ Main goals :

- Young players retention
- More young players involved in **official competition**

⇒ Organisation :

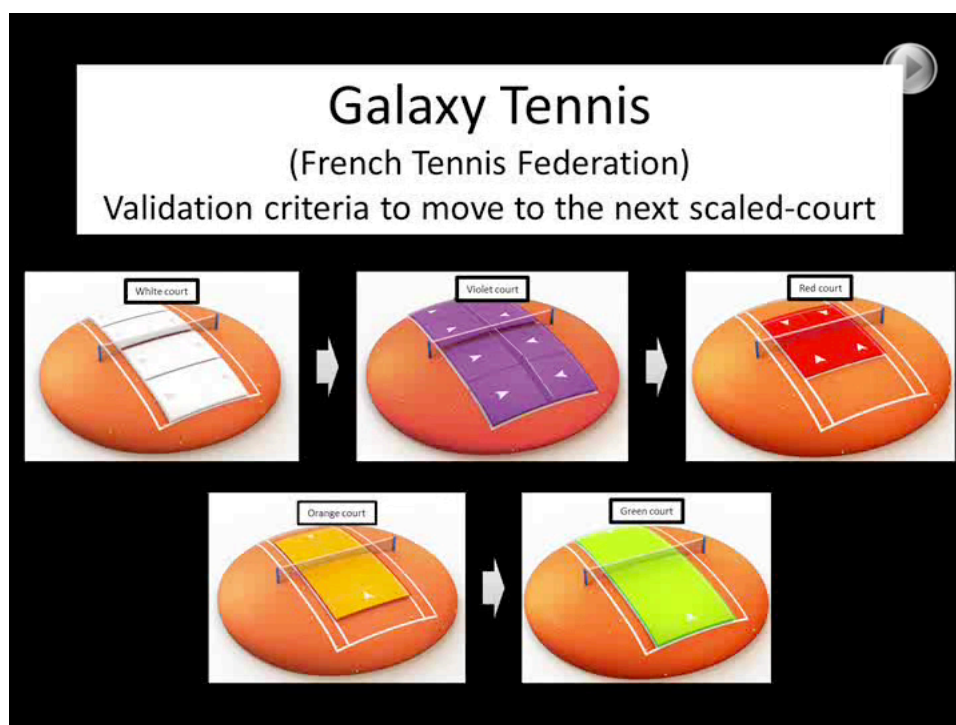
- 5 progressive levels = white, violet, red, orange and green courts
- Equipment scaling (tennis ball modification and court size)
- Tactical learning from the first session to guide technical learning (GBA)
- THE GAME is always present with scoring points
- Education cycles = 4 to 6 sessions (20 to 30 sessions per year)
- For every cycle the coach defines the goals with specific session's topics
- Evaluation at the end of every cycle ("Game & Matches" day)



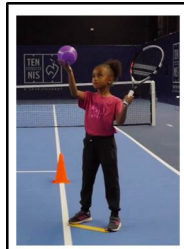

Tactical learning from the first session



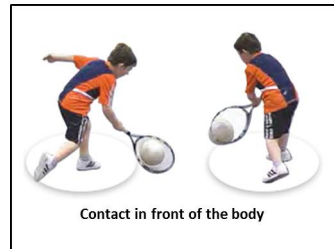
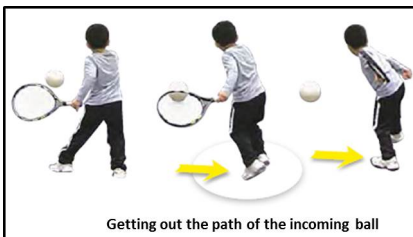
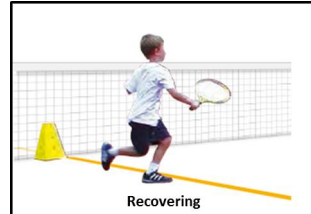
- Taking advantage on the opponent by acting on time or space to win the point.
- Promoting the understanding of the game to play the right shot depending on the situation.
- Player has to be able to perceive as soon as possible the opponent position and the incoming ball path and speed.
- Playing intention has to match the situation by determining the parameters of speed, zone, spin.

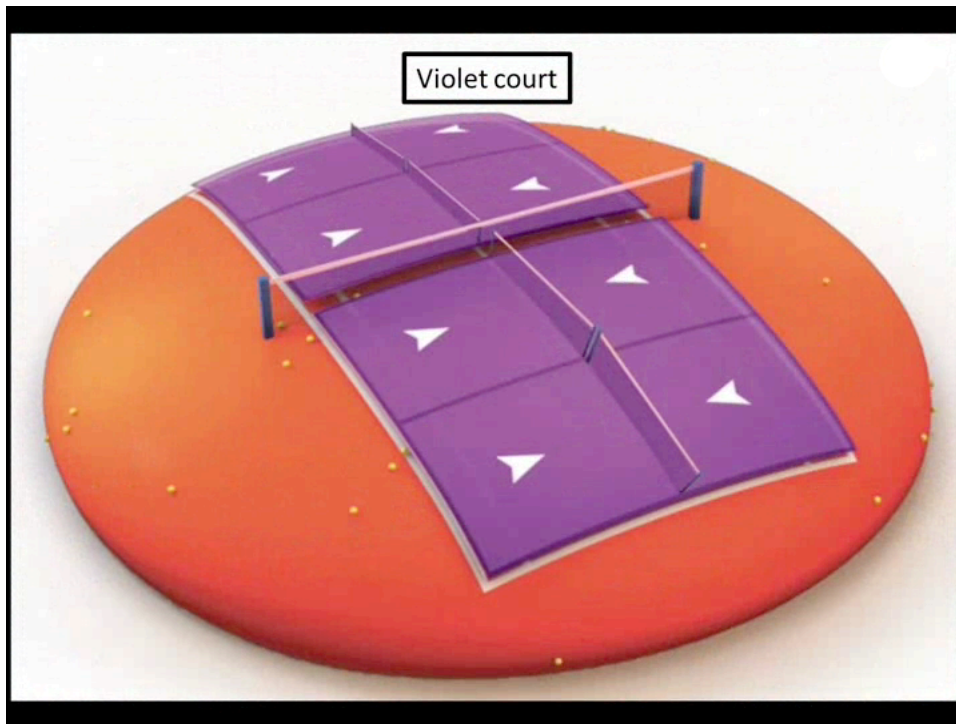
TECHNICAL and PHYSICAL components are ressources in support of playing intentions




- Physical maturity will improve strokes mechanics : Biomechanics principles




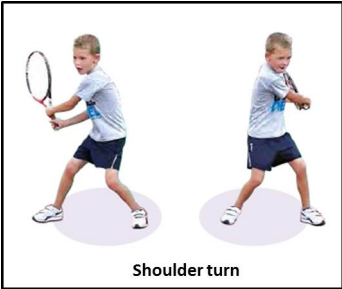
WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES	NET GAME	
 <p>Semi-open stance</p>	 <p>Racquet held at the end of the handle</p>	 <p>Ball toss over the head</p>	 <p>Overhead contact point</p>	

WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES	NET GAME	
 <p>Racquet held with 2 hands</p>	 <p>Semi-open stance</p>	 <p>Contact in front of the body</p>		
 <p>Getting out the path of the incoming ball</p>		 <p>Recovering</p>		


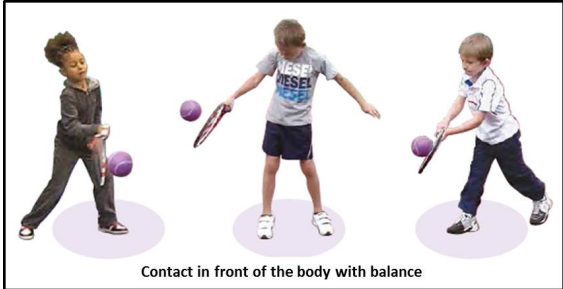


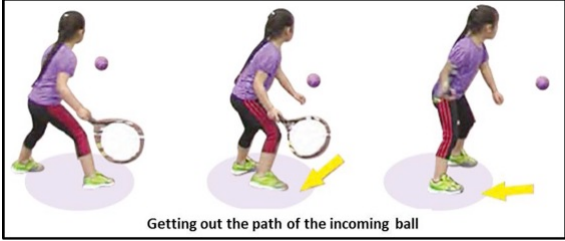
WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES	NET GAME	
<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Semi-open stance Forehand grip Contact racket/ball</p> </div> <div style="text-align: center;">  <p>Draft of Trophy position</p> </div> <div style="text-align: center;">  <p>Overhead contact point</p> </div> </div>				

WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES	NET GAME	


 <p>Ready position with free hand holding the throat of the racquet</p>	 <p>Shoulder turn</p>
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WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES	NET GAME	

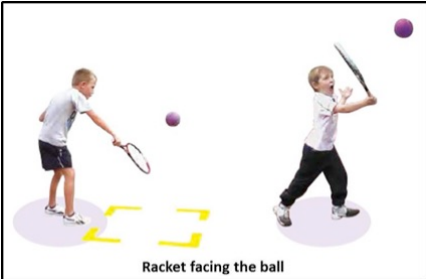
 <p>Ready position with free hand holding the throat of the racquet</p>	 <p>Contact in front of the body with balance</p>
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 <p>Getting out the path of the incoming ball</p>


WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES	NET GAME	




Ready position



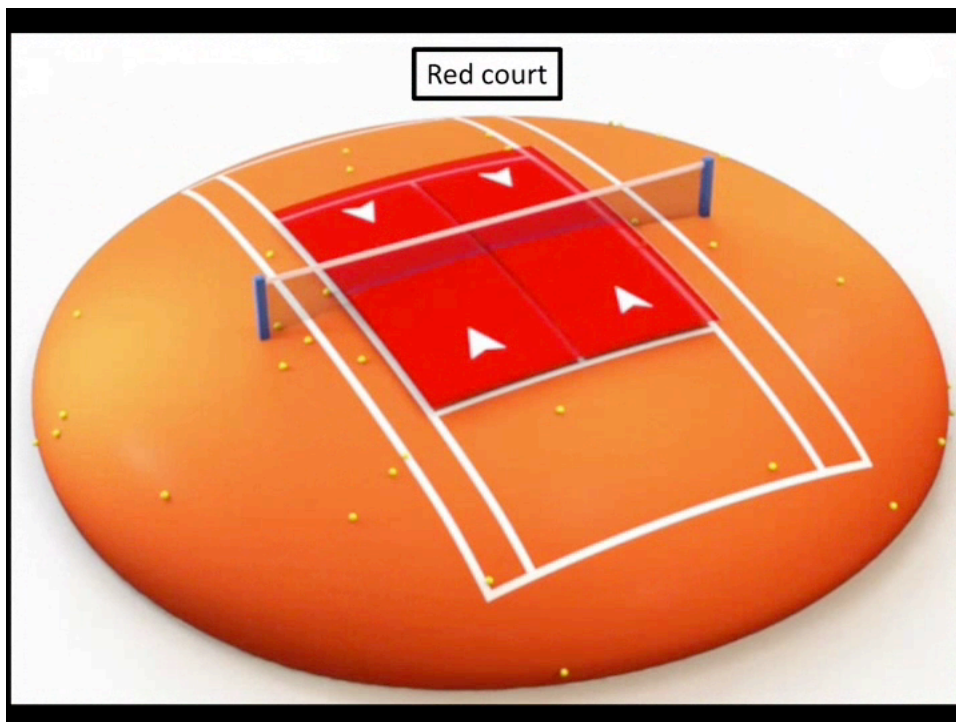
Racket facing the ball





Abbreviated backswing






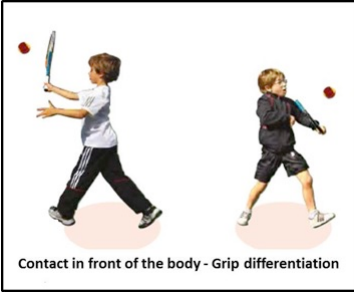

Contact over the head

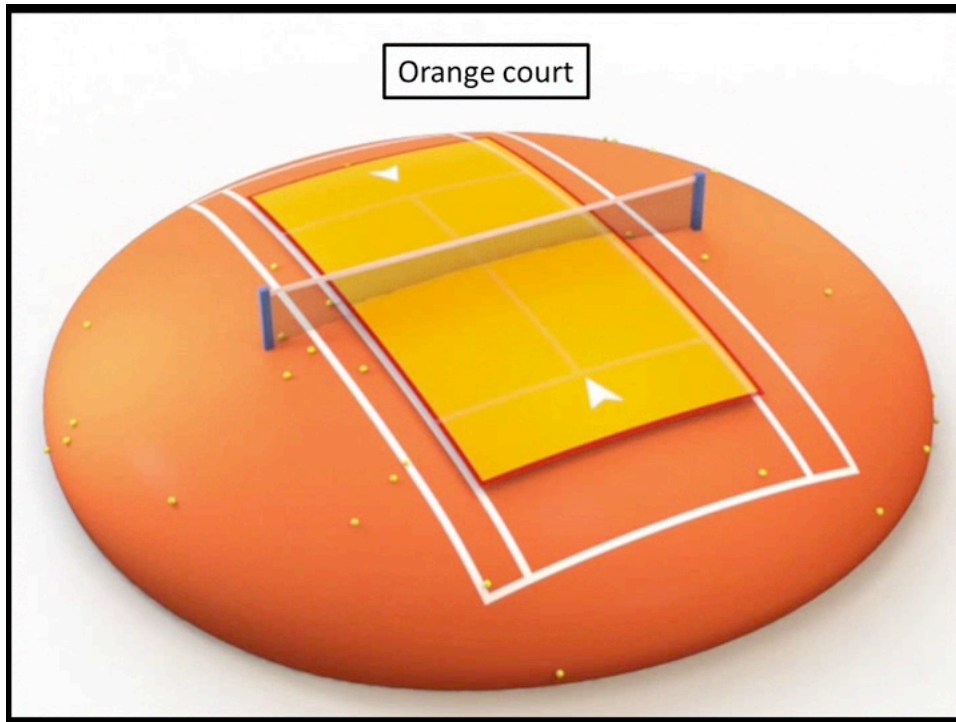




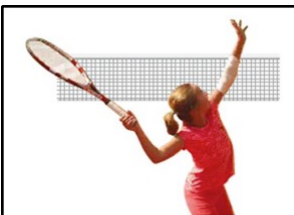
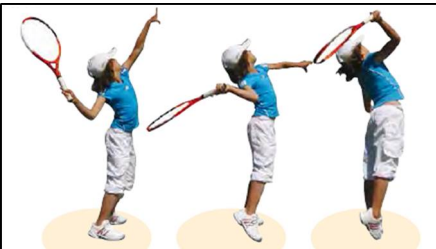


WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES	NET GAME	
	 <p>Basic overarm throwing mechanics</p>			
 <p>Racket supported by non hitting hand</p>	 <p>Trophy position</p>	 <p>Balance</p>		

WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES	NET GAME	
	 <p>Dynamic ready position</p>	 <p>Split step</p>	 <p>Early shoulder turn</p>	


WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES		NET GAME
 <p>Being active between the shots with racquet held with 2 hands</p>		 <p>Backswing with racquet head above the hand</p>		

WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES	NET GAME	
 <p>Dynamic ready position</p>		 <p>Contact in front of the body - Grip differentiation</p>		
 <p>Semi-western forehand grip</p>		 <p>Trophy position</p>		




WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE		RETURN	GROUNDSTROKES	NET GAME
 <p style="text-align: center;">Continental grip</p>		 <p style="text-align: center;">Neutral stance Coordinated arms' movement</p>	 <p style="text-align: center;">Shoulder rotation at Trophy pose</p>	
 <p style="text-align: center;">Loop and elbow up</p>			 <p style="text-align: center;">Extension and balance at contact point</p>	 <p style="text-align: center;">Slice</p>

WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES	NET GAME	




Ready position



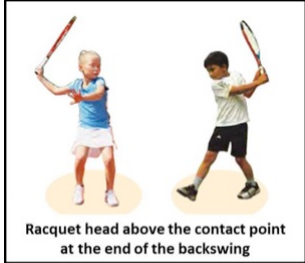
Split step

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SERVE	RETURN	GROUNDSTROKES	NET GAME	

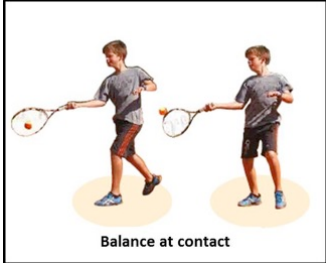


Backhand Grip

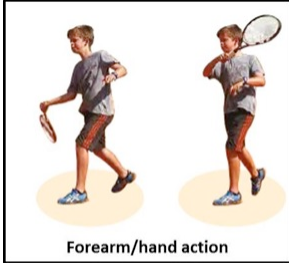
Forehand Grip



Racquet head above the contact point at the end of the backswing



Balance at contact



Forearm/hand action

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SERVE	RETURN	GROUNDSTROKES		NET GAME

Moving to and recovering from using a variety of steps

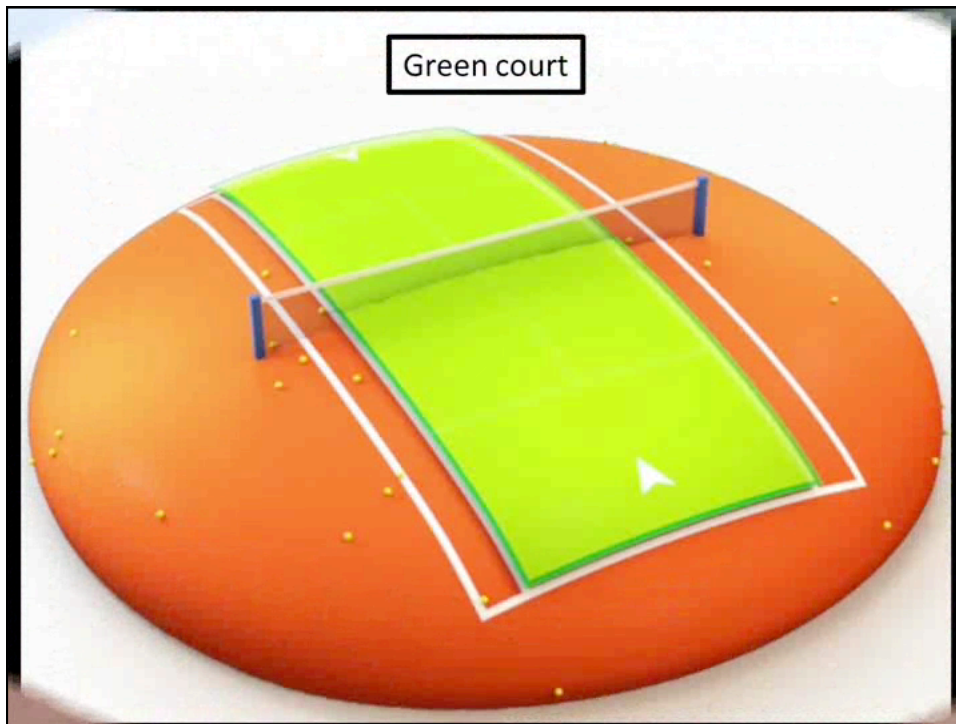
Sliding on clay




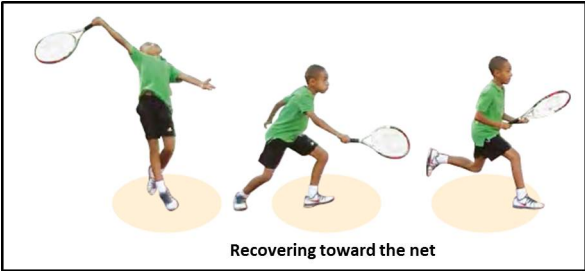
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SERVE	RETURN	GROUNDSTROKES	NET GAME	





Forehand grip Backhand grip

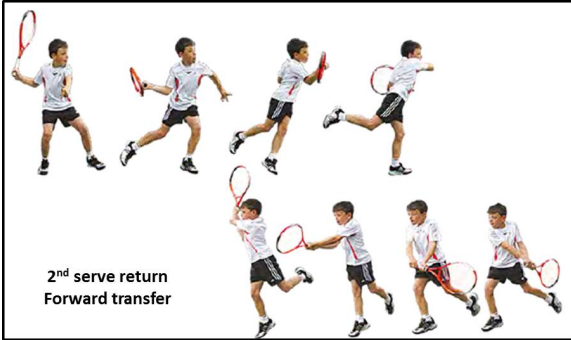


Short backswing


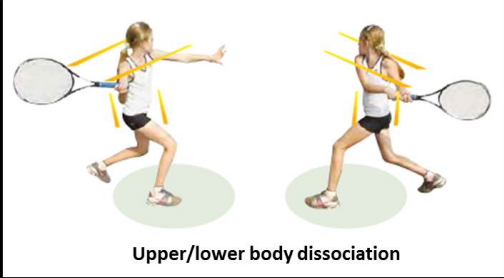
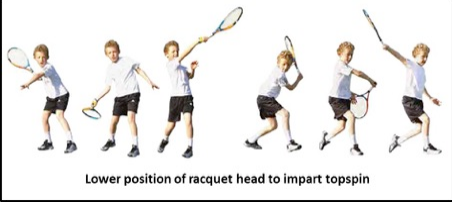

Contact in front of the body while moving forward

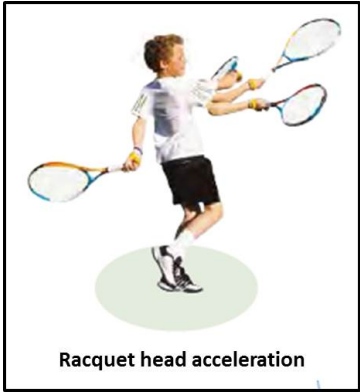



WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE		RETURN	GROUNDSTROKES	NET GAME
 <p>Continental grip</p>		 <p>Side position to move back / free arm in extension</p>		
 <p>Loop and arm extension at contact</p>		 <p>Recovering toward the net</p>		

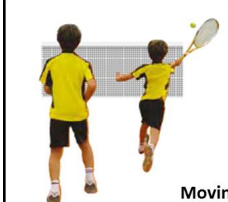
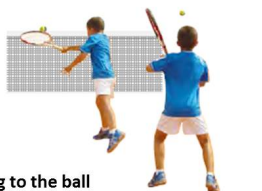

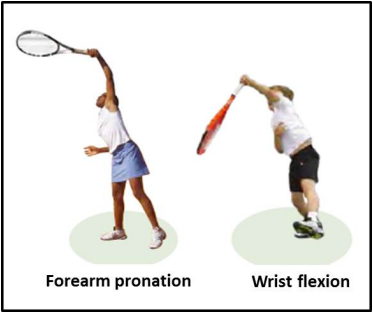
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SERVE	RETURN	GROUNDSTROKES	NET GAME	
 <p>Moderate leg drive</p>	 <p>Up and out swing</p>	 <p>Forearm and wrist action</p>	 <p>Forward transfer and rebalance</p>	

WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES	NET GAME	
	 <p>2nd serve return Forward transfer</p>			
	 <p>1st serve return - Short backswing</p>		 <p>1st serve return – Open stance</p>	

WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
SERVE	RETURN	GROUNDSTROKES		NET GAME
				
				

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WHITE COURT	VIOLET COURT	RED COURT	ORANGE COURT	GREEN COURT
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 Moving to the ball	 Forehand drive volley
 Leg drive /extension at contact	 Forearm pronation Wrist flexion

**Thank you
for your attention!**