

ITF Worldwide
Coaches Conference
by BNP Paribas

2015
24-28 NOVEMBER



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ITF
TÜRKİYE TENİS FEDERASYONU

BNP PARIBAS
FORTIS

8. KONGRES ZBORA TENISKIH TRENERA HRVATSKE, DUBROVNIK 2.-3. travanj 2016. GODINE

IZVJEŠTAJ WORLDWIDE COACHES CONFERENCE 24.-28.11.2015

Robert Brkljač i Igor Blažević

**NEO
TENNIS**

TOMMY

**CHAMPIONS
BOWL**
Play the game, make it yours!

PACIFIC

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10 & under (faza izgradnje , bazična)

11 - 14 years (razvojna faza)

15 - 18 years (juniorska faza)

19 - 23 years (faza prelaska u profesionalni tenis)

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GLAVNI PREDAVAČI:

*MATS MERKEL (GER), FRANCIS ROIG (ESP), GABE
JARAMILLO (USA), MIKE BARRELL (GBR), JUDY MURRAY
(GBR), BENI LINDER (SUI), DOMINIK HRBATY (SVK),
BILJANA VESELINOVIC (SRB), MIGUEL CRESPO (ESP)*

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PREDSTAVNICI HRVATSKE NA WWCC:

H. ZMAJIĆ (ITF) - DEVELOPING A SMART TENNIS PLAYER

D. NOVAK (CRO) - DEVELOPING MOTOR SKILLS USING
MUSIC, RACKET AND BALL

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PRISTUP U BELGIJI GBA U8, U9, U10, U12 & U14 - RAZVOJ IGRAČKIH SPOSOBNOSTI

Bart De Keersmaecker

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DA LI DJECA IGRAJU ISTU IGRU ?



GAME BASED
BELGIAN
APPROACH



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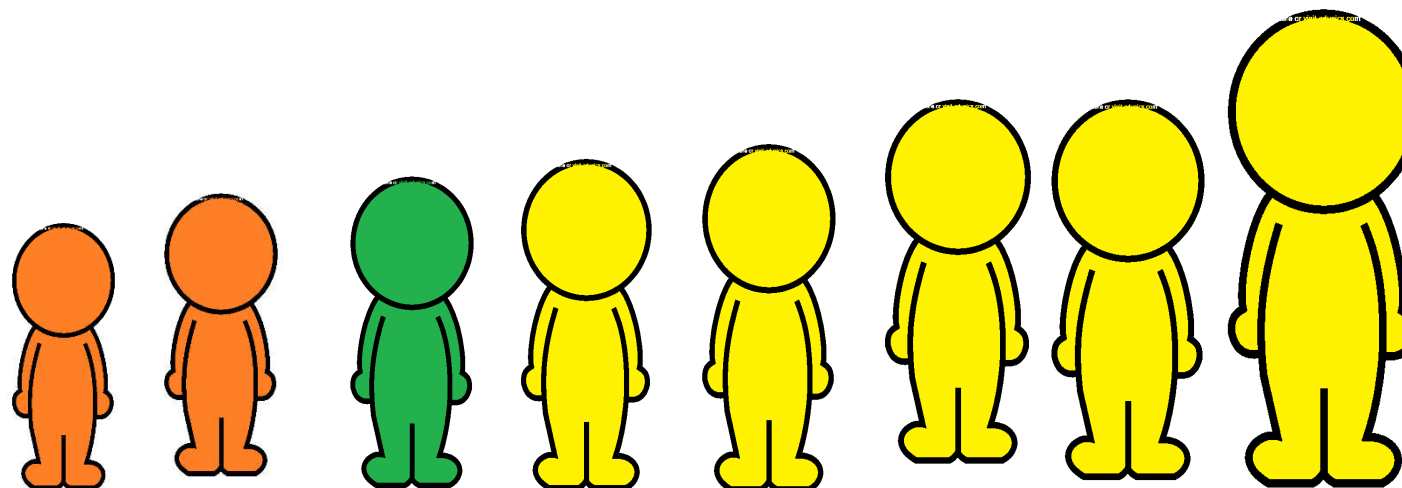
NEO
TENNIS

TOMMY

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Prosječna visina dječaci u Belgiji:

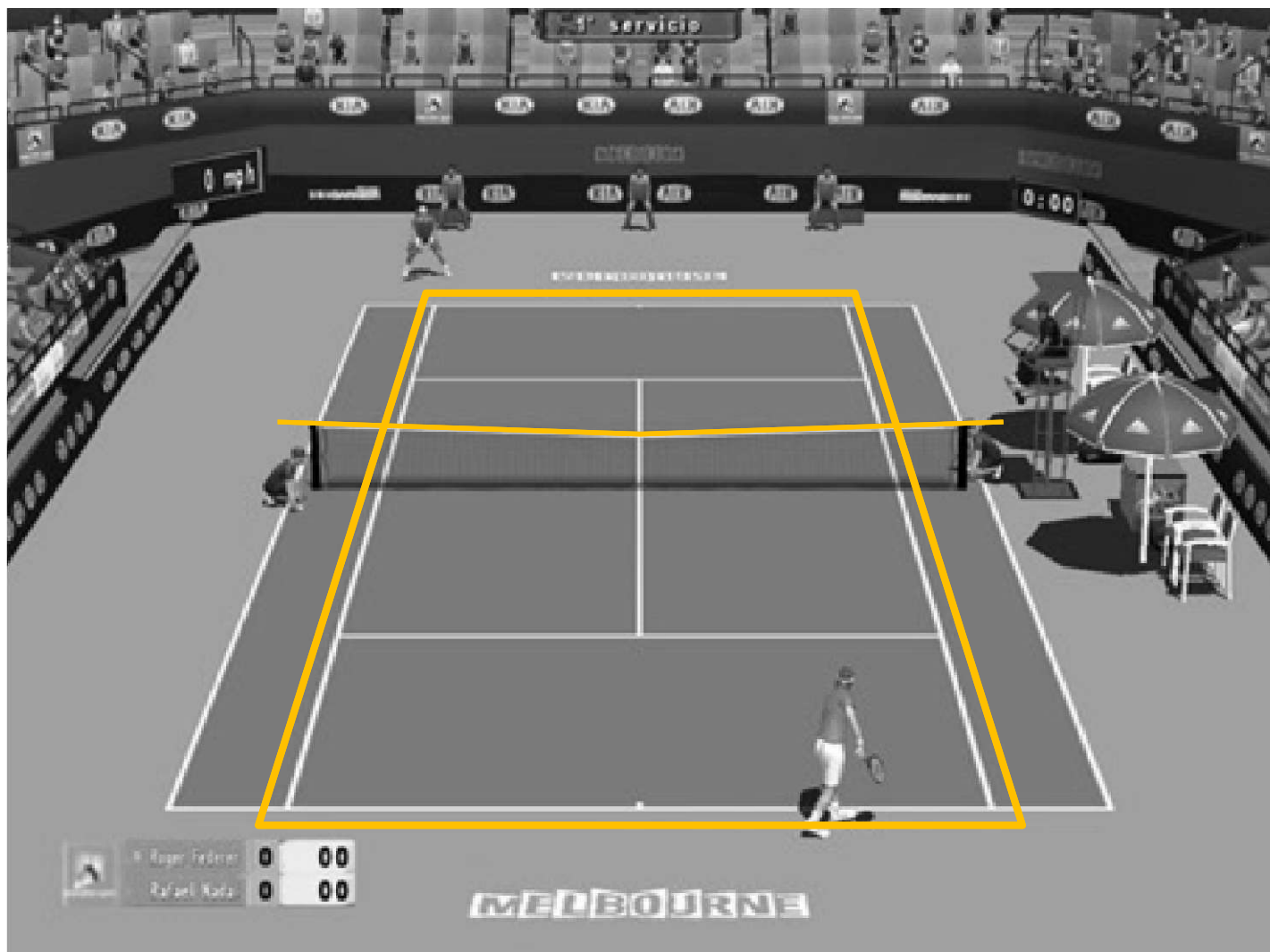


Age	8	9	10	11	12	13	14	RF
CM	130	135,5	140,5	146	152	159	166	186

Veličina terena:

Length	18m	21m	23,77m
Width	6,50m	8,23m	8,23m
Net hght	80cm	91,4cm	91,4cm
Bounce	41-47%	47-53%	53-58%

USPOREDBA NARANČASTI IGRAČ I TEREN > ROGER FEDERER



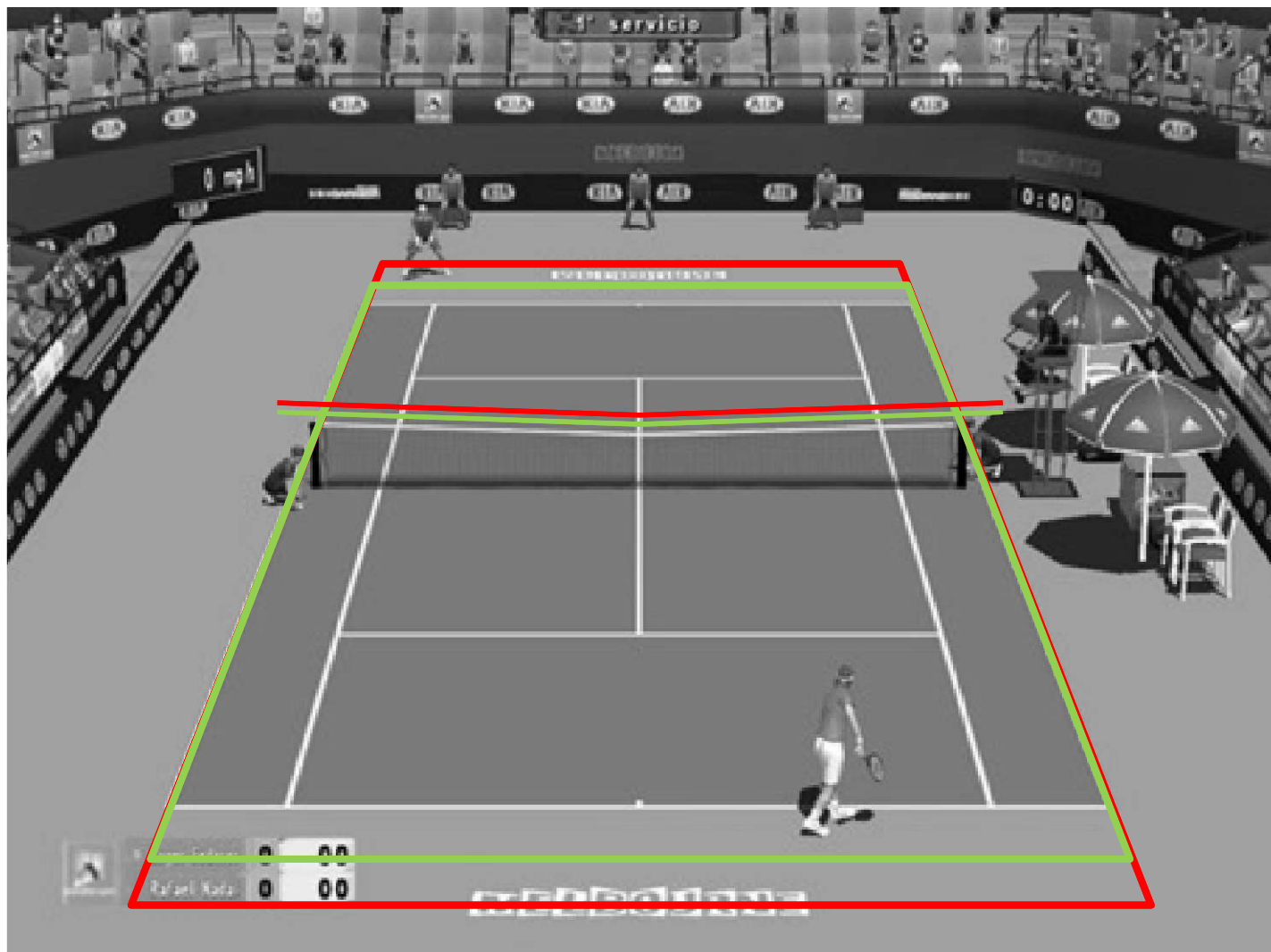
9 y


Length: + 0,44 m

Width: + 0,69 m


Net height: + 3 cm

USPOREDBA ZELENIGRAČ I TEREN > ROGER FEDERER



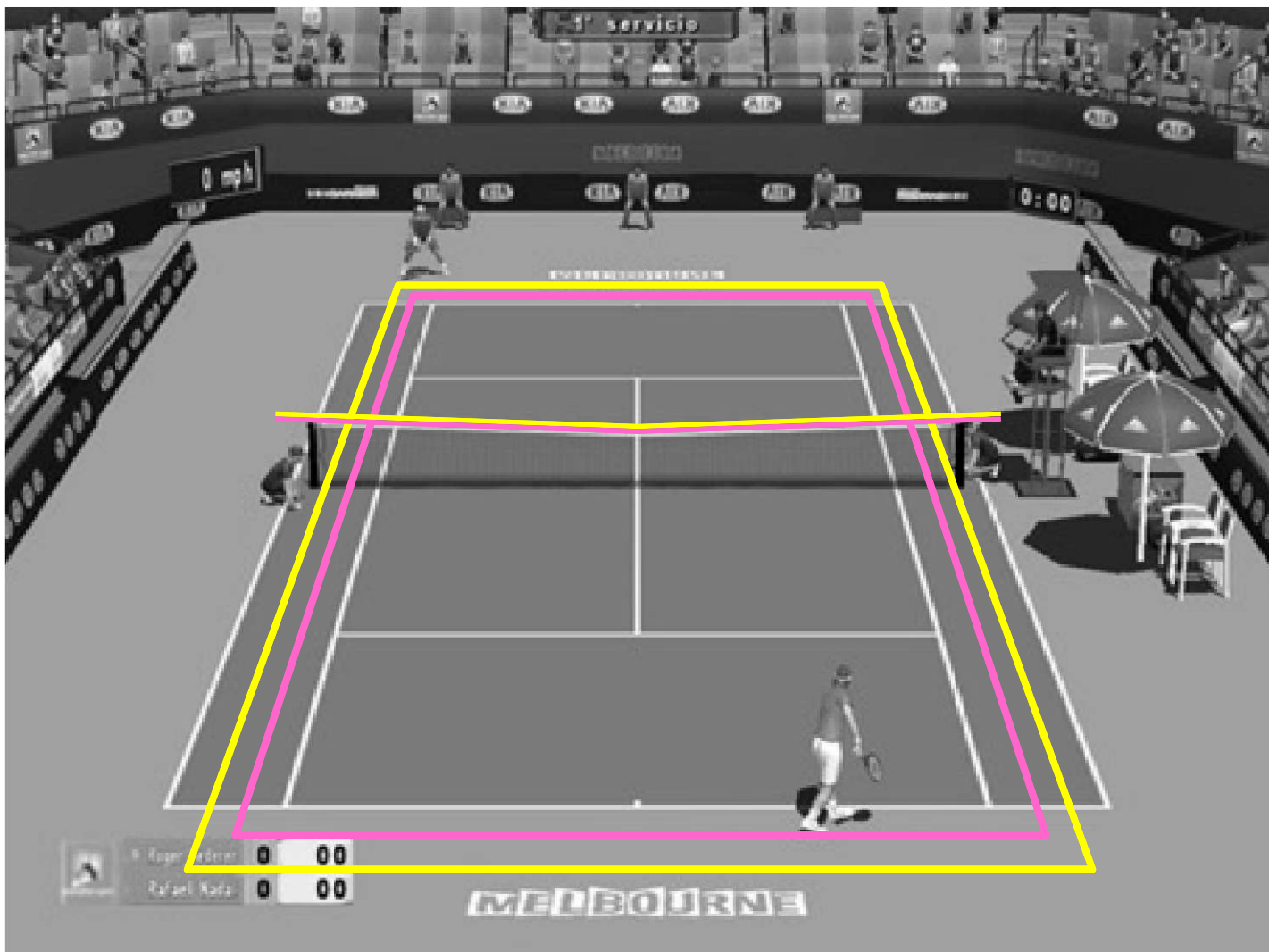
 **10 y**
(23,77m court)

Length: + 3,8 m
Width: + 2,66 m
Net height: + 29 cm

 **10 y**
(21m court)

Length: +1,98 m
Width: + 2,66 m
Net height: + 21 cm

USPOREDBA ŽUTI IGRAČ I TEREN > ROGER FEDERER



12 y

Length: + 2,6 m
Width: + 1,84 m
Net height: + 19 cm



14 y

Length: + 1,41 m
Width: + 0,98 m
Net height: +10 cm

GAME BASED BELGIAN APPROACH

U8: OPPORTUNITIES BY PROGRESSION

MINDSET: PLAY **MORE STEADY** THAN YOUR OPPONENT

TACTICAL: BASELINE: SUCCEED IN EXCHANGING
SHOTS

U8: EXERCISES BASED ON OPPORTUNITIES

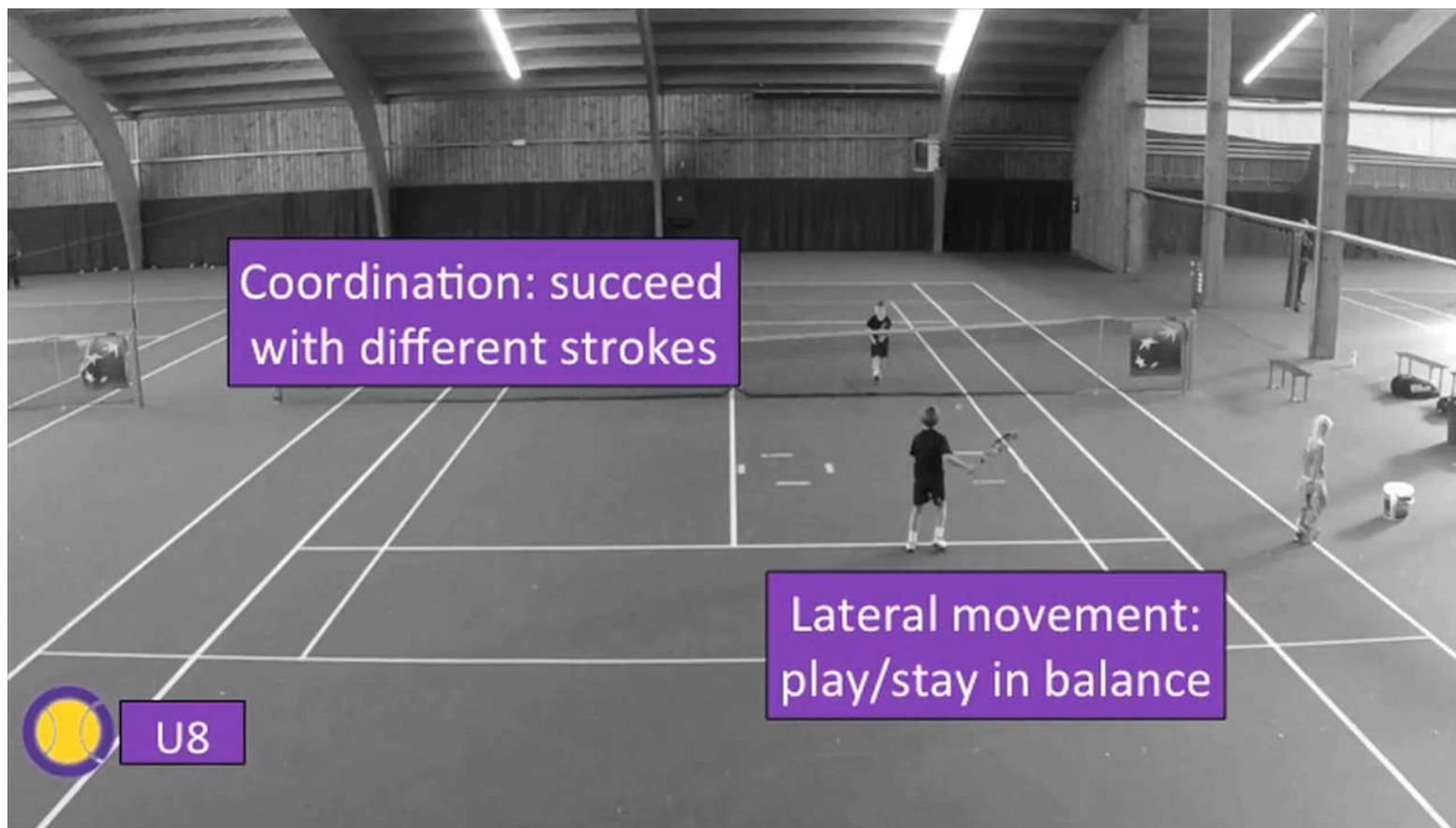
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Coordination: succeed with different strokes

Lateral movement: play/stay in balance



U8

GAME BASED BELGIAN APPROACH

U9: OPPORTUNITIES BY PROGRESSION

MINDSET: PLAY **FASTER** THAN YOUR OPPONENT (+ MORE STEADY)

TACTICAL: BASELINE: CREATE/HANDLE 'TIME'-'COURT'
PRESSURE IN LENGTH (**1st** DIMENSION)

U9: EXERCISES BASED ON OPPORTUNITIES

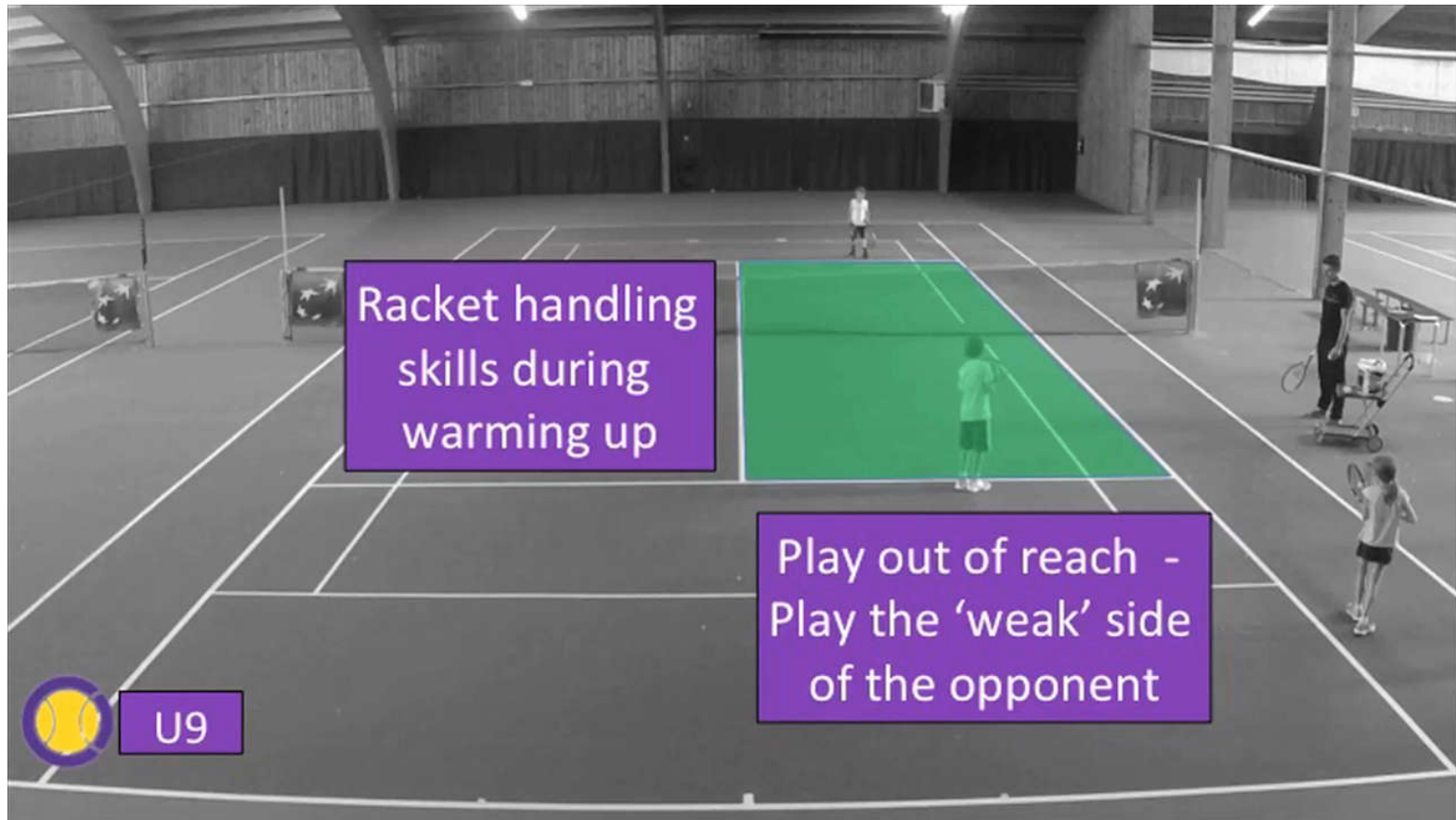
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Racket handling
skills during
warming up

Play out of reach -
Play the 'weak' side
of the opponent

 U9

GAME BASED BELGIAN APPROACH

U10: OPPORTUNITIES BY PROGRESSION

MINDSET: **MAKE YOUR OPPONENT MOVE** (+ MORE STEADY/ FASTER)

TACTICAL: BASELINE: CREATE/HANDLE 'TIME'-'COURT'
PRESSURE IN LENGTH & **WIDTH (2nd DIMENSION)**

U10: EXERCISES BASED ON OPPORTUNITIES

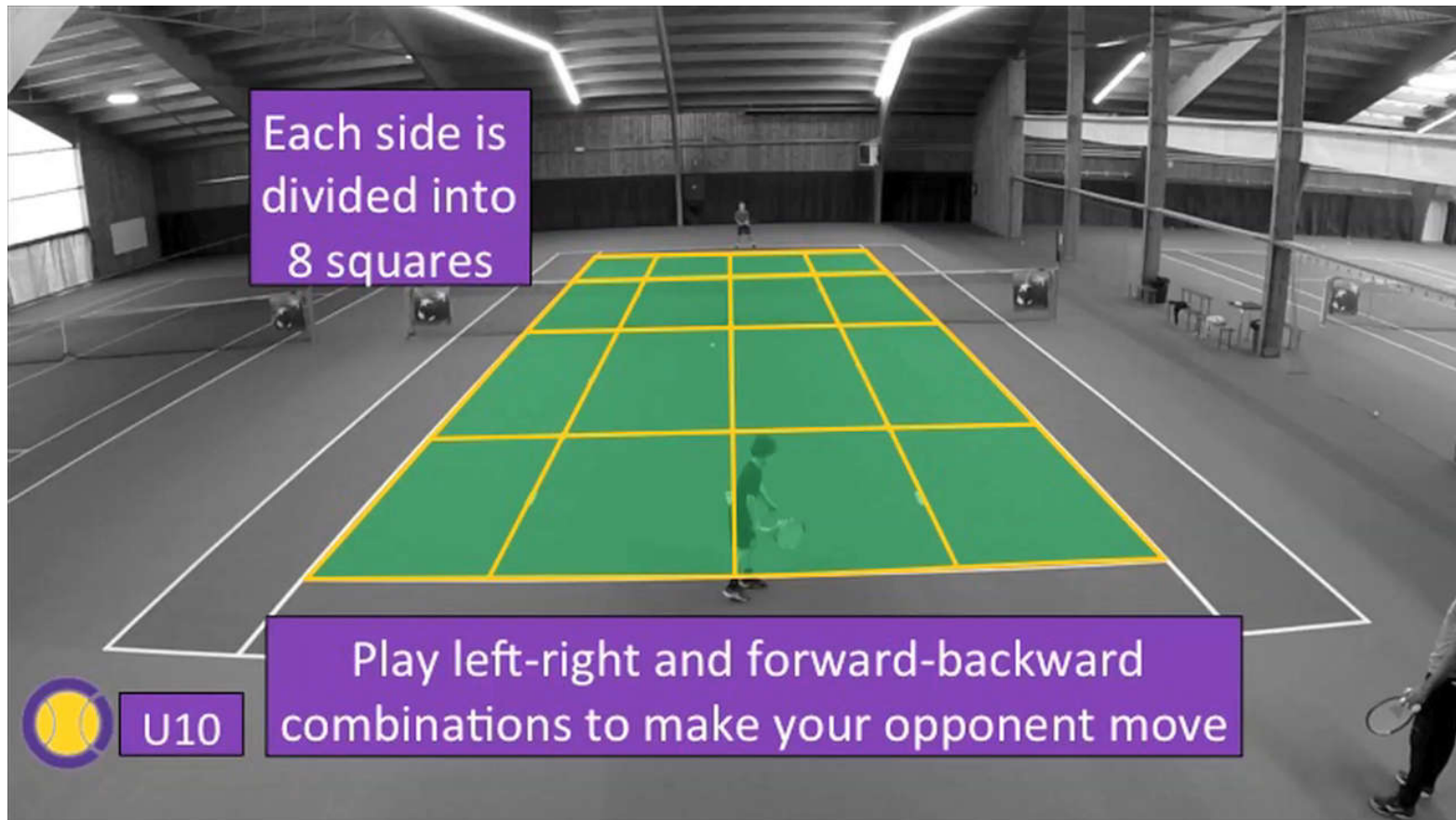
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U10

Play left-right and forward-backward combinations to make your opponent move

GAME BASED BELGIAN APPROACH

U11: OPPORTUNITIES BY PROGRESSION

MINDSET: **MAKE YOUR OPPONENT PLAY DIFFERENT CONTACTS** (+
MORE STEADY/ FASTER/MOVE)

TACTICAL: BASELINE: CREATE/HANDLE TIME-COURT
PRESSURE IN LENGTH, WIDTH & **HEIGHT (3rd DIMENSION)**

U11: EXERCISES BASED ON OPPORTUNITIES

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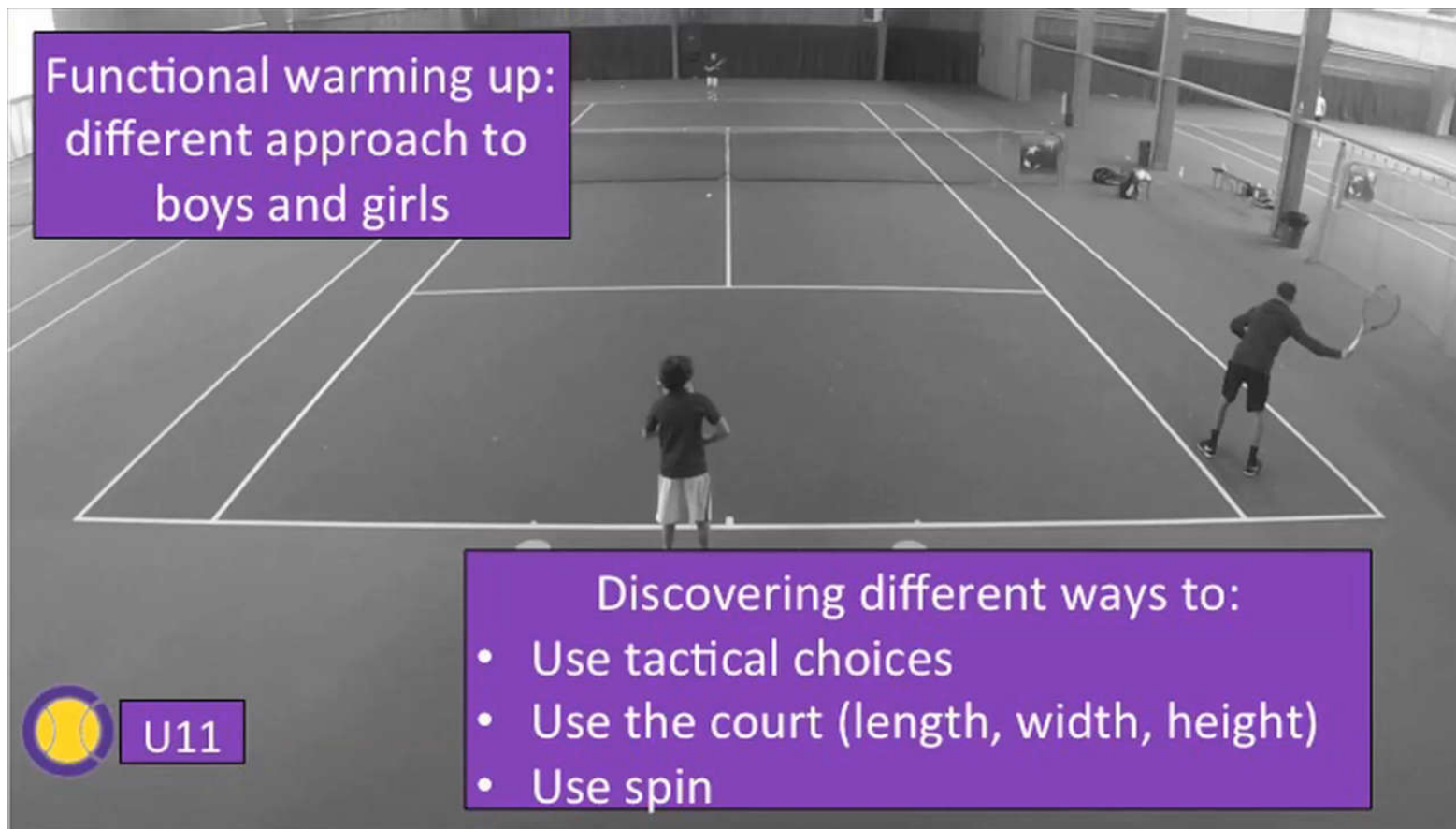
Functional warming up:
different approach to
boys and girls



U11

Discovering different ways to:

- Use tactical choices
- Use the court (length, width, height)
- Use spin



GAME BASED BELGIAN APPROACH

U12: OPPORTUNITIES BY PROGRESSION

MINDSET: PLAY **MORE EFFECTIVE** THAN YOUR OPPONENT

TACTICAL: BASELINE: CREATE/HANDLE TIME-COURT
PRESSURE IN LENGTH, WIDTH & HEIGHT **USING VARIATION**

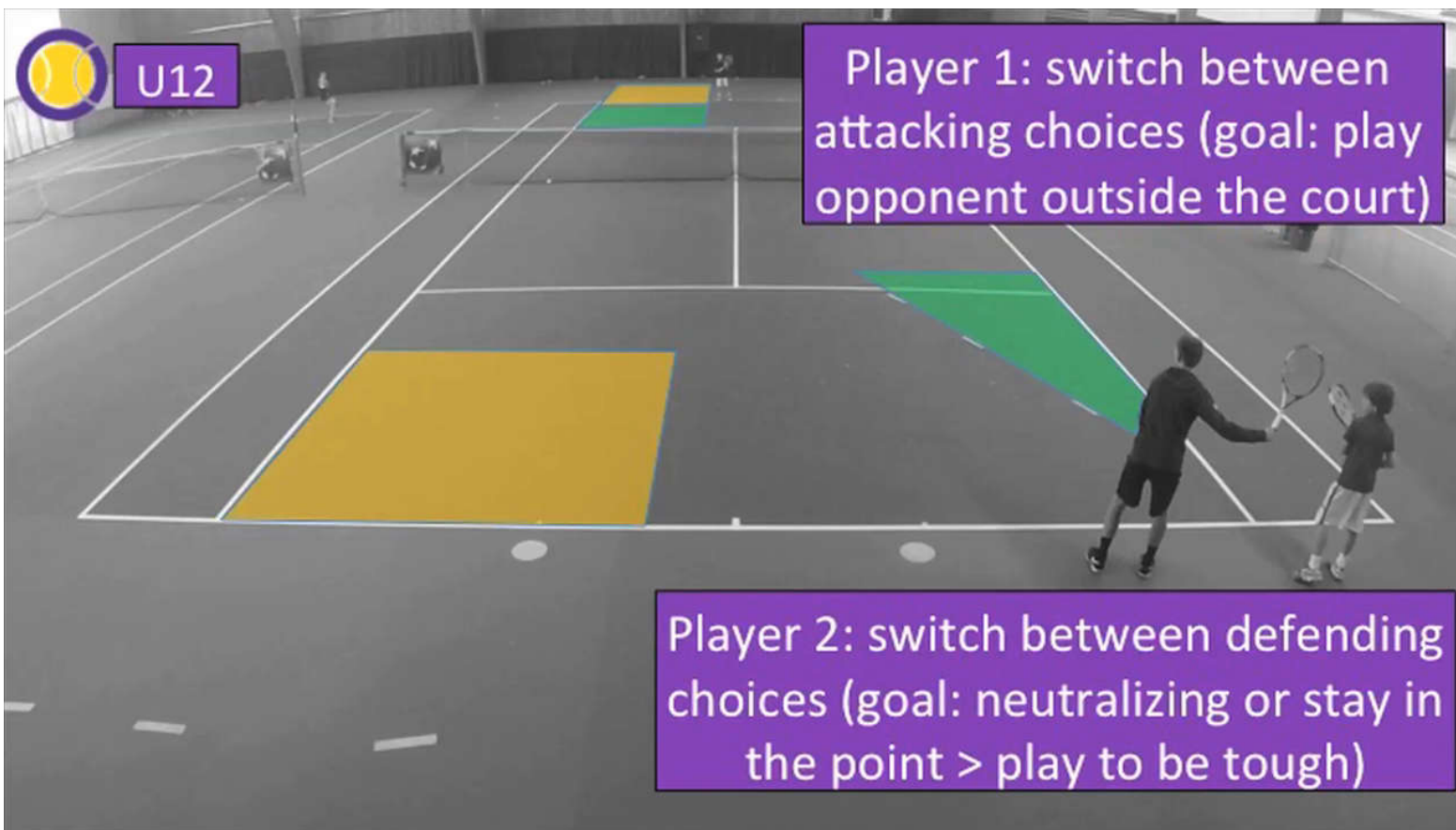
U12: EXERCISES BASED ON OPPORTUNITIES

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Hvala na pažnji !

