

Motor skills development U12



You cannot understand how wine is made, by drinking lots of it

U12 - Motor skills training



Lets start with a slide ...

My personal coaching method



FUN

FIT



FOCUS

FUNCT

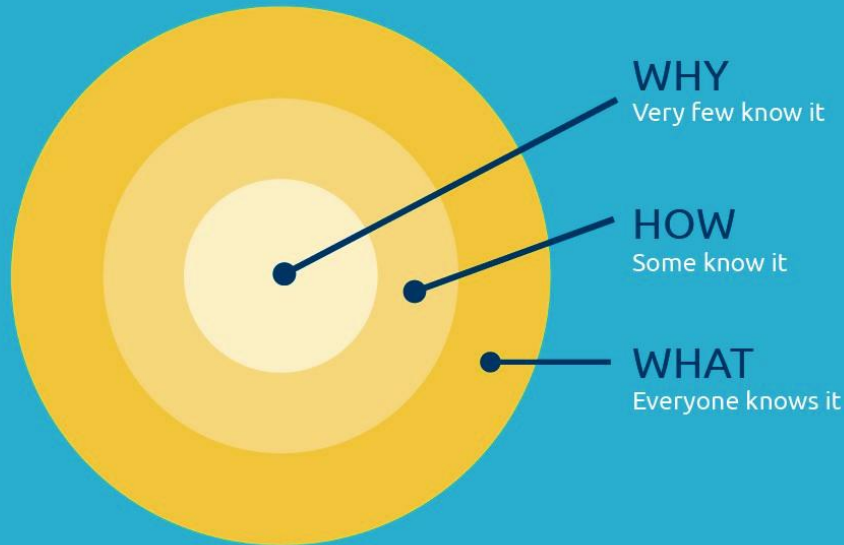
- ❑ The demands of tennis
- ❑ Player development: Physical: speed & agility
- ❑ Inspiration: organization & coaching

TARGETS OF THIS SESSION



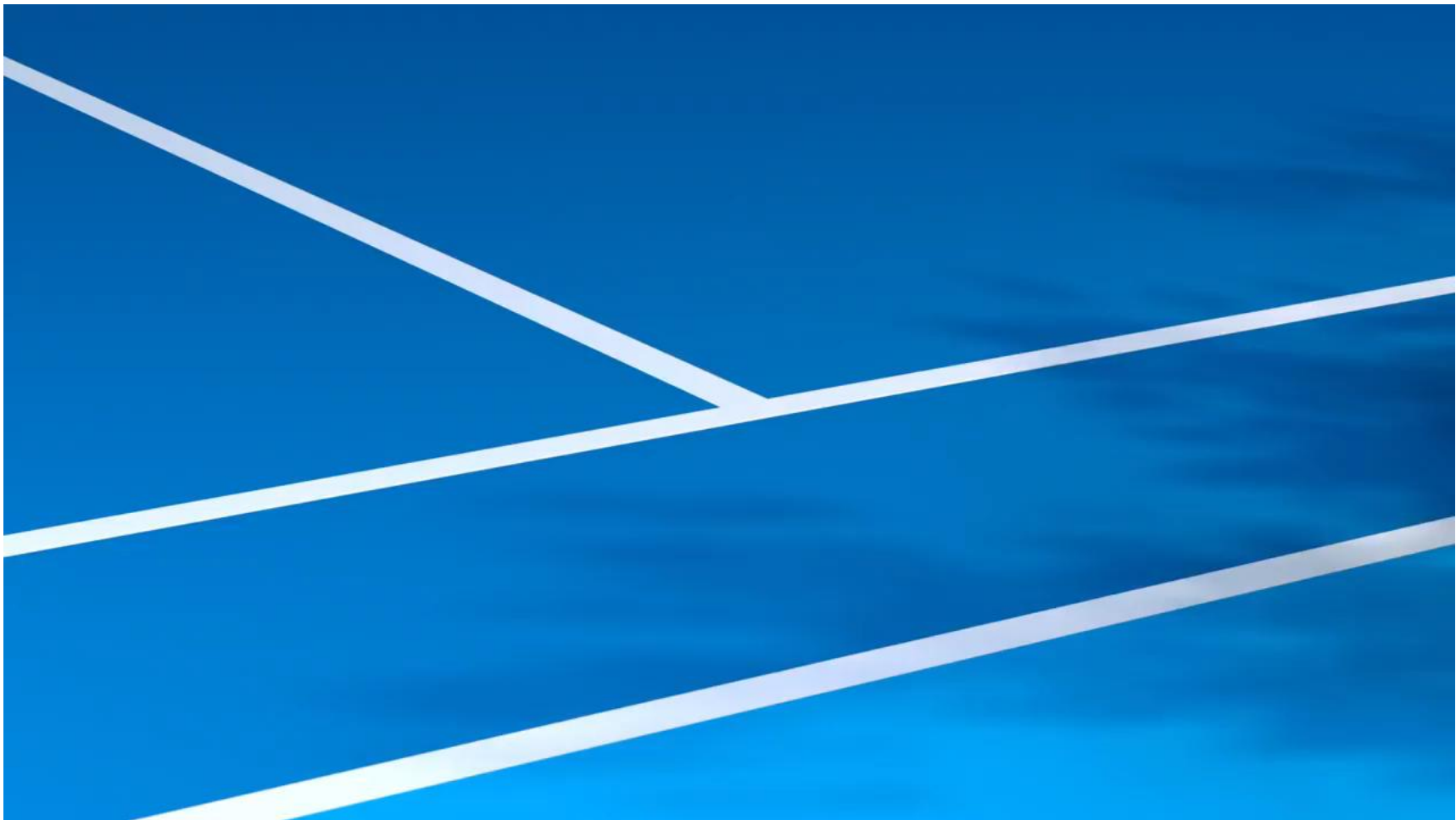
1


Golden Circle



Demands

Do we know
or sport?



- 
- ✓ Individual sport
 - ✓ No coaching during match play
 - ✓ Continuous game
 - ✓ Open-skilled sport: 800-1.000 decisions/match
 - ✓ The “stop-and-go” nature: lots of dead time
 - ✓ Silent game
 - ✓ Match length dictated by score
 - ✓ Knock-out system
 - ✓ ...



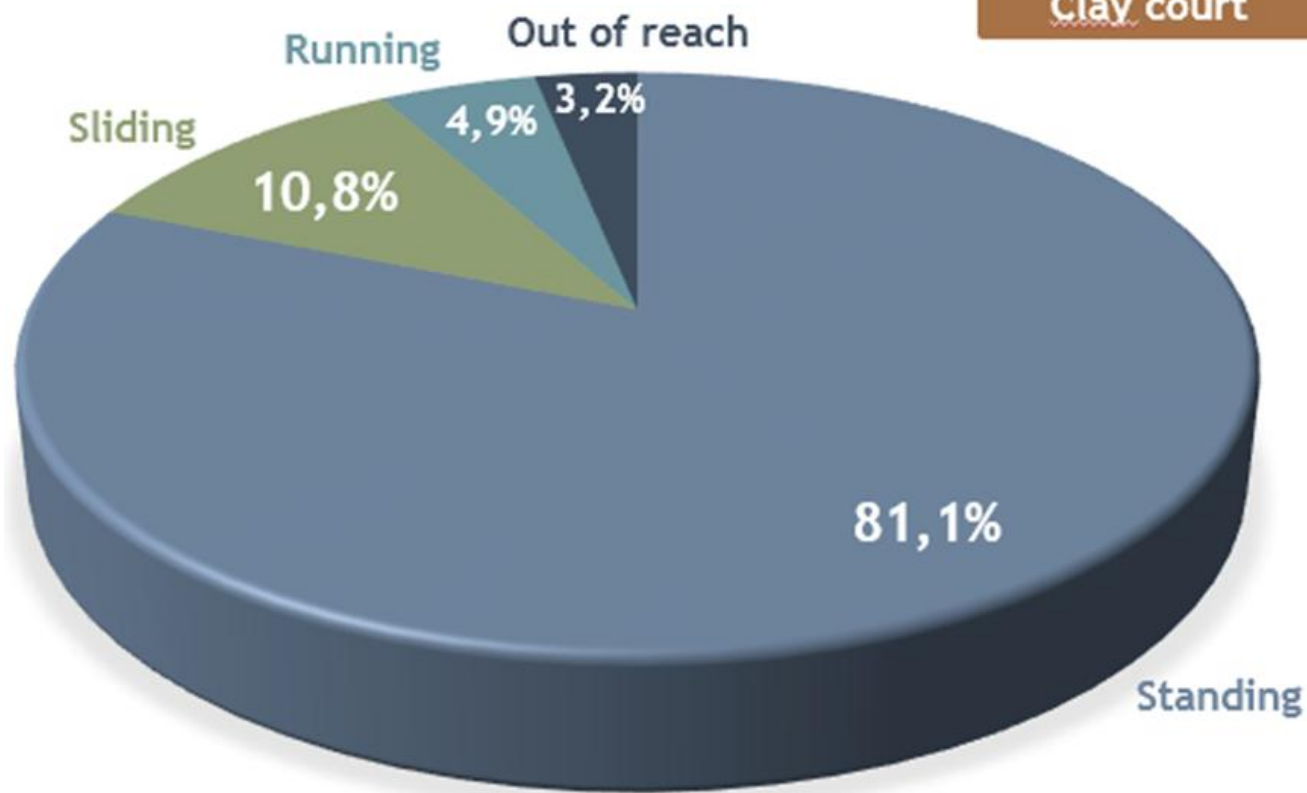
Characteristics of the tennis game?



Demands on the ability of the player

- ☐ Move quickly in all directions
- ☐ Change of direction often: 3-5x
- ☐ Stop & start – with high quality orientation
- ☐ Maintaining balance at all time
- ☐ Work intermittent 5-10" – Rest: 15-25"
- ☐ Complexity: control to hit the ball effectively
- ☐

Clay court



Tennis

5% > 4.5m

Running

10% = 2.5 - 4.5m

Sliding

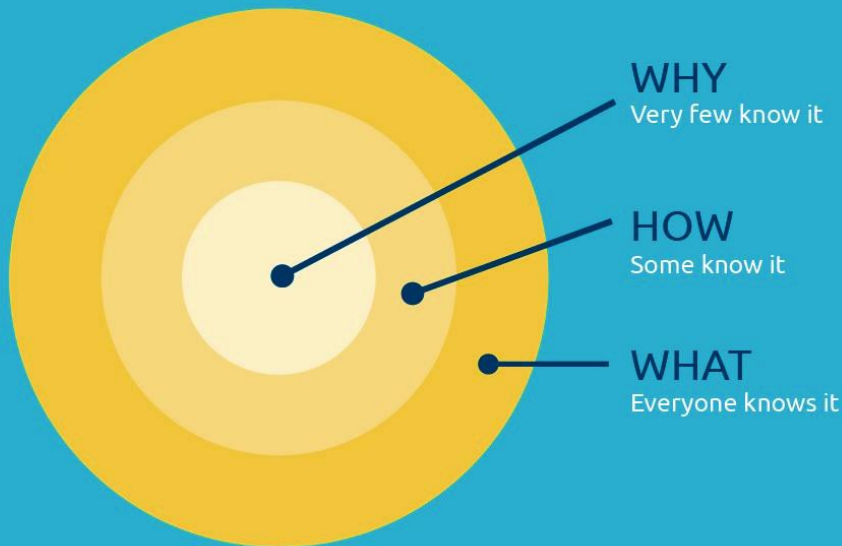
80% < 2.5m

Standing

Ferrauti & Weber, 2001

2

Golden Circle



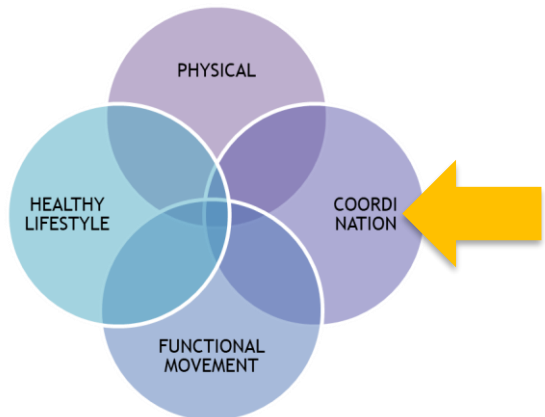
Principles

What is your
system?

Physical conditioning - overview



1. Coordination



B

BALANCE

O

ORIENTATION

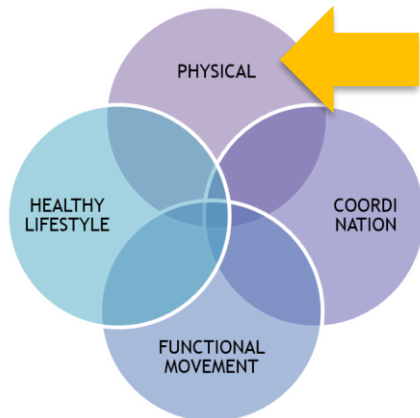
R

RACKET & BALL SKILLS

D

DISSOCIATION

2. Physical



S

STRENGTH

M

MOBILITY & FLEX.

U

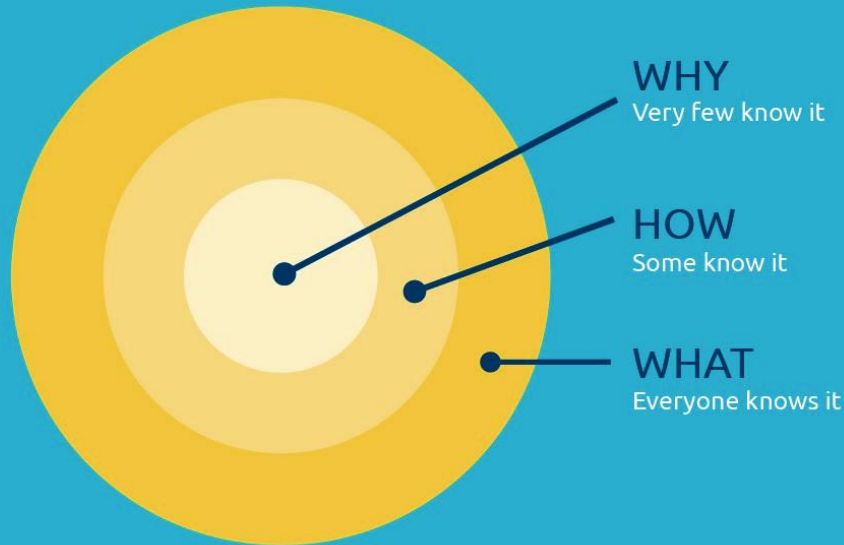
ENDURANCE

S

SPEED & AGILITY

3

Golden Circle

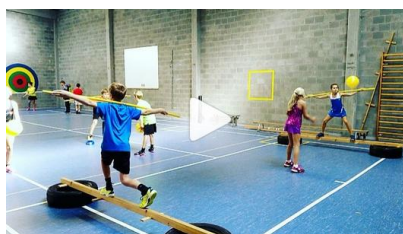


Training &
coaching

B

BALANCE

Body balance



B

BALANCE

Training



The coach as the DJ

Early win

Be creative

1.0

1.1

1.2

1.3

1.4

Develop the skill

Variation

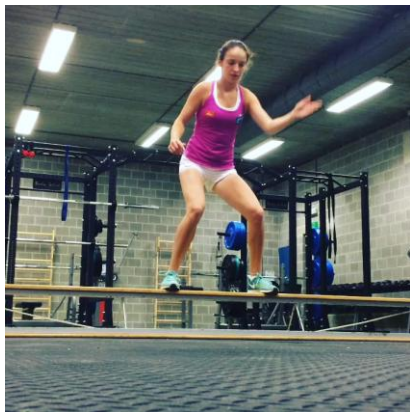
Complexity

Intensity

B

BALANCE

Training



B

BALANCE

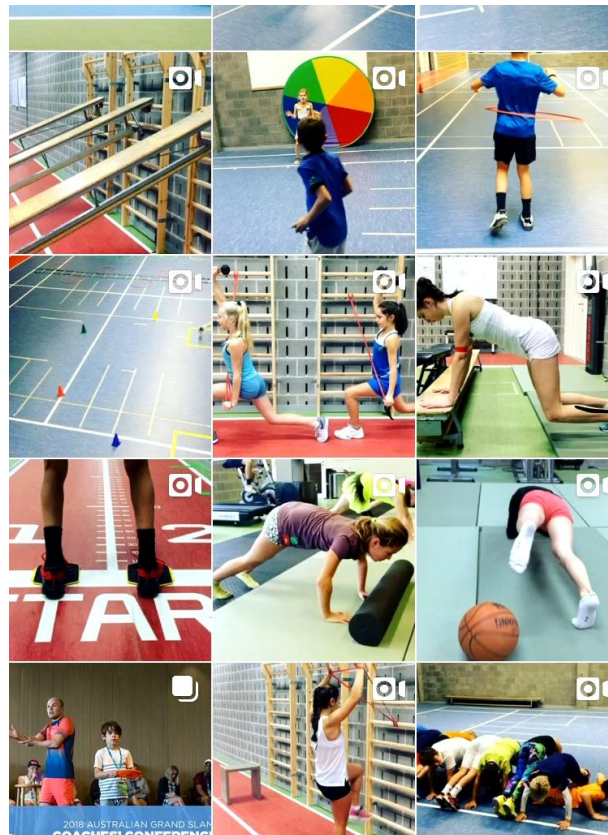
Training



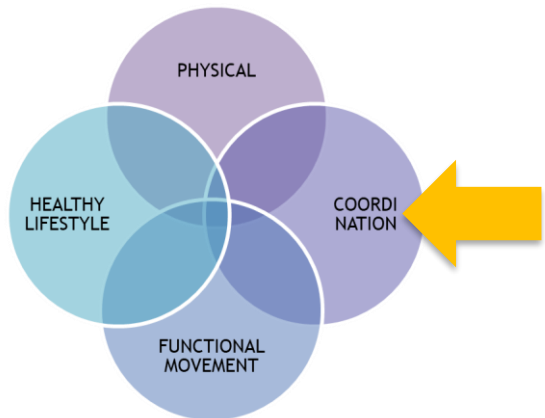
Upperbody & Shoulders

Strong total body

Prevention



1. Coordination



B

BALANCE

O

ORIENTATION

R

RACKET & BALL SKILLS

D

DISSOCIATION

O

ORIENTATION

Training



R

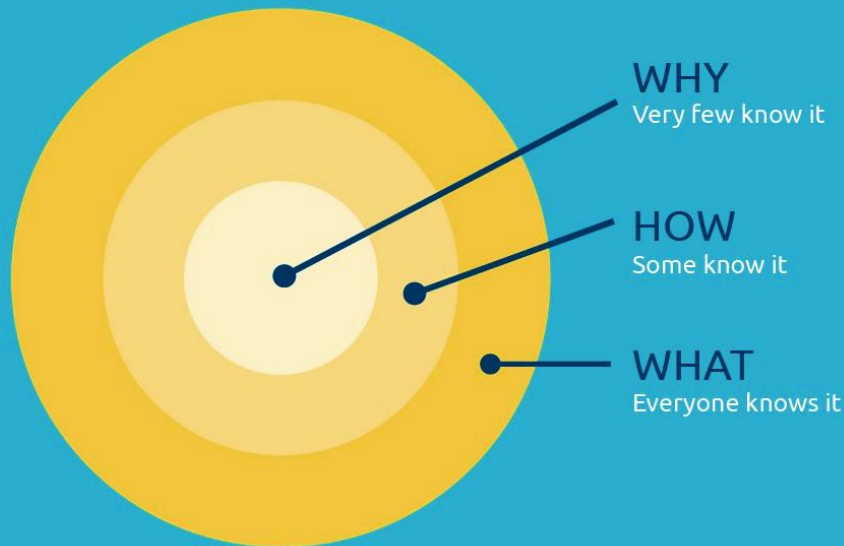
RACKET & BALL SKILLS



by Tennis Vlaanderen



Golden Circle



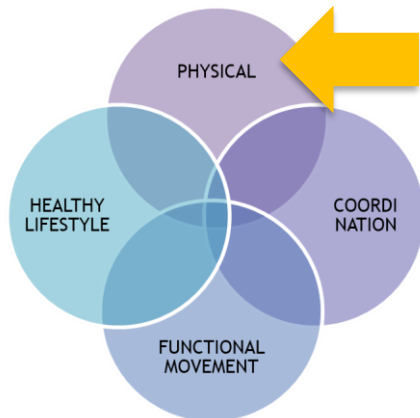
Demands

**Do we know
or sport?**

Principles

**What is your
system?**

2. Physical



S

STRENGTH

M

MOBILITY & FLEX.

U

ENDURANCE

S

SPEED & AGILITY



Quality



Intensity

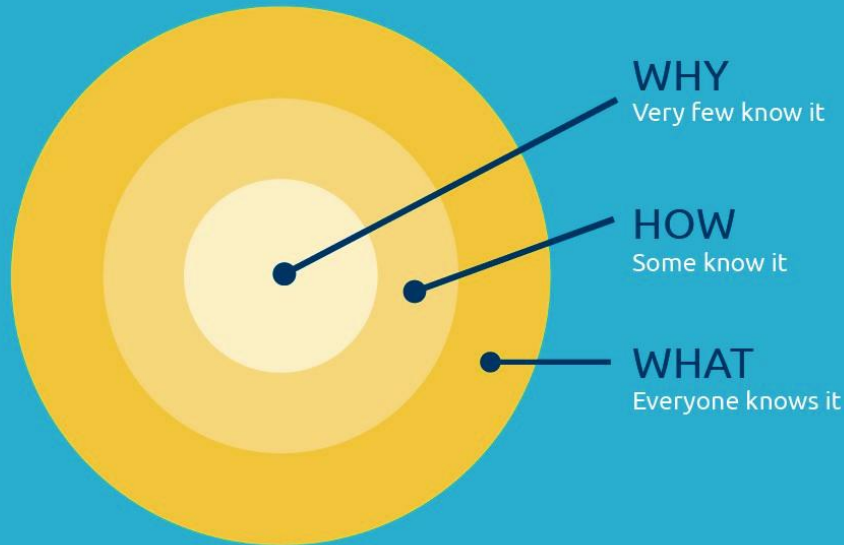


Demands on the ability of the player

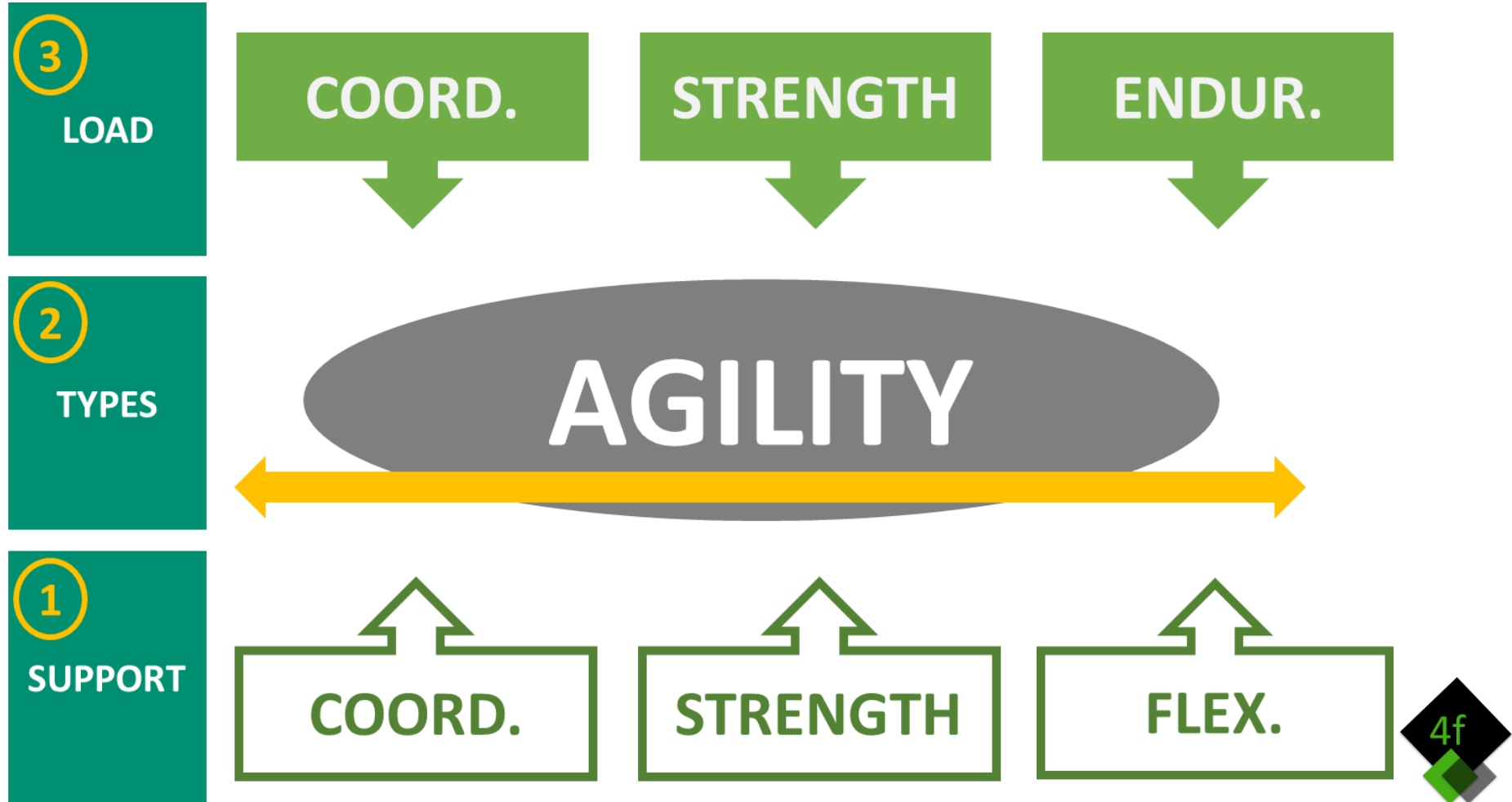
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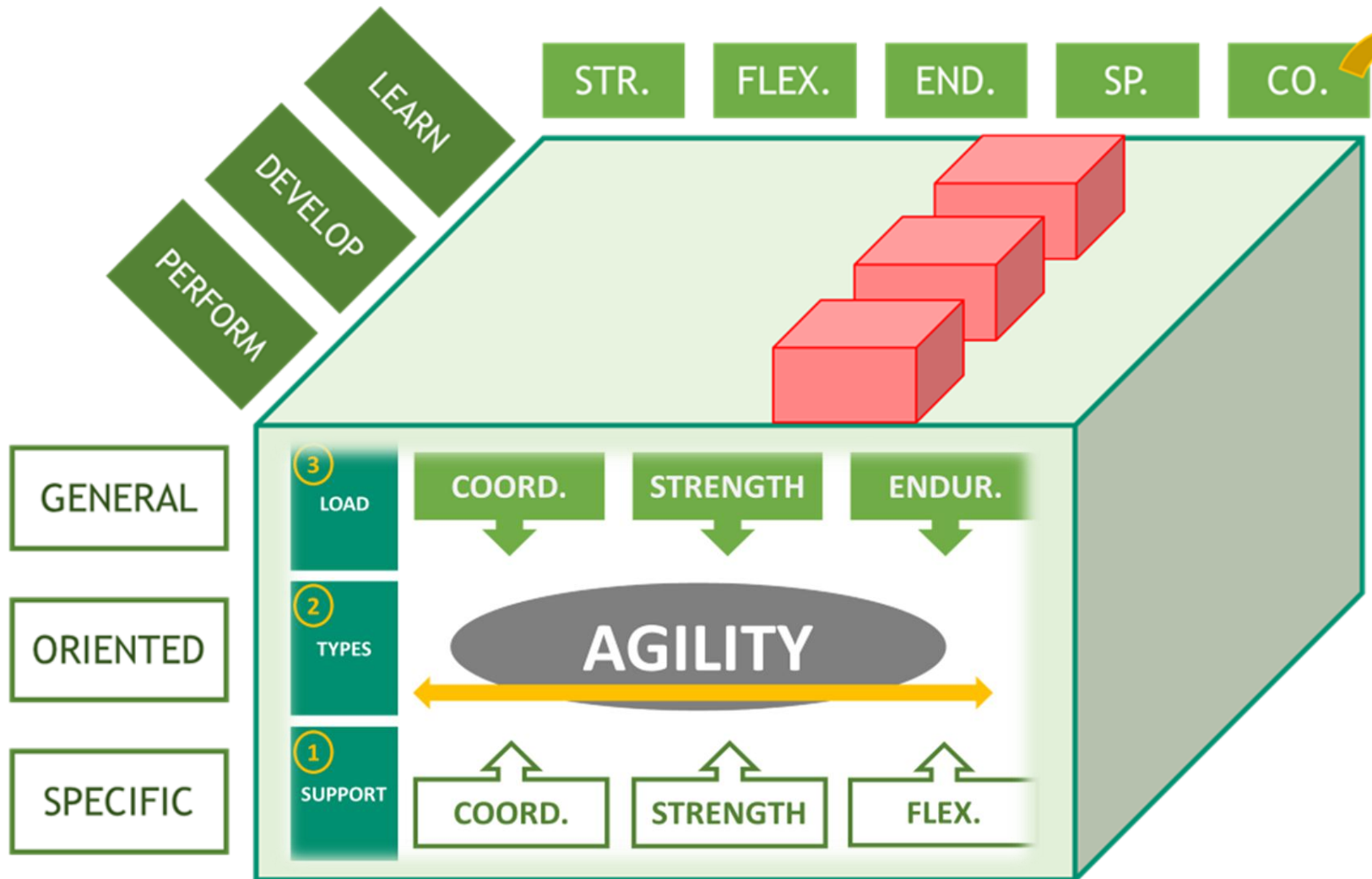
3

Golden Circle



Training &
coaching





Holistic approach

Multi directions

Ability to connect

Body control & Rhythm

SUPPORT



Running vs. movement skills



Quality coaching



Holistic approach

Barefoot

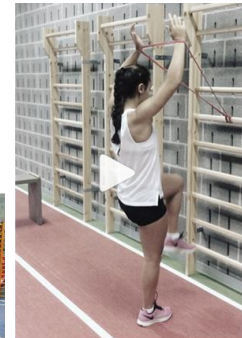
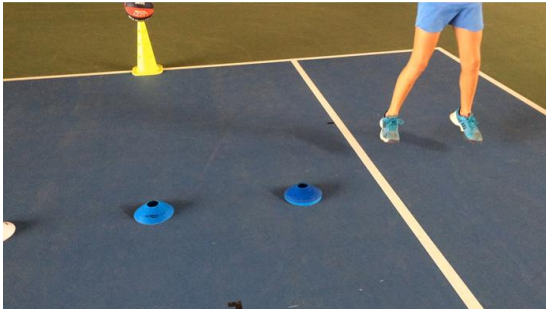
Stiffness lower part

Hip region

SUPPORT



Strong body – “car”



Holistic approach

Hip region

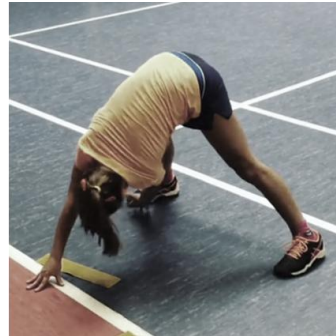
Body chain

Dynamic vs. Static

SUPPORT



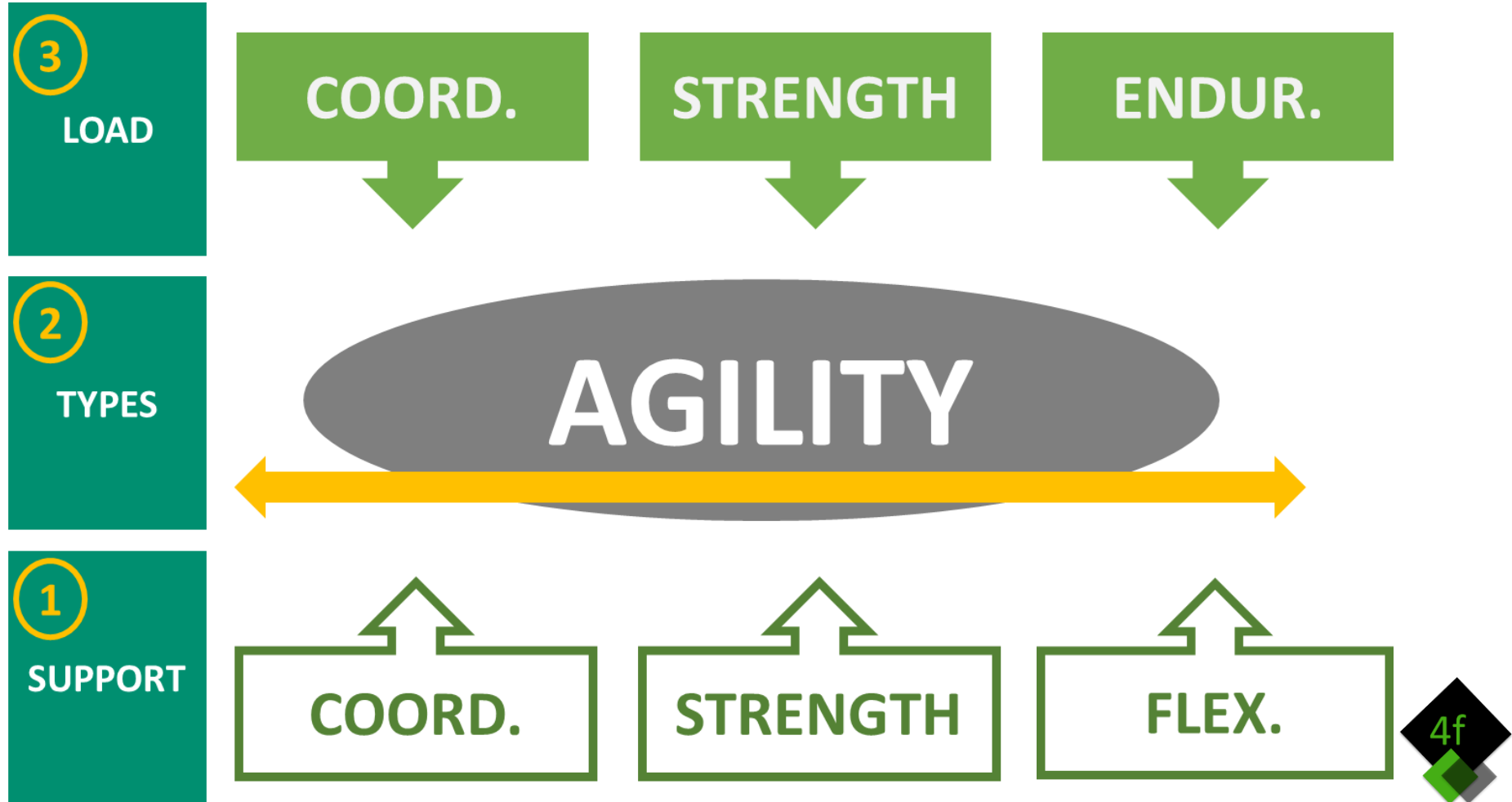
Healthy body - prevention

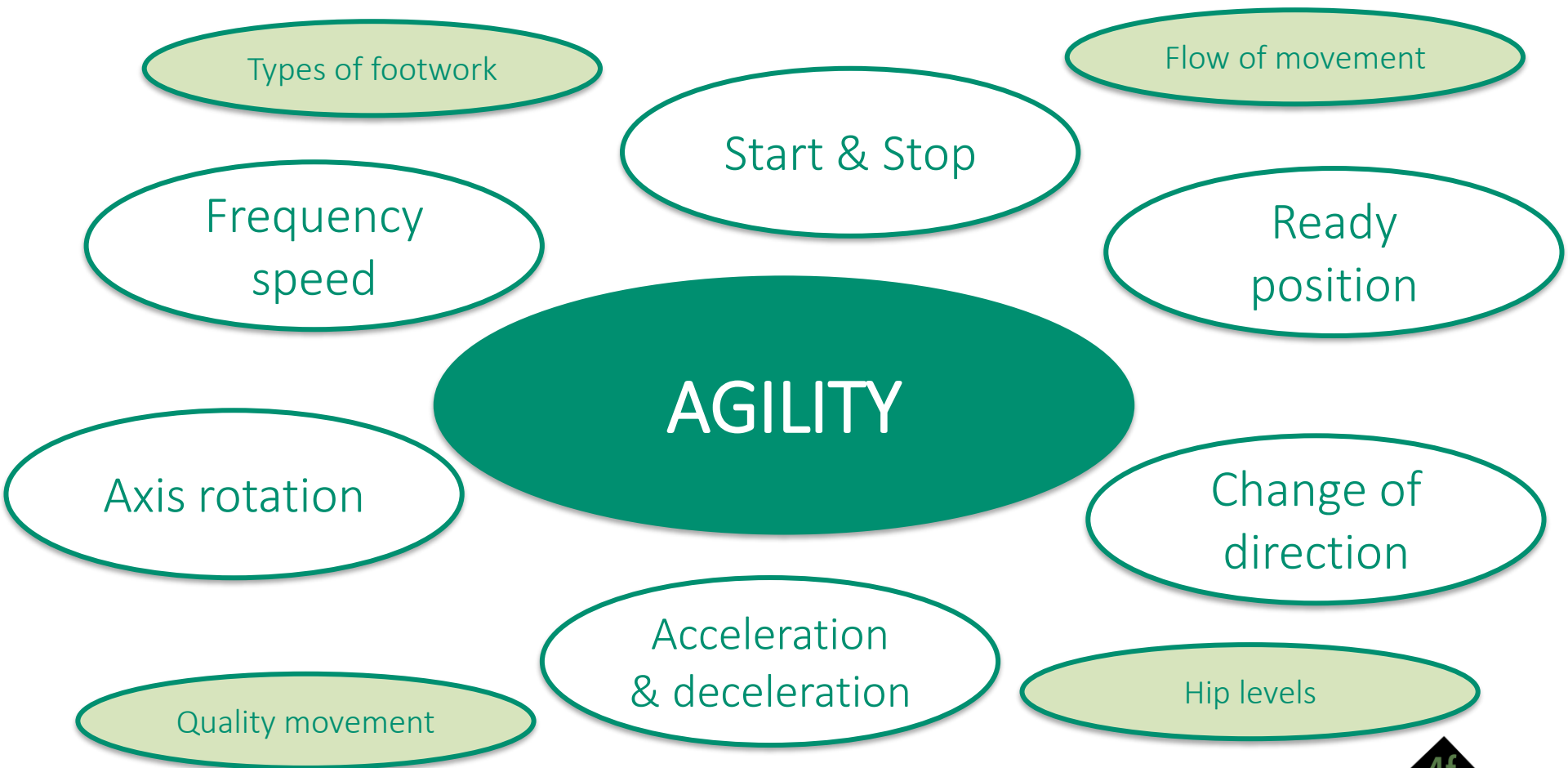


Warm Up



Recovery

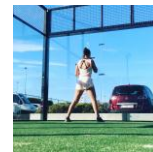
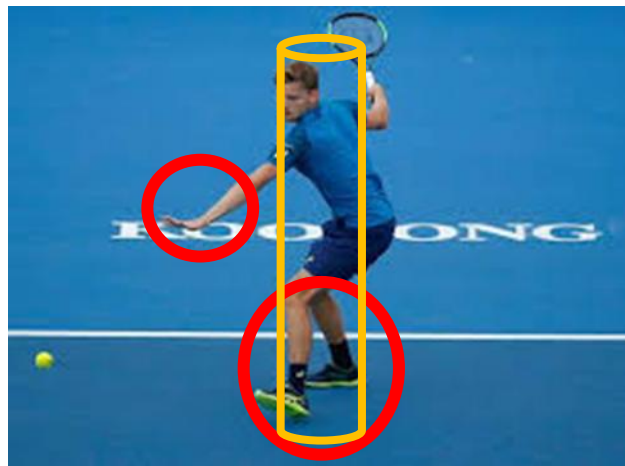




Family members of Agility

Holistic approach

TYPES



Lower body

Axis

Upper body



Quality coaching

Image of acting

Quality of movement

FUNDAMENTALS

DETAILS

SMALL – 1 item

WIDE – 3 items

Image of action

Holistic approach

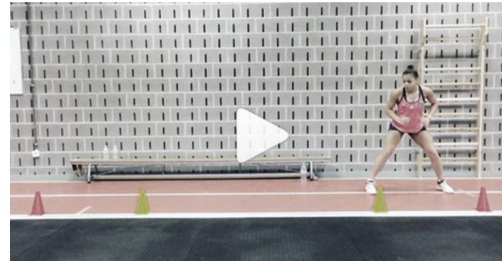
TYPES



First step

Stop

Change



Holistic approach

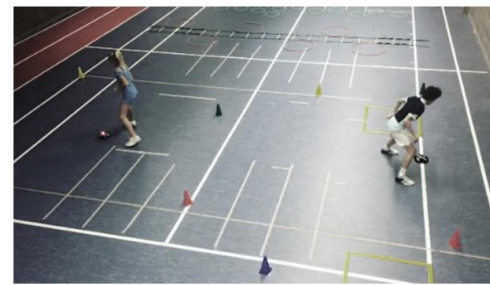
TYPES



Frontal

Lateral

Multi



Holistic approach

TYPES



Small

Middle

Big

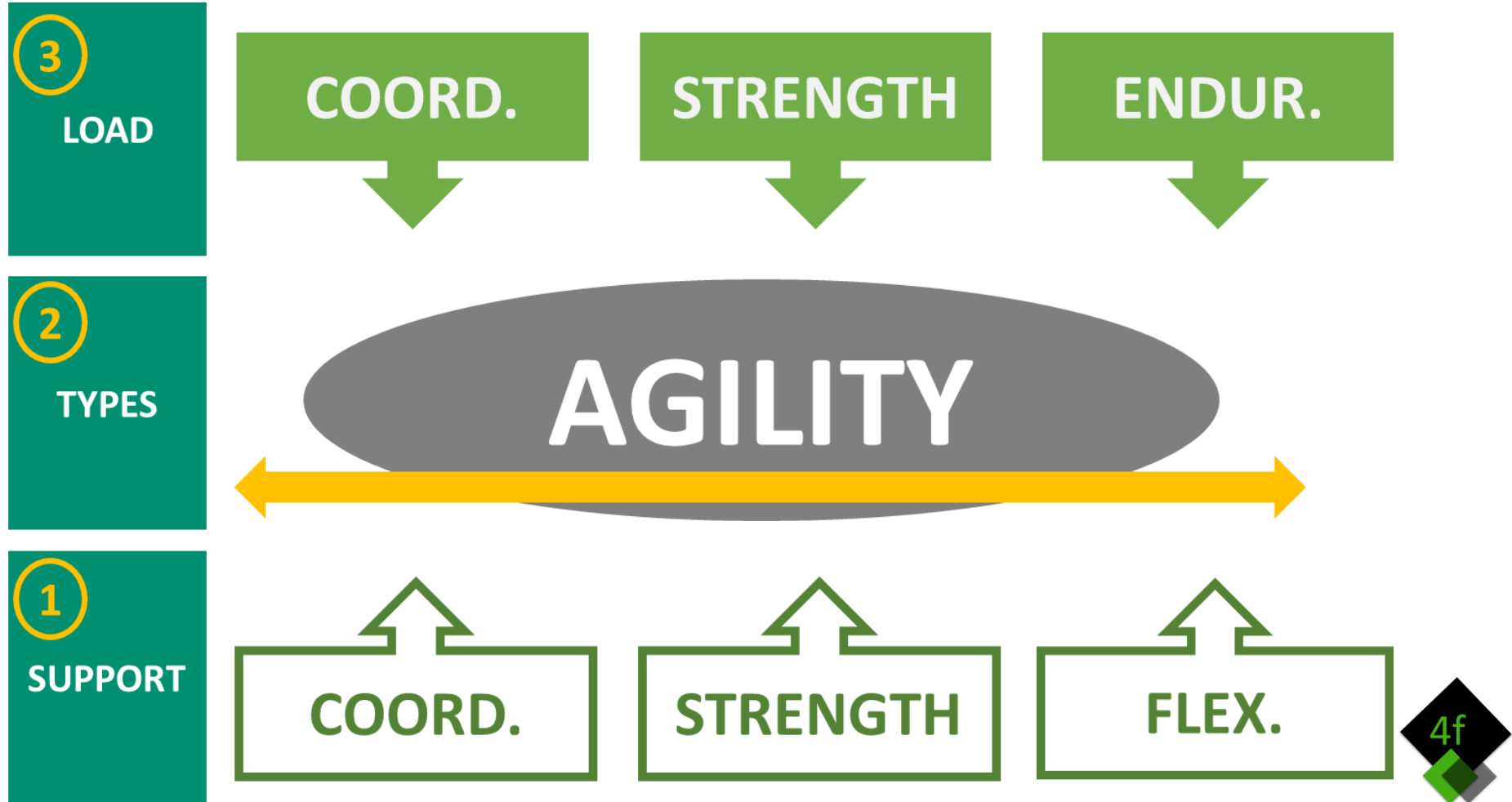


Kids - Playground



Play the game





Thank you!

#Sharingiscaring