



Next Generation Tennis Long Term Player Development Pathway
Mini Tennis Plus Programming:

10 & Under Tennis Academy

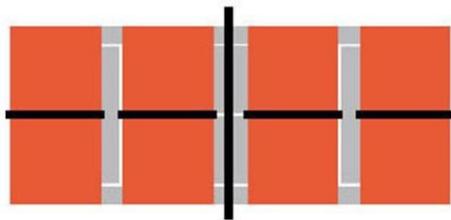
10 & Under Tennis is the first stage of NGT'S long-term development pathway.

NGT'S 10 & Under program utilizes the modern and up-to-date advanced development teaching techniques and equipment to successfully lay the proper foundation and progressions for the future success of every enrolled player.

These new tools and progressions help to create the most the appropriate learning environment and encourage children to progress in a way that is appropriate for their individual development.

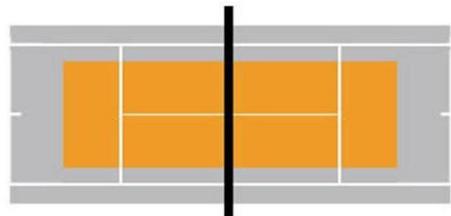
The implementation of this unique process helps to accelerate the process during the learning curve of a child.

The development model addresses the individual's development in the following areas:
technical, tactical, mental/emotional, social and physical training.



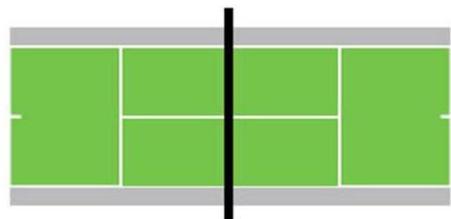
Red Stage

- 1/4 size court
- 25% compression ball
- 19 - 23 inch racquets



Orange Stage

- 3/4 size court
- 50% compression ball
- 23 - 26 inch racquets



Green Stage

- Full size court
- 75% compression ball
- 26 - 27 inch racquets



Red Ball Level 1:

Ages: 5-7 / Court: 36' Red Court / Ball: Red Foam, Red Felt

Recommendation: 2 days per week

Clinic Duration: 1 Hour

The red ball program is divided into two levels and is designed for beginner to intermediate players ages 5-7.

Classes are the perfect opportunity for children to learn the “Fundamentals” of tennis. Activities focus on building agility, balance and coordination skills, while developing the on-court skills needed to serve, rally and score. Prior to graduating to the next stage of the program, these 8 and under players will be able to demonstrate understanding of basic technique and maintain that technique during rallies with peers.

Red Ball Level 2:

Ages: 5-7 / Court: 36' Red Court / Ball: Red Foam, Red Felt

Clinic Duration: 1 Hour

Recommendation: 2 days per week

At the Red Ball Level 2, lesson plans are designed to introduce the second level of NGT'S tennis competencies. This group focuses on development of topspin on both forehand and backhand groundstrokes, appropriate use of grips, including intercontinental, useful execution of tennis-specific footwork patterns (i.e. split step, side shuffle).

Red Ball Level 2 players will move to the final stage of the Red Ball program with a much-improved understanding of how to “Play” the game, including the ability to “Move” the ball (especially side to side) while recognizing the “ Open Court” spaces. Red Ball Level 2 is an ideal program for the reinforcement of beginner skills.

Red Ball Schedule Breakdown

15 minutes:	Warm-up, movement and coordination drills, motor skills development.
30 minutes:	Building stroke technique and foundation, proper balance for groundstrokes, serves and volleys.
15 minutes:	Various fun games including rally and scoring.

The clinic breakdown stays the same as level 1 however, the degree of difficulty increases with emphasis on more movement during the dead ball drills with rallying and drop feeds to start rallies.

Focus will be always as the players improve to maintain their technique during all drills and rallying situations.

Orange Ball Level 1:

Ages: 8-10 / Court: 60' Orange Court / Ball: Orange Low compression

Recommendation: 1-2 days per week

Clinic Duration: 1.5 Hours

Divided into three levels, Orange Ball Level 1 is for both the beginner and intermediate 10 & Under players ready to play on a slightly larger court. The classes are designed to continue building athletic skills while learning and refining the skills necessary to serve, rally and score before moving to the next level of the Orange Program. These players will demonstrate an understanding of proper technique and maintain that technique during point and match play.

Orange Ball Level 2

Ages: 8-10 / Court: 60' Orange Court / Ball: Orange Low Compression

Recommendation: 2 days per week required

Clinic Duration: 1.5 Hours

At this stage of the NGT'S Orange Ball pathway, the children have indicated a preference for tennis as one of their primary sports. At the beginning of each session coaches will assess the players and group them based on ability.

Players are learning to become actively engaged in their own development and their competitive interests are rising. This group is fundamentally sound in both movement and technique and beginning work on more specific patterns of play utilizing the larger court space. Dynamic balance, experimentation with different tactics and strategies and early development of "Weapons" are all part of the Orange Ball Level 2 curriculum.

** Placement in this group requires approval from the program director. Please contact: Stephen Peterson by email: stephen.peterson3000@gmail.com

Orange Ball Level 3:

Ages: 8-10 / Court: 60' Orange court / Ball: Orange Low Compression

Recommendation: 2 days per week required plus 1 practice match per week

(Invitation Only)

Clinic Duration: 1.5 Hours

Orange Level 3 is the final stage of the Orange Ball development. Players demonstrate of high degree of proficiency in racket and movement mechanics, court awareness and an ability to structure points.

A key feature of the Orange Level 3 is match play. Each Orange Level 3 is required to play up to one (1) match per week, and the progress will be tracked on a session by session basis

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Orange Ball Schedule Breakdown

15 minutes:	Dynamic warm-ups movement and reaction.
30 minutes:	Dead ball drilling including hand ball drop feeds, basket feeding with the focus on developing fundamentally solid strokes.
30 minutes:	Live ball drilling and drills focusing on learning to rally with scoring.
15 minutes:	Footwork and movement pattern drills to enhance court coverage.

As players goes through the higher levels both dead and live ball drill difficulty will be increased together with less recovery time. This in turn will develop faster and quicker reaction.

Green Dot Transition:

Ages: 8-10 / Court: 78' (full size court) / Ball: Green Dot Low Compression

Clinic Duration: 2 Hours

Recommendation: 2 days per week required plus 1 practice match per week.

Players in the Green Dot Development Transitional Program can execute patterns of play, vary the spin, pace and tempo of their shots while synchronizing the correct footwork and movement pattern to the stroke.

Players will understand when to use their “Weapon” to exploit weaknesses in their opponents game. Each player will learn and experiment with varying styles of play, including serving and volleying, offensive, defensive and neutralizing.

While experimenting with different games styles is encouraged the main focus is to identify as early as possible the specific style of play that will be adopted by each player.

In order to progress to the next level of the long term development pathway players would have mastered the Orange Ball level 3 in all of its advanced categories. Players would have a complete understanding of their strengths and learn how to use them to their advantage. Players in this Transitional Program frequently compete in tournaments and team tennis.

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Green Dot Schedule Breakdown

15 minutes:	Dynamic warm-up, elastics, medicine ball.
30 minutes:	Dead ball drilling to incorporate both the green dot as well as the yellow ball.
40 minutes:	Live ball drilling to incorporate both the green dot as well as the yellow ball. However, during the more advanced rallying sequence drills the green dot will be used predominately.
35 minutes:	Tennis specific movement, speed and agility, strength and conditioning.

Pre-Masters Program: Future Stars

Ages: 11 & Over / Court: Full Size Court / Ball: Regular Ball

Clinic Duration: 2 Hours

Requirement for participation: 2 days per week plus 1 day of match play

Participants in the 11 & over Tennis Competitive Training Clinics must maintain a Sectional ranking at least 150 in their respective age division or have attained high school varsity status.

11 and over Tennis Competitive Training Clinics are tournament-level training classes that serve as a potential pathway and Transition to the High Performance Masters Program. Participants in this program will have full access to the best High Performance and Excellence training and systems that NGT has to offer.

This program will challenge players with high intensity training sessions. Players are expected to play USTA-sanctioned tournaments and those achieving the highest Southern Rankings will be considered for our Masters Program. Practices will consist of progressive dead ball drilling, live ball and consistency work followed by point construction and match play.

Pre-Masters “Future Stars” Schedule Breakdown

15 minutes:	Dynamic warm-up, medicine ball, elastics.
30 minutes:	Hand fed, dead ball drilling on the topic of emphasis for that week solidifying solid single production and efficient movement patterns.
40 minutes:	Live ball drilling incorporating the various ball utilizing, topspin, under spin, and flat will be different trajectories.
35 minutes:	Strength and conditioning, speed and agility, footwork and movement patterns for enhanced court coverage.

Masters Program: (High Performance & Excellence Training)

Ages: 12 & Over Requirement for participation: 3 days per week

Clinic Duration: 2.5 Hours

The Masters Program is offered year-round both as an after-school and full-time program for players ages 12 and older. To be invited to participate in the Masters Program, players must have a Top 100 USTA Sectional ranking and have demonstrated a strong work ethic.

Enrollment in the Masters Program is by invitation only. Prior to acceptance into the Masters Program, players are required to undergo a full on-court assessment. The Masters program has a rigorous curriculum offering Progressional Zonal Training with a minimum participation of 3 times per week to better enhance solid muscle development and growth.

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Home Schooled and early release Players:

Age: 12 & Under Requirement for participation: 3 days per week

Clinic Duration: 2.5 Hours

The homeschooling program follows the same guidelines, selection criteria and curriculums of the Masters Program. However, the times of training will be at earlier times slots during the day so as to facilitate these two grouping of players.

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Masters & HomeSchooling/Early Release Program Breakdown

15 Minutes:	Dynamic warm-ups, elastics, medicine ball.
45 Minutes:	Dead ball drilling while analyzing each player's game style. Emphasis on technique and repetition of the various offensive and defensive footwork patterns along with advanced stroke production.
35 Minutes:	Live ball drilling with an emphasis on developing constant racket head speed starting points off of defensive and offensive situations and knowing when to add the various spins while implementing own game style.
25 minutes:	Tennis specific movement drills, resistance training, speed and agility, strength and conditioning.

Vacation and Holiday Camps

Tennis camps are the best way to maximize on court time and build stronger muscle memory.

Focus is on developing complete players who can perform on any match situation at any level.

The camp combines technique training with mental and physical conditioning to build the complete athlete who can outsmart and outlast the competition.

Each player will improve the following ways:

- Technical: Groundstroke, transition/net play, serve/return and footwork.
- Tactical: Master shot sequences and court positioning to help execute match strategy successfully.

- Performance: Efficient and effective court movement techniques, how to increase balance, generate more power, and gain speed and explosiveness.
- Mental focus/enhancement: establish routines, and rituals and preparation, manage emotions and address adversity.
- Match strategy: Identify opponent's strengths, weakness and style of play. Develop winning strategies and closing combination patterns.
- Competition: Play singles and doubles matches against players of similar skill levels to test and improve all technical, tactical, performance and mental techniques and efficiencies.

Tennis Camp Schedule

9:00-10:30am	Various warm-ups and dead ball drilling.
10:30-11:45am	Live ball drilling and match simulation drills. Mental conditioning rituals to be implemented with point play.
11:45-12:00noon	Ball collection and summary
12:00-1:30pm	Lunch
1:30-2:15pm	Live ball advanced rallying sequences
2:15-3:30pm	Match play simulation, points, tie-breakers, games, sets.
3:30-4:30pm	Tennis specific movement, speed and agility, elastic work. For strength and injury prevention. Mental enhancements/implementation.