



## ALE Tennis Progression Pathway

Learning:		Unconscious Incompetence = <b>Learning</b>		Conscious Incompetence = <b>Practicing</b>		Conscious Competence = <b>Developing</b>		Unconscious Competence = <b>Mastering</b>				
Description of stage:		<ul style="list-style-type: none"> <li>Lack of knowledge and awareness of the skill.</li> </ul>		<ul style="list-style-type: none"> <li>Aware of the skill, but lack of knowledge.</li> </ul>		<ul style="list-style-type: none"> <li>Developing the skill with awareness.</li> </ul>		<ul style="list-style-type: none"> <li>Performing the skills automatic or in auto-pilot mode even under pressure.</li> </ul>				
Coaching approach:		<ul style="list-style-type: none"> <li>Break down of concepts/skills for understanding.</li> </ul>		<ul style="list-style-type: none"> <li>Supervised practice of skills with multiple repetitions and introducing new variables for reinforcement of understanding.</li> </ul>		<ul style="list-style-type: none"> <li>Build-up of skills with consistency under different environments and variables to develop further the skills.</li> </ul>		<ul style="list-style-type: none"> <li>Mastering the skill by testing, tracking and look for excellence and self-improvement.</li> </ul>				
Area of Development	Red Ball Beginner	Red Ball Intermediate	Red Ball Advanced	Orange Ball Beg-Int	Orange Ball Advanced	Green Ball Beg-Int	Green Ball Advanced	Yellow Ball 11-14 Beg-Int (3.0 - 3.5 NTRP) (Beg-Int Competitions)	Yellow Ball 15-18 Advanced (4.0 - 5.0 NTRP) (Advanced Competitions)	Pro Player (5.5 - 7.0 NTRP) (Pro Competition)		
<b>Summary of Skills Under Development</b>	<p><b>Learning:</b></p> <ul style="list-style-type: none"> <li>Basic Physical Skills mainly focused in the ABC (Agility, Balance, Coordination).</li> <li>Basic Technical Skills mainly focused in GPS (Grip, Preparation, Swingpath) of groundstrokes and serve.</li> <li>Basic Tactical Skills mainly focused in consistency and control.</li> <li>Basic Mental and Emotional Skills mainly focused in enjoyment of the sport and sportmanship.</li> </ul>		<p><b>Practicing:</b></p> <ul style="list-style-type: none"> <li>Basic Physical Skills mainly focused in the ABC (Agility, Balance, Coordination).</li> <li>Basic Technical Skills mainly focused in GPS (Grip, Preparation, Swingpath) of groundstrokes, serve and volley.</li> <li>Basic Footwork Skills mainly focused in proper running to and recovering from hitting the ball.</li> <li>Basic Tactical Skills mainly focused in consistency, direction and depth control.</li> <li>Basic Mental and Emotional Skills mainly focused in enjoyment of the sport and sportmanship and concentration on goals.</li> </ul>		<p><b>Learning:</b></p> <ul style="list-style-type: none"> <li>Advanced Physical Skills mainly focused in endurance, speed and strength.</li> <li>Advanced Technical and Footwork Skills mainly focused in proper use of biomechanical body-racket chain and proper intensity.</li> <li>Advanced Tactical Skills mainly focused in development of defensive and offensive game variations.</li> <li>Advanced Mental and Emotional Skills mainly focused in match performance and self-discipline.</li> </ul> <p><b>Developing:</b></p> <ul style="list-style-type: none"> <li>Basic Physical Skills mainly focused in the ABC (Agility, Balance, Coordination).</li> <li>Basic Technical Skills mainly focused in GPS (Grip, Preparation, Swingpath) of groundstrokes, serve and volley.</li> <li>Basic Footwork Skills mainly focused in proper running to and recovering from hitting the ball.</li> <li>Basic Tactical Skills mainly focused in consistency, direction and depth control.</li> <li>Basic Mental and Emotional Skills mainly focused in enjoyment of the sport and sportmanship and concentration on goals.</li> </ul>		<p><b>Practicing:</b></p> <ul style="list-style-type: none"> <li>Advanced Physical Skills mainly focused in endurance, speed, strength and power.</li> <li>Advanced Technical and Footwork Skills mainly focused in proper use of biomechanical body-racket chain with proper intensity and power in all movements.</li> <li>Advanced Tactical Skills mainly focused in development of defensive, neutral and offensive game variations under pressure conditions.</li> <li>Advanced Mental and Emotional Skills mainly focused in match performance, self-discipline, anxiety control and intrinsic motivation.</li> </ul> <p><b>Developing under pressure:</b></p> <ul style="list-style-type: none"> <li>Basic Physical, Technical, Footwork, Tactical and Mental/Emotional Skills while in competitive scenarios.</li> </ul>		<p><b>Developing under pressure:</b></p> <ul style="list-style-type: none"> <li>Advanced Physical Skills mainly focused in endurance, speed, strength and power.</li> <li>Advanced Technical and Footwork Skills mainly focused in proper use of biomechanical body-racket chain with proper intensity and power in all movements.</li> <li>Advanced Tactical Skills mainly focused in development of defensive, neutral and offensive game variations under pressure conditions.</li> <li>Advanced Mental and Emotional Skills mainly focused in match performance, self-discipline, anxiety control and intrinsic motivation.</li> </ul> <p><b>Mastering:</b></p> <ul style="list-style-type: none"> <li>Basic Physical, Technical, Footwork, Tactical and Mental/Emotional Skills</li> </ul>		<p><b>Mastering:</b></p> <ul style="list-style-type: none"> <li>Advanced Physical Skills mainly focused in endurance, speed, strength, power and injury prevention.</li> <li>Advanced Technical and Footwork Skills mainly focused in proper use of biomechanical body-racket chain with proper intensity and power in all movements.</li> <li>Advanced Tactical Skills mainly focused in development of defensive and offensive game variations under pressure conditions.</li> <li>Advanced Mental and Emotional Skills mainly focused in match performance, self-discipline, anxiety control and intrinsic motivation.</li> <li>Basic Physical, Technical, Footwork, Tactical and Mental/Emotional Skills</li> </ul>	
<b>Main Development Goals</b>	<ul style="list-style-type: none"> <li>Learn basic groundstrokes</li> <li>Learn to serve (both under-hand and overhead)</li> <li>Achieve short rally of 5-10 balls or more.</li> </ul>		<ul style="list-style-type: none"> <li>Learn to rally from 60' court, at least 10-20 balls or more with Topspin</li> <li>Learn 1st and 2nd serve overhead.</li> <li>Develop good footwork around all the court to get ready to 78' court.</li> </ul>		<ul style="list-style-type: none"> <li>Learn to rally from 78' court, at least 20 balls or more with Topspin.</li> <li>Develop good 1st and 2nd serve from 78' court</li> <li>Develop strong footwork to move around all 78' court.</li> <li>Learn basic defense and offense patterns to apply during matches.</li> </ul>		<ul style="list-style-type: none"> <li>Learn different rally patterns with changing directions and speed variation.</li> <li>Master footwork focusing on speed and fast recovery for good anticipation.</li> <li>Develop speed and effects on 1st and 2nd serve.</li> <li>Develop advanced tactics to defend and attack based on your strengths and weaknesses.</li> </ul>		<ul style="list-style-type: none"> <li>Master rally with different patterns, speed and variations of balls during match.</li> <li>Master serve &amp; returns with different speed and effects during match</li> <li>Master your tactical game based on your strengths and weaknesses during match.</li> <li>Keep improving your fitness conditioning and mental strength.</li> </ul>		<ul style="list-style-type: none"> <li>Master variations of patterns, effects and speeds of the ball during match.</li> <li>Master variations of serve &amp; returns speed and effects during match.</li> <li>Master and optimize your fitness conditioning and Mental Strength.</li> <li>Master and optimize your tactical game based on strengths and weaknesses during match.</li> </ul>	
<b>Complementary Development</b>	<ul style="list-style-type: none"> <li>Parental Teaching of Principle and Values.</li> <li>Good Nutrition &amp; Hydration.</li> <li>Practice of other Sports.</li> </ul>		<ul style="list-style-type: none"> <li>Parental Teaching of Principle and Values.</li> <li>Good Nutrition &amp; Hydration.</li> <li>Practice of other Sports.</li> </ul>		<ul style="list-style-type: none"> <li>Parental Reinforcement of Principle and Values.</li> <li>Good Nutrition &amp; Hydration.</li> <li>Practice of other Sports.</li> <li>Strength and Conditioning sessions.</li> <li>Private lessons.</li> </ul>		<ul style="list-style-type: none"> <li>Parental Reinforcement of Principle and Values.</li> <li>Good Nutrition &amp; Hydration.</li> <li>Practice of other Sports.</li> <li>Strength and Conditioning sessions.</li> <li>Private lessons.</li> <li>Weight training sessions.</li> </ul>		<ul style="list-style-type: none"> <li>Good Nutrition &amp; Hydration.</li> <li>Strength and Conditioning sessions.</li> <li>Private lessons.</li> <li>Weight training sessions.</li> <li>Sport Psychology training.</li> <li>Active rest with other sports or exercising activities.</li> </ul>		<ul style="list-style-type: none"> <li>Good Nutrition &amp; Hydration.</li> <li>Strength and Conditioning sessions.</li> <li>Private lessons.</li> <li>Weight training sessions.</li> <li>Active rest with other sports or exercising activities.</li> <li>High-Performance Psychology Training.</li> </ul>	
<b>Frequency of Training</b>	<ul style="list-style-type: none"> <li>2-3 times sessions per week of 30-60 minutes.</li> <li>At least 6-10 hours per week of physical activities or any sports play (including tennis)</li> </ul>		<ul style="list-style-type: none"> <li>2-3 times sessions per week of 60 minutes.</li> <li>At least 12-15 hours per week of physical activities or any sports play (including tennis)</li> </ul>		<ul style="list-style-type: none"> <li>4-6 times sessions per week of 60-90 minutes.</li> <li>At least 12-15 hours per week of physical activities or other sports play (including tennis)</li> </ul>		<ul style="list-style-type: none"> <li>2 hours sessions with recovery before next session.</li> <li>At least 15-20 hours per week of physical activities (including tennis).</li> </ul>		<ul style="list-style-type: none"> <li>2.5 hours sessions with recovery before next session.</li> <li>24-27 hours per week of physical activities (including tennis).</li> </ul>		<ul style="list-style-type: none"> <li>2.5 hours sessions with recovery before next session.</li> <li>27-30 hours per week of tennis specific physical activities (including tennis sessions).</li> </ul>	
<b>Type of Competitions</b>	<ul style="list-style-type: none"> <li>36' court entry-level team events (FUN oriented)</li> <li>USTA Red Ball tournaments.</li> <li>Intra/Inter club events, including Jr Team Tennis.</li> <li>Modified short scoring - best of 3 tiebreaks to 7 points.</li> </ul>		<ul style="list-style-type: none"> <li>60' court events</li> <li>USTA Orange L2 and L1 tournaments</li> <li>Modified scoring for 10 and under— short sets of 4 game no-ad (tiebreak at 3-3 and at 3rd set)</li> <li>Jr. Team Tennis and Club competitions</li> <li>Around 15-20 matches per year</li> <li>Unlimited practice matches</li> </ul>		<ul style="list-style-type: none"> <li>78' court events</li> <li>USTA Green L1 10&amp;U and L8 12&amp;U tournaments.</li> <li>Modified scoring for 10 and under— Sets of 6 games with no-ads (tiebreak at 5-5 and at 3rd set).</li> <li>Jr. Team Tennis, High School and Club competition</li> <li>Around 30-40 matches per year</li> <li>Unlimited practice matches</li> </ul>		<ul style="list-style-type: none"> <li>USTA L8, L7 and L6 tournaments.</li> <li>2 out of 3 sets with-ad (tiebreak at 6-6 and supertiebreak at 3rd set)</li> <li>Jr. Team Tennis, High School Team and Club competitions</li> <li>Around 60-90 matches per year</li> <li>Unlimited practice matches</li> </ul>		<ul style="list-style-type: none"> <li>USTA L5, L4, L3, L2, L1 tournaments.</li> <li>High School &amp; College.</li> <li>Full scoring format</li> <li>ITF/Futures/Challengers events</li> <li>Around 60-90 matches per year</li> <li>Unlimited practice matches</li> </ul>		<ul style="list-style-type: none"> <li>College</li> <li>Challengers</li> <li>ATP/WTA Tour and Grand Slams</li> <li>Davis Cup and Fed Cup</li> <li>Around 120-180 matches per year</li> <li>Unlimited practice matches</li> </ul>	
<b>Type of Coaching and Program</b>	<ul style="list-style-type: none"> <li>FUN oriented program.</li> <li>Athletic Development Oriented.</li> <li>Motivational coaching to encourage learning.</li> <li>Group teaching.</li> <li>Team Competitive Incentives</li> </ul>		<ul style="list-style-type: none"> <li>FUN oriented program.</li> <li>Athletic Development Oriented.</li> <li>Group teaching.</li> <li>Team Competitive Incentives</li> </ul>		<ul style="list-style-type: none"> <li>Athletic Development Oriented.</li> <li>FUN oriented program.</li> <li>Group and Private sessions.</li> <li>Team Competitive Incentives.</li> <li>Coaches with experience of age group and necessary tennis skills.</li> </ul>		<ul style="list-style-type: none"> <li>High Performance coaches with experience of puberty issues</li> <li>Established Development Plan with 2-3 cycle periodized year moving toward increased competition levels.</li> <li>Strength and conditioning sessions.</li> <li>Group and Private sessions.</li> <li>Team Competitive Incentives.</li> </ul>		<ul style="list-style-type: none"> <li>High Performance coaches with experience of post-puberty issues</li> <li>Established Development Plan with 2-3 cycle periodized year moving toward increased competition levels.</li> <li>Strength and conditioning sessions.</li> <li>Group and Private sessions.</li> <li>Team Competitive Incentives</li> </ul>		<ul style="list-style-type: none"> <li>High Performance coach</li> <li>Physical trainer/strength coach</li> <li>Network of sport science specialists</li> <li>Individual of planned program</li> <li>3-4 cycle periodized program</li> <li>Team Competitive Incentives</li> </ul>	
<b>Summary Description of Level</b>	<ul style="list-style-type: none"> <li>This player is starting to learn the technique of basic strokes.</li> <li>This player is learning to do slow paced and short rallies in 36' court.</li> <li>This player has none to limited knowledge of serve, net skills and court coverage while playing.</li> <li>This player is just starting to play sports.</li> <li>Usually players 8 &amp; under years old.</li> <li>Introduction phase of development with focus on FUN and fundamentals.</li> <li>This player is in the first unconscious incompetence stage of learning.</li> </ul>		<ul style="list-style-type: none"> <li>This player has a fairly consistent form in technique of strokes.</li> <li>This player is prepared for slow-mid paced and short-mid rallies in 60' court.</li> <li>This player may has weak serve, weak net skills and weak court coverage while playing.</li> <li>This player has experience playing other sports.</li> <li>Usually players 10 &amp; under years old.</li> <li>Introduction phase of development with focus on FUN and fundamentals.</li> <li>The player should be entering the conscious incompetence stage of learning.</li> </ul>		<ul style="list-style-type: none"> <li>This player has a fairly consistent form in technique in most of strokes while playing under pressure.</li> <li>This player is prepared for mid-fast paced and mid-long rallies in 78' court.</li> <li>This player has fairly consistent serve, net skills and court coverage while playing.</li> <li>This player has fairly consistent athletic skills that may display while playing other sports.</li> <li>Usually players 12 &amp; under years old.</li> <li>Foundation phase of development with focus on FUN and fundamentals.</li> <li>The player should be entering the conscious competence stage of learning tennis.</li> </ul>		<ul style="list-style-type: none"> <li>This player has consistent form in technique in most of strokes while playing under pressure.</li> <li>This player is consistent doing mid-fast paced and long rallies in 78' court, even on rallies with change of directions.</li> <li>This player is developing strong and consistent serve, net skills and court coverage while playing.</li> <li>This player has sound consistent athletic skills that can display playing other sports.</li> <li>Usually players 12 &amp; above years old.</li> <li>Refinement phase of development with focus on optimizing skills for solid development.</li> <li>The player should be in the conscious competence stage of learning tennis.</li> <li>Usually puberty stage in Juniors.</li> </ul>		<ul style="list-style-type: none"> <li>This player has solid technique of all strokes while playing under pressure.</li> <li>This player is solid on doing fast paced and long rallies with change of directions.</li> <li>This player has solid serve, net skills and court coverage while playing under pressure.</li> <li>This player has solid athletic skills that always display even when playing other sports.</li> <li>Usually players 16 &amp; above years old.</li> <li>Transition phase of development with focus on solid performance under pressure.</li> <li>The player should be entering the unconscious competence stage of learning tennis.</li> <li>Usually post-puberty stage in Juniors.</li> </ul>		<ul style="list-style-type: none"> <li>This player has solid technique in all strokes while playing under pressure.</li> <li>This player is solid on doing fast paced and long rallies while playing under pressure with change of directions.</li> <li>This player has solid serve, net skills and court coverage while playing under pressure.</li> <li>This player has solid athletic skills that always display even when playing other sports.</li> <li>Usually players 18 &amp; above years old.</li> <li>Mastering phase of development with focus on excellent performance under pressure.</li> <li>The player is in the unconscious competence stage of learning tennis.</li> <li>Players of world-class performance on international competitions.</li> </ul>	