PERIODISATION FOR ADVANCED PLAYERS

By Miguel Crespo & Machar Reid
In this session we will...

• Explain the singularities of periodisation for tennis
• Know the main characteristics of training programmes for top level players
• Introduce the factors that influence periodisation at top level
• Show examples of periodisation plans for top players
INTRODUCTION TO ADVANCED PERIODISATION
Tennis scenario

• The sport of tennis does not have an official off-season like most other sports.
• This makes it difficult to peak for specific tournaments, fully recover from injuries and of course build in some rest periods.

Roetert (1999)
Tennis scenario

• This problem is not just isolated for the pros; junior players can participate in tournaments just about every week of the year.
• So how can you as a coach help prevent injuries, burnout or poor tournament results due to over-playing?
• The answer is by designing a proper “periodisation training” program

Roetert (1999)
Why plan?

A plan does not guarantee success but the absence of planning guarantees failure
Plan for what?

• By introducing seasons to your players’ games, you are more likely to keep your players injury free and enhance their performance.

Roetert (1999)
What is Periodisation?

Method for organizing the training activities of an athlete so that the chances of overtraining are minimised and the chances of achieving peak performance are optimized.

Roetert (1999)
The Art of Periodisation: Combination & Balance

Coaches and players have to balance competition, rest, practice and physical training throughout the year

Roetert (1999)
TRADITIONAL CONCEPTS IN PERIODISATION
Traditional Periodisation: 4 “seasons”

• Pre-season

• In-season

• Peak

• Active Rest

Roetert (1999)
The objective of each phase is as follows:

- **Pre-season:**
  - General: General development of strength, mobility, endurance and basic technique
  - Specific: Development of specific fitness and advanced technical skills
- **Pre-competition:** Adjustment of technique/tactics, preparation for the competition
- **Competition:** Competition experience and achievement of outdoor objectives
- **Active recovery:** Planning preparation for next season
Traditional Periodisation: 4 “seasons”

- The charts shown are an example of how you can manipulate these four components depending on where you are in the cycle.
- Each of the four “seasons” makes up a cycle.
- In a full year you may go through three or four cycles.

Roetert (1999)
Traditional Periodisation: 4 “seasons”

• The percentages in the charts refer to the relative amount of time spent on each of the four components and are just guidelines.

• Each of these “seasons” should last approximately three to four weeks for optimum benefit.

Roetert (1999)
Traditional Periodisation: Pre-season

Roetert (1999)
Traditional Periodisation: In-season

- Competitive Matchplay: 50%
- Practice: 25%
- Physical Training: 15%
- Rest: 10%

Roetert (1999)
Traditional Periodisation: Peak

Roetert (1999)
Traditional Periodisation: Active Rest

Roetert (1999)
PERIODIZATION PHASES

PHASE I  PREPARATION PHASE
Challenge aerobic system
High volume and low intensity
Technical and tactical training
Challenge strength system

PHASE II  PRE-COMPETITIVE PHASE
Challenge anaerobic systems
Challenge speed and power systems
Low volume and high intensity
High tennis specificity

PHASE III  COMPETITIVE PHASE
Peak performance maintenance

PHASE IV  TRANSITION PHASE (ACTIVE REST)
Rest from tennis; Participation in other sport activities such as basketball, soccer, running, etc.

Loehr (1989)
<table>
<thead>
<tr>
<th>Phase</th>
<th>I Preparation</th>
<th>II Pre-Competitive</th>
<th>III Competitive</th>
<th>IV Active Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal</td>
<td>firm base fitness level</td>
<td>sport specific training</td>
<td>physiological peak</td>
<td>recovery</td>
</tr>
<tr>
<td>Fitness</td>
<td>aerobic</td>
<td>anaerobic/ aerobic mix</td>
<td>tennis specific drills short/explosive</td>
<td>light fitness training especially in other sports</td>
</tr>
<tr>
<td>Training</td>
<td>20-40 minutes continuous</td>
<td>higher intensity 4-5 sets, lower repetitions 4-8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strength</td>
<td>low intensity 2-3 sets, high repetitions 12-15</td>
<td></td>
<td>decrease intensity circuit training 1-2 sets, 12-15 reps.</td>
<td></td>
</tr>
</tbody>
</table>

Groppel & Nishihara (1989)
CHARACTERISTICS OF TRAINING PROGRAMMES FOR TOP LEVEL PLAYERS
Characteristics of Training Programmes for Top Level Players

• Individualisation
• Specificity
• Rest
• Flexible & Adaptable
• Comprehensive & Detailed
• Varied & Fun
• Evaluative
Individualisation

- Players who train without a program designed specifically for their personal needs will never reach their full potential.

- Each training program should be designed to develop the player to his or her maximum potential and is for use by the coaches or the athletes themselves.
Individualisation

• Each player has different needs and a training program has to be developed to meet the individual’s needs.
• It’s important to take into consideration gender, age, strengths, weaknesses, objectives and training facilities etc.
• Good programs have been created with this in mind.
• A program to Suit Your Player and Yourself!
Individualisation

- There are differences in generics, tournament schedules and fitness levels.
- Many players will need to take a short break after two or three tournaments.

Roetert (1999)
Individualisation

• It also makes a big difference if:
  – (1) A player loses in the first round or makes it to the finals,
  – (2) Has a short or long match,
  – (3) Travels a long way to get to the tournament,
  – (4) Has to deal with extreme environmental conditions.

Roetert (1999)
Specificity

• Try to drop out-of-date exercise routines
• A training program should be player specific.
• Selective training techniques produce better results
• Forget the myth of ‘hard training’: Don’t rely on long, tough workouts to attain peak performance
Importance of Rest

• The most important (and difficult) component of a proper periodisation training program is when to give your body a rest.

Roetert (1999)
Flexibility & Adaptation

• Training programs should be both flexible and adaptable.
• Activities are designed to be modified to meet your or your player's requirements.
• Programmes should address any limitations the player may have in order to bring him/her to a peak of performance for major competitions.
Comprehensive & Detailed

- They should be comprehensive, detailed and effective blueprints for achieving a major and sustainable leap forward in performance in order to compete at this level,
- Prior to starting any training program the player has a medical examination to ensure it is safe for him or her to do so.
- Coaches should provide an overall plan for the year identifying when each phase is to be undertaken and the phase plans.
Varied and Fun

• Increase strength and power by altering the way your muscles are controlled by the nervous system
• Improve your fitness, including your speed, endurance and work capacity, while at the same time having fun and introducing variety into your regular routine
Evaluative

- The results of the tests in the previous cycle can be used to adjust the training in the next cycle to address any limitations.
- The content and quantity of training in each week and phase will depend on many factors.
FACTORS THAT INFLUENCE PERIODISATION AT TOP LEVEL
Dr. Howie Wenger’s “Gears”
Factors that influence periodisation at top level

- The player
- The budget
- The coach
- The environment
- The structure of the game
- Other
What type of player do you coach?

• It’s the first and most important question to ask yourself not only when you take on a new role but constantly over the course of your partnership with your player.
• It’s only when you fully understand the answer to that question that you can start to develop a plan of strategy that targets both training and match play.

Cahill (2002)
What type of player do you coach?

• That answer should never be as simple or general as “well, my player’s an attacker, he plays serve and volley” or “I coach a baseliner”.

• It’s about establishing the potential for and limit of future growth in your player.
What type of player do you coach?

• Is the player talented and utilizing all aspects of his game?
• Is the player talented but chooses for one reason or another to not tap his full potential?
• Is he talented but actually doesn’t realize the capabilities that lie within his game?

Cahill (2002)
What type of player do you coach?

• Maybe you have a player for which nothing comes easy but who possesses an incredible work ethic.

• Then you can start to push it further by determining exactly what it is the player is trying to accomplish through the way he plays:
  – His shot selection,
  – His presence and weight of shot against varying styles and court surfaces,
  – His mental approach to the game,
  – His self belief, long term goals, ability to analyze opponents and adapt in match situations, and so on.

Cahill (2002)
Influence of the tactical style of the player on the periodisation

- It is quite obvious that the game style influences the choice of the tournaments and therefore periodisation.
- The fact that the different game styles have rallies of different durations also has an influence on the development of a periodised training/competition plan.

Van Aken (2003)
How old is your player?

- Under 16 years old, there is a limit to how many weeks of professional tennis you can play.
- Under 12 years old, you are allowed to play only four weeks of events outside your country.
- Under 13 years old, you cannot play in 18 & Under Junior ITF Events.
- As a general rule, if you are between 12 and 18 years old, you should be playing between 60 and 100 tight singles matches per year.
Playing during education

- Get enough competitive experience while continuing your education.
- Between 13 and 17 years old: 18 weeks' school holiday each year.
- Playing enough tournaments outside the country to achieve a good international ranking.
- Build up a good relationship with school and teachers.
- Parents and coach will need to help.
- If need to travel during school time, work on studies in spare time at the tournaments.
Rest and Regeneration

- You must make sure that you allow sufficient time for rest and regeneration in your schedule.

- Not a good idea to play more than **five** consecutive weeks' competitive tennis outside your own country.

- There are times when the cost of travel and accommodation makes it favourable to do so.
Budget

• First decide which tournaments are good to play
• Then work out how much money is needed to put this schedule into practice.
• Then work out how much money can be raised from:
  – Federation,
  – Club,
  – Sponsors or
  – Family.
• Based on this calculation, aim to play as much of the ideal schedule as can be afforded
Budget in Men’s Tennis

• Finish above 150 ATP to make some money

• Coach:
  – US$ 60,000 + US$ 30,000 expenses (for most players outside the top 50)

• Endorsements:
  – Apparel pay more than racquets
# Open Book

Breaking down the year-end finances of a hypothetical 100th-ranked ATP player

<table>
<thead>
<tr>
<th>Income</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tournament winnings</td>
<td>$215,000</td>
</tr>
<tr>
<td>Endorsements</td>
<td>$15,000</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Coach</td>
<td>$90,000</td>
</tr>
<tr>
<td>Travel</td>
<td>$25,000</td>
</tr>
<tr>
<td>Food</td>
<td>$6,000</td>
</tr>
<tr>
<td>Racquet stringing and customization</td>
<td>$5,000</td>
</tr>
<tr>
<td>Miscellaneous (laptop, cellphone, etc.)</td>
<td>$3,000</td>
</tr>
<tr>
<td>Taxes</td>
<td>$54,000</td>
</tr>
</tbody>
</table>

**Take-home pay:** $47,000

(Source: ATP)
Budget in Women’s Tennis

• When starting in women’s pro tennis, to pay for expenses for one year (30-tournament schedule), plan on $35,000/year.

• Professional players do not earn any real money until they can make it to at least 200 in the world and 150 is actually more realistic
Budget in Women’s Tennis

- **Numbers: 100 - 150** in the world are making an average of **$90,000** dollars

- **Numbers: 151 - 200** in the world are making an average of **$45,000** dollars

- **Numbers 201 - 1159** Not enough to make a living
The coach

**Experienced coach**
- Already been there with other players
- Knows the road to success
- May lack motivation
- The player is one of several ones

**Inexperienced coach**
- Growing as a coach at the same time the player is growing as a player
- Has been with the player since the beginning
- Does not know the road to success
- May think that this is his opportunity
The environment

**When training**
- Performance atmosphere
- Good facilities
- Sparring partners
- Good team:
  - Coach
  - Physical trainer
  - Doctor
  - Etc.

**When travelling**
- Alone/with someone
- Routines
- Other people:
  - Players
  - Press
- Travelling tricks:
  - Hotel
  - Transport
  - Training
The structure of the game

• Where and what to play:
  – Continent: Where is cheaper or closer?
  – Surface: Where is better?
  – Available points: Where is easier to win?
  – Available tournaments Where is easier to get in?
Where and what to play professionally

“Official”
- ITF Juniors
- College tennis (USA)
- Satellite and Futures
- Challengers
- Tour Events

“Semi-Official”
- Prize Money (USA, France, Germany, Spain, Africa)
- Club Team (Germany)
Where and what to play professionally

- Look at the cut-offs from the previous year from all events all over the world.
- If a player wants to make money in pro tennis, you have to spend it first by going to the tournaments where the opportunity is
Where and what to play when you are a junior

• A serious Junior should play some pro satellites by the time they are 16 or 17 years old (men) and 14-15 (women).
• By doing this from time to time, one can test themselves against a very high level of tennis.
• This will show you what the competition is like before get to that level.
• Knowing this will aid you in your practice so you can develop the skills needed to compete and win on the ITF Pro Satellite Circuit.
Help: Wild Cards

- WC should be asked wisely and not 3 months before the tournament
- Why?
- Because, you will not know how will be the player in 3 months and may be he will not need the WC
STRUCTURE OF PERIODISATION FOR TOP LEVEL PLAYERS
Structuring a One Year Periodisation schedule

• Choose the tournaments that carry the most significance (peaks)
• Build the training program based on those performance peaks.

Roetert (1999)
What is a Peak?

• “A temporary training state in which physical and psychological efficiencies are maximized and the levels of technical and tactical preparation are optimal.”

• In short, peaking is the ultimate objective of periodisation.

• The peak is at the height of the competition phase.
How many Peaks per year?

- Depends on the player
- From 4 to 8 (5-6)
- Peak ranking:
  - High: Grand Slam, Davis Cup, Olympics, Super 9, Masters, Nationals, Teams
  - Average: Tour Events, National events
  - Low (Preparation): Tour Events, National events, etc.
Resultado em %

<table>
<thead>
<tr>
<th>Meses</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
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<tr>
<td></td>
<td>25</td>
<td>75</td>
<td>100</td>
<td>50</td>
<td>25</td>
<td>10</td>
<td>5</td>
<td>25</td>
<td>75</td>
<td>100</td>
</tr>
</tbody>
</table>
Resultado em %

Meses

11 12 1 2 3 4 5 6 7 8 9 10
Figura 45 – Macro ciclo do treino dos tenistas do 1 grupo (principais tenistas do país).
Setting the other phases

• Do this by counting backward from the date you wish to peak (tournament).
• If you’re a junior trying to make the team, you may need to peak at the tryout camp.
• If you’re a pro player, you may need to count backward from the date of the tournament.
• Once you know your peak date, count backward on a calendar to set the dates for your pre-competition and preparation phases.
• The transition phase will follow the competition phase and precede next season’s preparation phase.
Scheduling and Programming

• **Volume or duration:**
  – The amount of work performed or how long you train
  – How much is too much?

• **Intensity:**
  – How hard you train
  – Tough for what?

• **Frequency:**
  – How often you train.
  – Recovery between sessions: Too close / Too far?
  – Work/rest intervals: Avoiding burn-out

• **Specificity:**
  – How similar is your training to the demands of tennis?

• **Variation:**
  – How much you vary your training
## Number of Matches in 2003

<table>
<thead>
<tr>
<th>Player</th>
<th>Nat.</th>
<th>W - L</th>
<th>Matches</th>
<th>PCT.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Schuettler, Rainer</td>
<td>GER</td>
<td>71 - 29</td>
<td>100</td>
<td>0.710</td>
</tr>
<tr>
<td>Federer, Roger</td>
<td>SUI</td>
<td>78 - 17</td>
<td>95</td>
<td>0.821</td>
</tr>
<tr>
<td>Roddick, Andy</td>
<td>USA</td>
<td>72 - 19</td>
<td>91</td>
<td>0.791</td>
</tr>
<tr>
<td>Ferrero, Juan Carlos</td>
<td>ESP</td>
<td>67 - 21</td>
<td>88</td>
<td>0.761</td>
</tr>
<tr>
<td>Srichaphan, Paradorn</td>
<td>THA</td>
<td>50 - 28</td>
<td>78</td>
<td>0.641</td>
</tr>
<tr>
<td>Moya, Carlos</td>
<td>ESP</td>
<td>57 - 20</td>
<td>77</td>
<td>0.740</td>
</tr>
<tr>
<td>Coria, Guillermo</td>
<td>ARG</td>
<td>60 - 16</td>
<td>76</td>
<td></td>
</tr>
</tbody>
</table>

Note: The highest number of matches played was 112
Number of Matches Played
Degree of Importance

2003 Programme Juan Carlos Ferrero

1st half of year: 17 wks played – 10 rest
Summary J.C. Ferrero 2003 Season

• Weeks:
  – Played: 29
  – Practice/Rest: 25

• Matches:
  – Played: 88
Four week cycle plan for the Pre-season:

1. Build up to a level of fitness (3 weeks)

2. Test, recovery and adjustment of the training program (1 week)

- The work-load in the first three weeks of the four week program increase each week (easy, medium, hard) and the fourth week comprises of active recovery and tests to monitor training progress.
Pre-season Plan for Top Players in Spain

• 2 weeks of intense physical training (could be at high altitude)
• 2 to 4 weeks of a combination of physical and technical training (at sea level)
Ranking of Fastest Serves

- Martin Verkerk - US Open 2003; 224
- Mark Philippousis - US Open 2003; 225
- Taylor Dent - Miami 2003; 228
- G. Rusedski - Indian Wells 1998; 239.7
- A. Roddick - Queen's 2003; 239.7
- A. Roddick - Davis Cup 2004; 241.4
- A. Roddick - Davis Cup 2004; 243.1
- A. Roddick - Davis Cup 2004; 244.6
- A. Roddick - Davis Cup 2004; 246.0
- A. Roddick - Davis Cup 2004; 247.1
- A. Roddick - Davis Cup 2004; 248.2
- A. Roddick - Davis Cup 2004; 249.3
- A. Roddick - Davis Cup 2004; 250.4
## Serving Kings 2003

<table>
<thead>
<tr>
<th>Player</th>
<th>Nr. Aces</th>
<th>Nr. Matches</th>
<th>Aces/Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roddick</td>
<td>989</td>
<td>89</td>
<td>11.1</td>
</tr>
<tr>
<td>Philippousis</td>
<td>762</td>
<td>52</td>
<td>14.6</td>
</tr>
<tr>
<td>Federer</td>
<td>690</td>
<td>89</td>
<td>7.7</td>
</tr>
<tr>
<td>Verkerk</td>
<td>678</td>
<td>48</td>
<td>14.1</td>
</tr>
<tr>
<td>Fish</td>
<td>669</td>
<td>61</td>
<td>10.9</td>
</tr>
<tr>
<td>Ljubicic</td>
<td>650</td>
<td>50</td>
<td>13</td>
</tr>
<tr>
<td>El Aynoui</td>
<td>644</td>
<td>62</td>
<td>10.3</td>
</tr>
<tr>
<td>Mirnyi</td>
<td>575</td>
<td>64</td>
<td>8.9</td>
</tr>
<tr>
<td>López</td>
<td>546</td>
<td>65</td>
<td>8.4</td>
</tr>
<tr>
<td>Kuerten</td>
<td>491</td>
<td>58</td>
<td>8.4</td>
</tr>
</tbody>
</table>
Physical Training during tournaments: What equipment to bring

- 2 kg medicine ball
- Jumping rope
- Light weights
- Tubes
Training during tournaments: What to do after the match

• Very individual
• Examples:
  – Riding a bycicle: Kuerten
  – Jumping the rope: Norman
  – Stretching: Corretja
Training during tournaments: What to do after a loss

• Train physically on the following day
• The player will be more tired mentally than physically
• The training will help the player to recover easier mentally
Training between tournaments

- Refer to Ivo van Aken’s article in ITF Coaching and Sport Science Review
Training between tournaments

• The day after the match/tournament is finished work on endurance (continuous run)

• As the days to the next match are approaching work more on power, speed and reaction speed
Traditional Periodisation: Active Rest

• Even in the active rest phase some tennis will be played, very little initially, but steadily increasing throughout the period.

• During the first few days of the active rest period the player will play no tennis, but as the period goes on the rest days will steadily decrease and the other components will increase
Variations on the basic or ‘linear’ periodisation model

• Reverse linear periodisation (RLP), which works on the basis of specificity and is used to promote local muscular endurance

• Daily undulating programme (DUP), with workouts changed on a daily basis, which is effective for off-season strength development
Variations on the basic or ‘linear’ periodisation model

• Intermediate periodisation, (IP) which works on several different aspects of training at once

• Unidirectional training – (UT) focusing for several weeks on one aspect of fitness then switching to a different focus for a briefer period. This is best for very experienced athletes because it requires the ability to tolerate heavy training loads without breaking down.
EXAMPLES OF TRAINING PLANS
### Example of mesocycle (the month periods) and characteristics

<table>
<thead>
<tr>
<th>Date</th>
<th>Squad Wk</th>
</tr>
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<tbody>
<tr>
<td>30/4</td>
<td>1</td>
</tr>
<tr>
<td>7/5</td>
<td>2</td>
</tr>
<tr>
<td>14/5</td>
<td>3</td>
</tr>
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<td>21/5</td>
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</tr>
<tr>
<td>11/6</td>
<td>7</td>
</tr>
<tr>
<td>18/6</td>
<td>8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recovery</th>
<th>Recovery</th>
<th>Preparatory</th>
<th>Pre-competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>- During specific preparation, competition and transition phases.</td>
<td>- During specific preparation, competition and transition phases.</td>
<td>- More than two weeks as per cycle name and phase.</td>
<td>- Preparation for competition is polished.</td>
</tr>
<tr>
<td>- Low load</td>
<td></td>
<td>- High volume and high intensity.</td>
<td>- Two weeks low volume, high intensity</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Physical and technical training</td>
<td></td>
</tr>
</tbody>
</table>

### Microcycle during preparatory phase:
- General preparatory: 20 per cent tennis, 80 per cent physical training
- Specific preparatory: 35 per cent tennis, 50 per cent physical training, 15 per cent combined

### Tapering:
A microcycle involving reducing the amount of training in preparation for competition. All training should be similar to the performance in competition with reduction of the length and frequency of the sessions.

### Active rest:
This microcycle should take into account when tournaments are very close together. It is important to take three or four days of active rest as an active microcycle. Fifteen per cent practice matches, 40 per cent tennis training and 45 per cent physical with other sports.

### Microcycle during pre-competitive phase:
- 50 per cent tennis, 30 per cent physical training, 20 per cent matches and tournaments.

### Competitive:
Two or three microcycles in a row maximum. Seventy per cent tournament matches, 15 per cent tennis training, 15 per cent physical competitive intensity training, with low effort recovery.

*Table 15.6 - Example of where Microcycles fit into the Mesocycle and Macrocycle.*
EXAMPLE OF A TRAINING
PLAN FOR DOUBLES PLAY
Establish goals for the year (for the 3 periods: U-16 elite)

1. Start the point more aggressively through positioning and poaching.
2. Hold the serve through better first volley selection against different receiving team formations.
3. Increase chances of breaking serve through better second shots after returns.

Establish goals for each period: September to December

Establish goals for each period: January to April

Establish goals for each period: May to August

Territory and poaching when serving and receiving

Server’s first volley selection and teamwork at net

Receiver’s second shot selection—disguise and delay

Themes for the 4 macrocycles
1. Proper positioning and awareness of the territory to protect—equally important on serve and return.
2. Poaching per reaction—maintaining territory coverage and developing the instinct to take crosscourt floaters. Introduction of poaching per anticipation, especially for serving team.
3. Poaching per command or signal when serving (more volume) and receiving.
From macrocycle 1

**Week 1**
1. Evaluate final skill while playing points. Goal setting on position and territory.
2. Server’s partner’s positioning and territory.
3. Receiver’s partner’s positioning and territory.
   Dead balls for volume and for reception skill (perception, footwork)

**Week 2**
1. Live feed drills for the server’s partner.
2. Live feed drills for the receiver’s partner.
3. Improving strokes to win more points.

**Week 3**
1. Cooperative points serving.
2. Cooperative points receiving.
3. Buffer period to ensure more volume.

**Week 4**
Competitive play (ladders, interclubs). Charting both elements learned and elements of next macrocycle.

**Figure 9.1** Sample annual plan for doubles training with U-16 elite boys.
Four-step tennis assessment & needs analysis

- Step one: How to set your goals - what you want to achieve
- Step two: Assessing your current level of performance. How to cover all the relevant areas specific to your tennis
- Step three: Gap analysis, which is calculating the difference for each performance component between your current and ideal performance levels
- Step four: Designing the training programme that will improve each respective performance area to your required level.