



Te Tenehi o Aotearoa

PERFORMANCE COACH SUPPORT PROGRAMME

2023

PERFORMANCE COACH SUPPORT PROGRAM

The purpose of the Performance Coach Support Programme is to support coaches who currently work with performance athletes and to develop the next generation of coaches working in this space.

The programme aims to form of a 'Community of Practice' (a community of practice is a group of people who share a craft or a profession) that will come together throughout the year at tournaments and events to discuss the latest trends in player development, how coaches and athletes are tracking against performance goals and what adaptations we can make to improve performance outcomes.

Great performance coaches mean great experiences and the highest level of support for New Zealand's future performance players. A secondary outcome of the programme is to increase the number and quality of New Zealand's Performance players.

PROGRAMME CRITERIA

- Coach is qualified to minimum ITF level 1 - (aspiration to complete Club Professional course)
- Coach is engaged in the Tennis New Zealand (TNZ) Coach Development pathway.
- Coach is registered and actively delivering TNZ's national junior development programme.
- Coach is supportive of TNZ's Performance Player Pathways
- Coach is in good standing with their club, association, region, colleagues and TNZ.
- Coach has players competing in domestic ITF's, nationals, Tier 1 or 2 tournaments.
- Coach has a clear vision, purpose and philosophy.

PROGRAMME SUPPORT

- Eligibility to be selected as a Tennis New Zealand touring coach.
- Performance Coach Support workshops/networking opportunities (5 per year held at domestic ITF's, nationals, national teams' event etc)
- Access to the latest player development resources and information
- Welcome to attend TNZ Talent ID and Training Camps
- Coach listing on register as performance - Conditions apply

Please take some time to familiarize yourself with the terminology used in the Tennis New Zealand coach and player development frameworks by reading the following two pages of this document, you can view the complete coach development framework by [clicking here](#).

FOUNDATION STAGE

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A player in the beginner stage is someone of any age who is having their first tennis experiences and learning the basic technical and tactical aspects of tennis, learning the rules of tennis and developing positive attitudes towards competition. It is at this stage where players are most likely to fall in love with tennis if they are supported and develop the basic skills. Around 60% of all tennis players in New Zealand fit into this stage.

WHO ARE TYPICAL FOUNDATION PLAYERS?

Players of any age learning technical, tactical, physical, and mental fundamentals of tennis. Beginner children aged 4 - 12 are likely to be participating in a Tennis Hot Shots programme and beginner teens and adults will likely be taking part in Tennis Xpress or a similar introductory tennis programme.

DEVELOPMENT STAGE

This stage represents a broad range of players with a reasonable level of skill who can regularly execute all aspects of playing tennis. Enjoyment and competition are the key drivers for these players, but at the same time performance, challenge and improvement are often key motivators. During this stage, these aspirations across a wide age range need to be catered for through the offering of more in-depth and advanced coaching and fun 'have a go' type programmes. Around 40% of all tennis players fit into this stage.

WHO ARE TYPICAL DEVELOPMENT PLAYERS?

Players of any age who have developed relevant technical, tactical, physical and mental skills to compete in tennis to some level. This is a broad group that ranges from progressing through a Tennis Hot Shots Coaching programme, to business house and interclub players, and through to Regional Age Group representatives.

These players respond best when coaches understand and implement the following aspects:

- Offers skill development and social engagement in the same session.
- Includes competitive aspect to training sessions.
- Understands the time constraints of players caused by other priorities.
- Gives clear and consistent feedback.

PERFORMANCE STAGE

This stage can begin from a young age and involves those athletes who have the ability to play tennis to a high level and are likely to be moving towards national representative tennis and players who are competing in international tennis competitions. It is at this stage that many performance players will become part of talent identification programmes designed to lead to High Performance tennis and be competing on international tours as a full-time professional athlete. Less than 1% of all players fit into this stage.

WHO ARE TYPICAL PERFORMANCE PLAYERS?

Players of any age who have an advanced level of technical, tactical, physical and mental tennis skills. Performance players aged 18 and under are typically competing in National Age Group Championships and Junior ITF tournaments. Those over 18 may be competing in the US College system, or playing tournament circuits in Europe and other destinations, or may be gaining experience competing at the entry level on the pro circuit (Futures). Performance players may also be representing their region/country in inter-region or inter-national events.

WHAT ARE THE NEEDS OF THESE PLAYERS?

- Detailed technique analysis and refinements
- Tactical development
- Fitness training and nutrition advice
- Mental skill/strength development
- Athlete lifestyle planning and organisational skills

Performance coaches need to possess a set of skills that ensure the continual development of the technical, tactical, physical and psychological aspects of a player's game. Performance athletes respond best when coaches understand and implement the following aspects.

- A holistic approach to athlete development
- An individualized training programme.
- Structured and focused sessions

HIGH PERFORMANCE STAGE

At this stage athletes are able to translate their training and technical skills into competing at a world-class level and achieving excellence in tennis. Less than 1% of all players fit into this stage.

WHO ARE TYPICAL HIGH-PERFORMANCE PLAYERS?

High performance athletes have the mental and physical maturity required to compete at the highest level of tennis. They exhibit the highest levels of technical, tactical, physical, and mental tennis skills. High Performance athletes spend the majority of their career competing on professional tennis circuits overseas (WTA or ATP Tournaments). These athletes may also represent New Zealand playing in Davis Cup or Fed Cup.

2023 PERFORMANCE COACH SUPPORT EVENTS - LOCAL

PROGRAMME LAUNCH & YOUR PERFORMANCE ENVIRONMENT

Location 1: When: Friday 18th August 2023 5 - 6.30pm
Where: Kiwi Indoors 14/U Event – Albany Tennis Park
Location 2: When: Sunday 27th August 2023 5 - 6.30pm
Where: Kiwi Indoors 12/U Event – Renouf Tennis Centre

WORKSHOP 1 – PLAYER/COACH RATINGS – BENCHMARKING YOUR PLAYERS AND SELF-ANALYSIS

When: Monday 18th September 2023
Where: ITF J30 Albany

WORKSHOP 2 – PROFESSIONAL AND PERSONAL STANDARDS

When: Saturday 21st October 2023
Where: Junior Masters - Scarbro Tennis Centre

WORKSHOP 3 – STRENGTH AND CONDITIONING RECOMMENDATIONS FOR JUNIOR PERFORMANCE PLAYERS

When: November 15th
Where: ONLINE Webinar

WORKSHOP 4 – DAILY TRAINING ENVIRONMENT

When: Friday 1st December 2023
Where: Tennis NZ National - Auckland

WORKSHOP 5 – TNZ ASB COACHES CONFERENCE

When: Date TBC – January during ASB classic window
Where: TBC

WORKSHOP 6 – COACHING PHILOSOPHY AND ITS APPLICATION TO YOUR PERFORMANCE ENVIRONMENT

When: Monday 22nd January
Where: ITF J100 - Auckland

WORKSHOP 7 – MANAGEMENT AND PREVENTION OF INJURY FOR JUNIOR PERFORMANCE PLAYERS

When: February 17th
Where: ONLINE Webinar

WORKSHOP 8 – ENTERING OTHER HP ENVIRONMENTS. BUSINESS, SPORT ETC

When: March TBC
Where: TBC

WORKSHOP 9 – MATCH ANALYSIS & AWARENESS OF STANDARDS

When: TBC
Where: Location A TBC

WORKSHOP 10 – MATCH ANALYSIS & AWARENESS OF STANDARDS

When: TBC
Where: Location B TBC

WORKSHOP 11 – CONSIDERATIONS FOR JUNIOR PERFORMANCE DURING ADOLESCENT GROWTH

When: May 15th
Where: ONLINE Webinar

WORKSHOP 12 – COACHES PRESENTATION ABOUT LEARNINGS

When: June TBC
Where: TBC



HIGH PERFORMANCE

For more information about the Performance Coach Support Programme or to express interest in taking part in the 2023 programme please contact coaching@tennis.kiwi

www.tennis.kiwi/perform