



**DEUTSCHER
TENNIS BUNDE V**

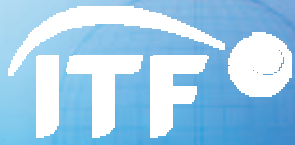


A-Trainer-Fortbildung 2006

„Qualität im Tennistraining“

Tendenzen und Entwicklungen aus der ITF

H.-P. Born



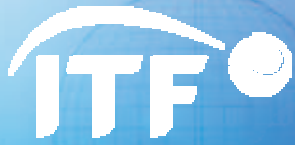
Tennis....Play and Stay

Steigerung der Anzahl der
Tennisspieler weltweit!



Herausforderungen!

- Lifestyle Veränderungen
- Fun Sport – Fitness Studios
- Sportinteressierte zieht es zum Tennis – sie versuchen Tennis.
- Viele Tennisinteressierte bleiben jedoch nicht beim Tennis.



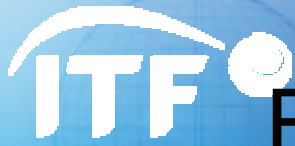
Tennis muss sich mehr an den
Bedürfnissen der Zielgruppen
orientieren.

- **6 – 8 jährige Kinder**
- **9 – 11jährige Kinder**
- **12 – 17 jährige Jugendliche**
- **18 – 24 jährige junge Erwachsene**
- **25 – 40 jährige Erwachsene**
- **40+ jährige**



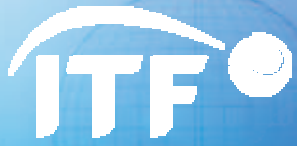
Erwachsenen “Tennismarkt”

- Viele Spieler versuchen Tennis....., bleiben jedoch nicht beim Tennis.
- Ersten Erfahrungen im Tennis sind nicht immer schön.
- Es wird zuviel Wert auf die Tennistechnik gelegt....., es wird nicht genug Tennis gespielt!!



Erste Erfahrungen des Beginners

- Tennis soll Spaß machen – Tennis soll eine positive Erfahrung sein!
- Spieler sollen Tennis spielen.....“Aufschlag, Ballwechsel und um Punkte spielen” von der ersten Stunde an!

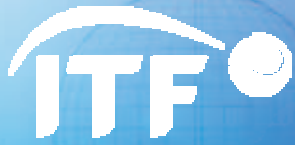


- **Aufschlag, Ballwechsel und Spiel um Punkte!**



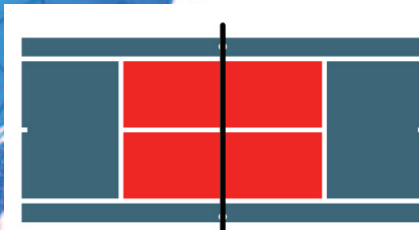
Tennis...Play and Stay

- **Tennis macht Spaß!**
- **Tennis ist leicht!**
- **Tennis ist Wettkampf!**
- **Tennis ist gesund!**
- **Tennis ist ein Sport für jeden!**

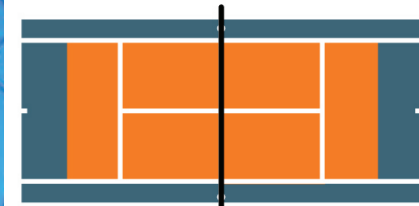


Der Ball ist der Schlüssel zum Spiel!

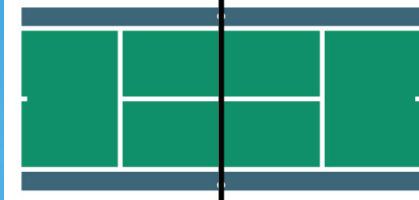
Rot, Orange und Grün entsprechend der Tennisplatzgröße



Rot (12 m Tennisplatz mit roten Bällen)



Orange (18 m Tennisplatz mit orangenen Bällen)



Grün (Tennisplatz mit grünen oder normalen Bällen)



Langsame Bälle ITF



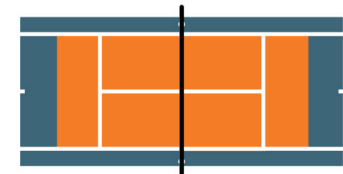
Rot- ideal für Mini Tennis!

12 m Tennisplatz

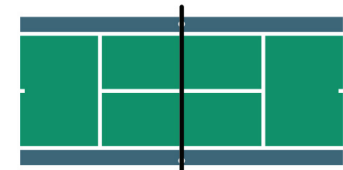


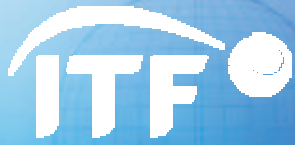
Orange – 50% langsamer und ideal für Beginner jeden Alters!

18 m Tennisplatz



Grün– 25% langsamer und ideal für den Einstieg ins Tennisfeld!

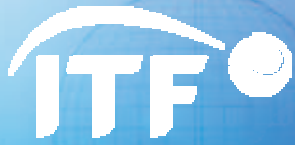




Unterschiedliche Schlägergrößen

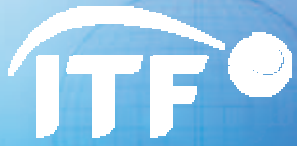
- *Verschiedene Schlägergrößen erleichtern das Lernen im Tennis.*
- *Im Jugendbereich dringend geboten.*
- *16 inch (Bat) / 17 inch(43cm) / 19 inch(48cm) / 21 inch(53cm) / 23 inch(58cm) / 25 inch(63cm) / 27 inch(68cm)*





Wichtig zur Entwicklung von jungen Spielern auf höchstem Spielniveau

- Erleichtert die Entwicklung günstiger Techniken.
- Weniger extreme Griffe
- Mehr taktische Variationen



- Midfeld Turniere in Belgien

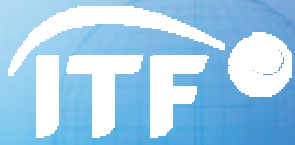


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Der langsame Ball ist nicht nur für Kinder geeignet.



- *Ideal für beginnende Erwachsene, um das Spiel leichter zu erlernen.*
- *Frankreich, Holland und Belgien sind im Erwachsenenentennis aktiv.*
- *Insbesondere im Breitensport sinnvoll.*



ADULT TENNIS PROGRAMME Teaching and experiencing tennis differently

✳ The evolution of society and of attitudes in recent years has paved the way for new trends in sports activities. Today, people expect activities that are easier to nature, easier and more accessible and where the notions of fitness, well-being and immediate enjoyment, as well as the quest for new sensations and freedom are essential. These new trends meet these expectations. In the light of this evolution, the search for an answer in tennis has led to the development of the adult tennis programme.

The three trends that have come out of this programme have helped to reorganise the educational contents. The "discovery" trend is about the immediate enjoyment of the game, the "fitness" trend is focused on the quest for well-being and physical condition and finally, the "performance" trend is about making progress in match play or improving a specific stroke.

Through real situations, this film illustrates the logic behind this teaching approach, adapted to adults. It also presents fun and original sports activities which contribute to creating a friendly atmosphere and a positive energy within the club.

✳ La evolución de la sociedad y de las actitudes durante los últimos años ha facilitado y abierto paso a la aparición de nuevas tendencias en las actividades deportivas. En la actualidad, la gente gusta de actividades que son más cercanas a la naturaleza, más fáciles y accesibles y en las que las nociones de forma física, bienestar y disfrute inmediato, así como la búsqueda de sensaciones nuevas y de libertad son esenciales. Estas nuevas tendencias cumplen esas expectativas. En consonancia con esta evolución, la respuesta del tenis ha llevado al desarrollo de un programa de tenis para adultos.

Las tres tendencias que se han desarrollado a partir del programa han contribuido a reorganizar los contenidos educativos. La tendencia hacia el "descubrimiento" está relacionada con el disfrute inmediato de juego, la tendencia de "forma física" se centra en la búsqueda del bienestar y de la condición física y, finalmente, la tendencia de "rendimiento" comienza progresar competitivamente o mejorar un golpe en especial.

Mediante situaciones reales, este vídeo ilustra la lógica que subyace a este enfoque de enseñanza adaptado a los adultos. También presenta actividades deportivas originales y divertidas que ayudan a crear una atmósfera amigable y positiva en el ambiente del club.



Technical director
William BOUTIER
Thomas DELAIGNE

Director
Renaud FERRE-BENOÎT

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Fédération Française de Tennis

FFT • 2 av Gordon Bennett • 75016 PARIS

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ADULT TENNIS PROGRAMME Teaching and experiencing tennis differently



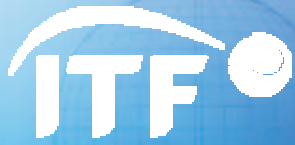
The French Federation of Tennis presents

ADULT TENNIS PROGRAMME

Teaching and experiencing tennis differently

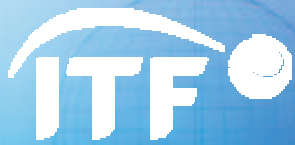


english version
versión española



*Tennis ist Wettkampf... wenn du
aufschlägst, Bälle schlägst und um
Punkte zählst!*

- Die bekannten Tenniswettkämpfe und Zählweisen anwenden und weitere, ggf. neue den Zielgruppen angepasste Turnierformen und Zählweisen einführen.



Neue Turnierformen

Competitions Home - Mozilla Firefox

File Edit View Go Bookmarks Tools Help

http://www.thetennisexpert.com/play-tennis/competi

Play Tennis

global link | global link | global link | global link | global link | global link | global link

search go

- Competitions
- Fun Games
- Game Based Coaching
- Fitness
- Schools
- The Ball is Key
- ITN 10 to 7
- Resources

Tournament Formats

CHALLENGE FORMATS:

- Ladders (1)
- Pyramids (2)
- 'Round the racket' (3)
- Box leagues (4)
- Related Link

ELIMINATION FORMATS:

- Traditional (5)
- Progressive draws (6)
- Staggered draws (7)
- Compass draws (8)

Play Tennis Home Page

Competition Home Page

Click on the table below for competition formats to suit players and time available:

	CHILDREN	TEENS	ADULTS			MIXED
	Under 10	11-17	18-25	25-50	50 +	Mixed groups
1 hour	Competitive	Competitive	Competitive	Competitive	Competitive	
	Social	Social	Social	Social	Social	
3 hour	Competitive	Competitive	Competitive	Competitive	Competitive	
	Social	Social	Social	Social	Social	
1 day	Competitive	Competitive	Competitive	Competitive	Competitive	
	Social	Social	Social	Social	Social	
2 day	Competitive	Competitive	Competitive	Competitive	Competitive	
	Social	Social	Social	Social	Social	
> 2 days	Competitive	Competitive	Competitive	Competitive	Competitive	
	Social	Social	Social	Social	Social	
On-going	Competitive	Competitive	Competitive	Competitive	Competitive	
	Social	Social	Social	Social	Social	



Wettkampf Formen

Tennis Competitions - Multiple Round Robin Competition - Mozilla Firefox

http://www.tennisplayandstay.com/competitions/multiple-round-

Tennis Competitions Fun Games Games Based Coaching Fitness Schools The Ball is Key ITN 10 to 7 Resources

HOME / COMPETITIONS / TENNIS COMPETITIONS - MULTIPLE ROUND ROBIN COMPETITION

Multiple Round Robin Competition

(presented by LTA of Great Britain)

What is a Multiple Round Robin competition?

Multiple Round Robin competitions are Round Robin events with many boxes, where the winners of each box play semi finals and finals.

Organiser tips

1. Setting up

Divide your players into groups of 4 players (if you have more players, see the 'Variations' section). One group of 4 players is allocated a court. A minimum of 2 courts is needed.

Number of courts	Number of players competing
2	6-8
3	9-12
4	13-16

2. Match format

Each player plays a short set match (first to 4 games, with tie break at 4-4) against another

3. Organise your matches

For each group of players, use the following format on each court

	1st Round	2nd Round	3rd Round
Court 1	A plays B	A plays C	A plays D
Court 2	D plays C	B plays D	C plays B

4. Who scores the matches?

Players are responsible for scoring their own matches

5. How to win

Players should give their scores to the competition organiser at the end of the match. Scores should be added to the score sheet.

6. At the end

The winner of each group will be the player with the highest number of match wins. To decide player positions, take results in the

Click this image to download a PDF version of this document

Group-comp-formats-pages-multiple-round-robin.pdf (application/pdf Object) - Mozilla Firefox

http://www.tennisplayandstay.com/competitions/downloads/Group

GROUP COMPETITIONS

Multiple Round Robin Competition

(presented by LTA of Great Britain)

Scoresheet (for 3 groups of 4 players)

Group A

	A	B	C	D	Wins	Points for	Points against	Position
A	■							
B		■						
C			■					
D				■				

Group B

	A	B	C	D	Wins	Points for	Points against	Position
A	■							
B		■						
C			■					
D				■				

Group C

	A	B	C	D	Wins	Points for	Points against	Position
A	■							
B		■						
C			■					
D				■				

Overall winner from the 3 groups is _____

Order of play for every group

2 of 3