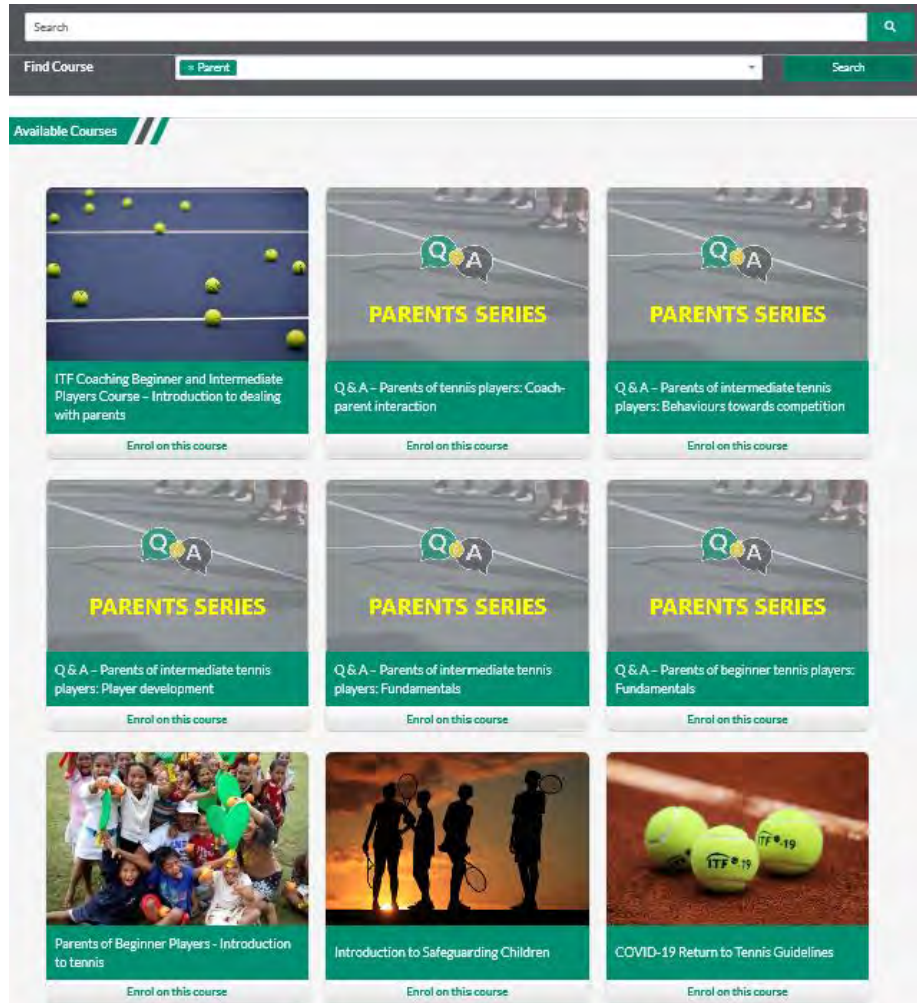


Junior Tennis: Introduction for Parents



ITF's Parent Education & Support Strategy



- In 2018, the ITF launched their 'Parent Education and Support Strategy' in partnership with the Lawn Tennis Association and Loughborough University (UK)
- The strategy is based upon research which has examined the education and support tennis parents want and need at different stages of their child's development (i.e., Thrower et al., 2016)

Tennis Parents' Education & Support Needs

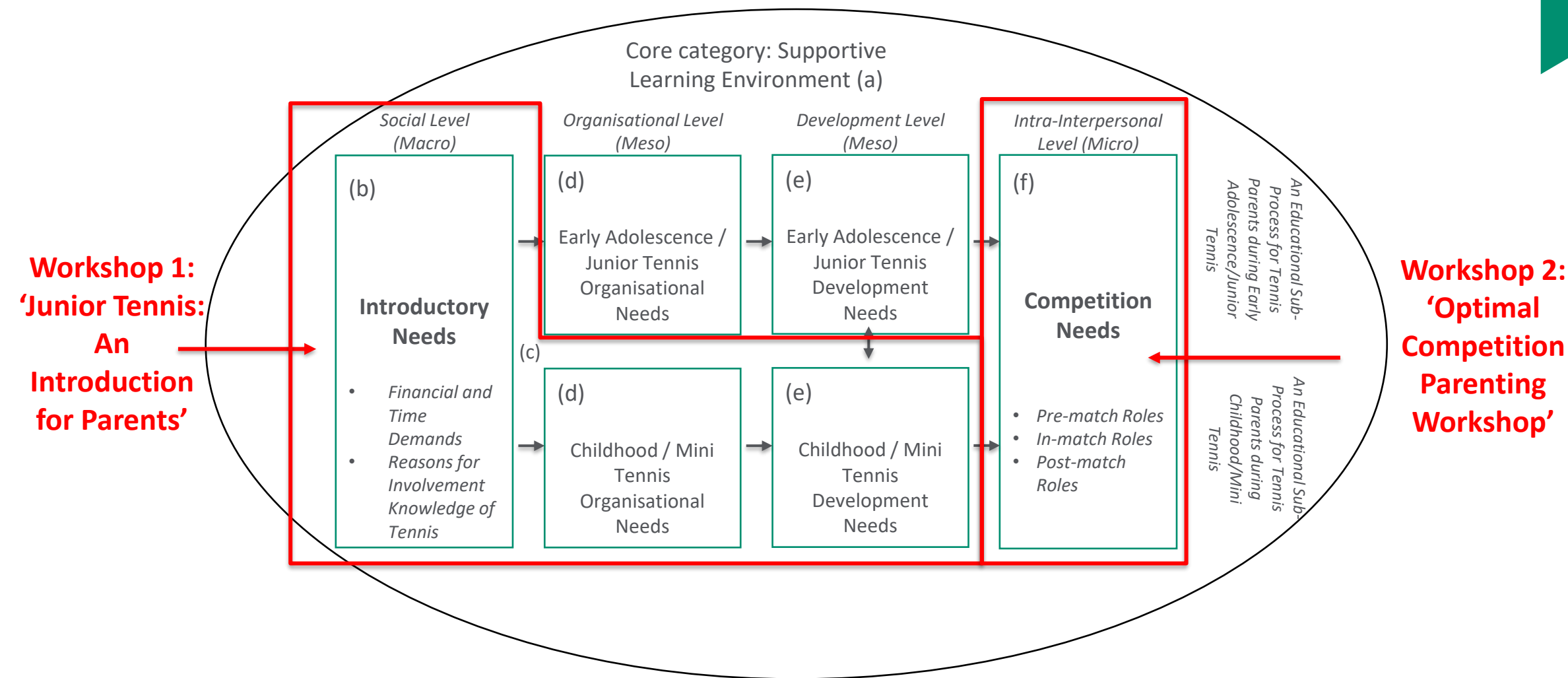


Figure 2: A grounded theory of tennis parents' education and support needs during childhood/mini tennis and early adolescence/junior tennis.

Workshop Content

1. An Introduction to Tennis
 - Knowledge of Tennis
 - Reasons for Involvement
2. Managing & Organising Your Child's Tennis
 - Junior Tennis: Levels, Adapted Equipment, Age Groups, Scoring Systems, Ratings and Rankings
 - Selecting and Working with Coaches
 - Organising Tournaments: Guidelines & Recommendations
3. Participation and Talent Development in Sport
 - Participation: What Motivates Children to Play Tennis?
 - Talent Development: To Sample or Specialize?

Learning Objectives

After this workshop you should be able to:

- Appreciate the long-term physical, psychological, and social benefits of tennis participation
- Describe the levels, equipment, age groups, scoring systems, rating, and rankings used in junior tennis
- Develop and maintain an effective relationship with your child's coach
- Select appropriate level tournaments / competitions for your child
- Make informed decisions regarding how many activities/sports your child participates in



Knowledge of Tennis: An Introduction

How did Tennis Originate?

- Tennis is a descendant of a medieval game that originated in France, called 'Jeu de paume' – game of the palm.

What is Tennis?

- In its simplest form, tennis involves two players or teams of two, on a court, using rackets to hit a ball to each other over a net. The aim of the game is to hit the ball over the net in a way that means your opponent cannot return it

What Surface is Tennis Played On?

- Grass, hard (concrete or acrylic), indoor, and clay.



Knowledge of Tennis: The Rules of Tennis



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TOURNAMENT CALENDARITF TOURSPLAYERSRANKINGSNEWS AND MEDIAABOUT USGROWING THE GAME

HOME > ABOUT US > GOVERNANCE > RULES AND REGULATIONS

RULES AND REGULATIONS

ITF Rules and Regulations

In this section you can find the rules of tennis as well as regulations for all ITF tours and tournaments and the ITF Constitution, which governs how we operate

RULES

TOUR REGULATIONS

CONSTITUTION

ANTI-CORRUPTION

CLASSIFICATION

ALL

Part 1: An Introduction to Junior Tennis



Junior Tennis: Levels & Adapted Equipment



Reasons for Involvement



Get into small groups (3-5 people), introduce yourself and discuss:

- ‘How’ and ‘why’ you and your child got involved in tennis
- What do you feel are the benefits of tennis participation for children



The Benefits of Physical Activity Among Children (5-11 years)



Physiological	Psychological	Social	Behavioural
Cardio-metabolic health	Self-esteem	Confidence	Physical activity in adolescence/adulthood
Muscular strength	Anxiety/stress	Peer acceptance	Sleep
Bone health	Academic achievement	Positive relationships	Risk taking behaviour
Cardiorespiratory fitness	Cognitive functioning	Social & communication skills	
Motor skills/development	Attention/concentration	Self-resilience	
Body composition	Self-efficacy	School engagement	
	Mood		
	Memory		
	Body image		



Green outcomes have consistent evidence

Amber outcomes have inconsistent evidence, or evidence from a small number of studies

Red outcomes have insufficient evidence

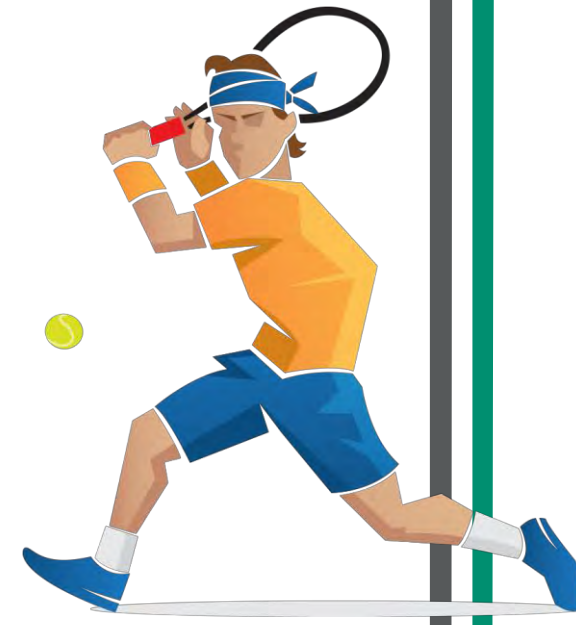
The Benefits of Tennis for Children (5-11 years)

The most common psychological and social factors associated with participation in sport (e.g., tennis) for children and/or adolescents include (Eime et al., 2013):

1. Higher self esteem
2. Better social skills / social interaction
3. Fewer depressive symptoms

“People who choose to play tennis appear to have significant health benefits, including improved aerobic fitness, a lower body fat percentage, a more favourable lipid profile, reduced risk for developing cardiovascular disease, and improved bone health”

(Pluim et al., 2007)



Participation: What Motivates Children to Play in Tennis?

An influential study at the 'Institute for the study of Youth Sport (ISYS)' asked 8,000 young athletes (10-18 years) why they played sport...

On the following slide are a number of reasons. In your groups - discuss what do you think were the top 5?



Make new friends

To stay in shape



To play as part of a team

To win

For the excitement of competition

To have fun

To get exercise

For team spirit

To go to a higher level of competition

To Learn new skills

To do something I'm good at

For the challenge of competition

To improve my skills

Be with friends



(Ewing & Seefeldt, 1996)

Top 5 Reasons Why Children Play Sport

Boys

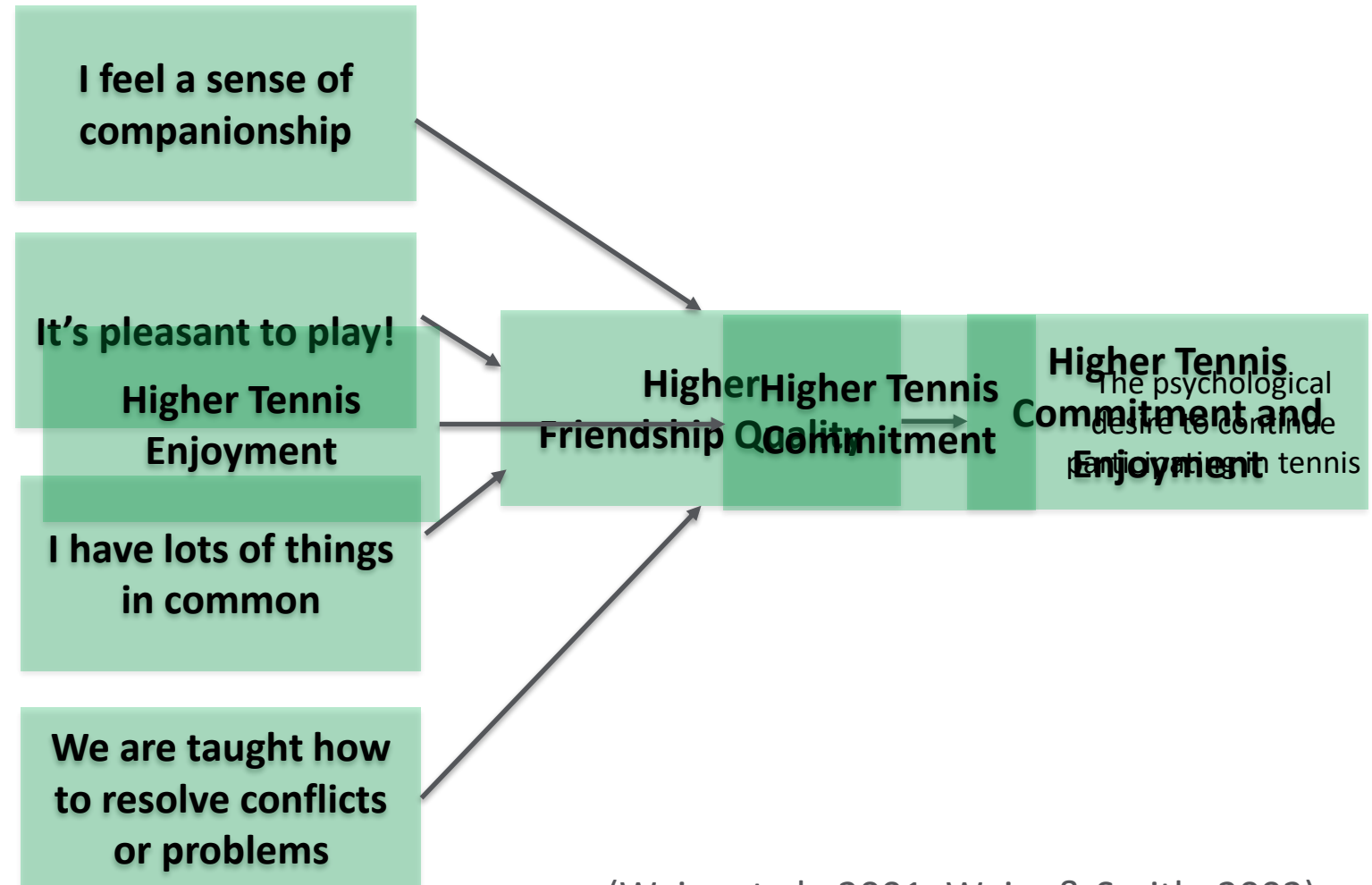
1. To have fun
2. To improve my skills
3. For the excitement of competition
4. To do something I'm good at
5. To stay in shape

Girls

1. To have fun
2. To stay in shape
3. To get exercise
4. To improve my skills
5. To do something I'm good at



Why Do Children Continue Playing Tennis?



(Weiss et al., 2001; Weiss & Smith, 2002)



A Truly Global Sport –
Played by 87million
people in 210
Countries!!



Competition from 5-
90 years of age!



One of the only
sports where males
and females can
play and compete
together



Tennis Courts
in most
resorts in the
world!



Part 2: Managing & Organising Your Child's Tennis

Managing and Organizing Your Child's Tennis

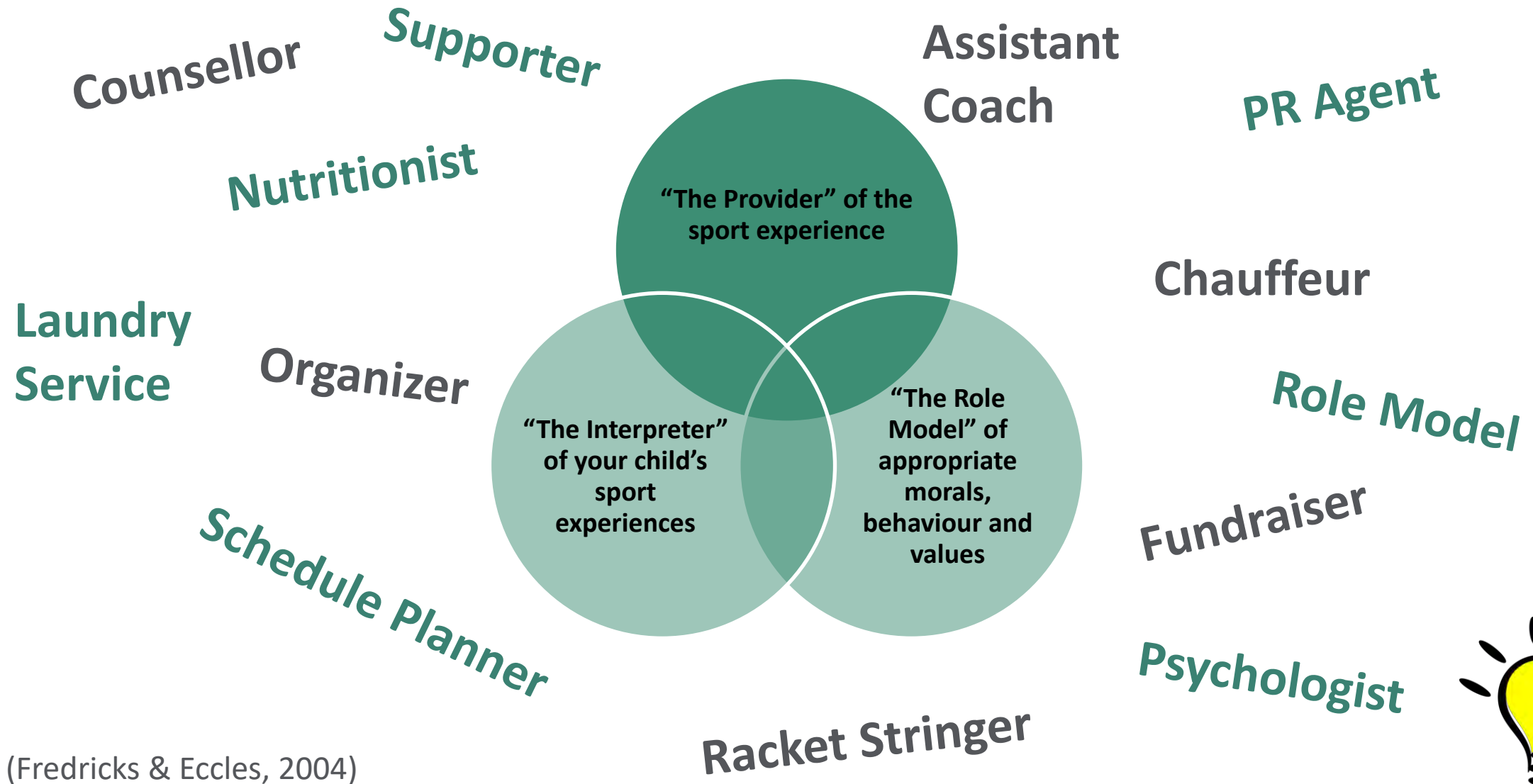


In your groups, discuss the following questions:

- What are your roles and responsibilities as a tennis parent?
- What role-related challenges or stressors do you face (or think you may face) as a tennis parent?



Managing and Organizing Your Child's Tennis



(Fredricks & Eccles, 2004)



Junior Tennis: Levels & Adapted Equipment

Adapted equipment (e.g., nets, rackets, courts, balls) has a range of benefits for young players including:

- Allows children to start playing at earlier ages
- More fun
- Helps facilitate learning
- Improves technique
- Safer for children



Break Point! 10mins



Selecting & Working With Coaches



Group Discussion:

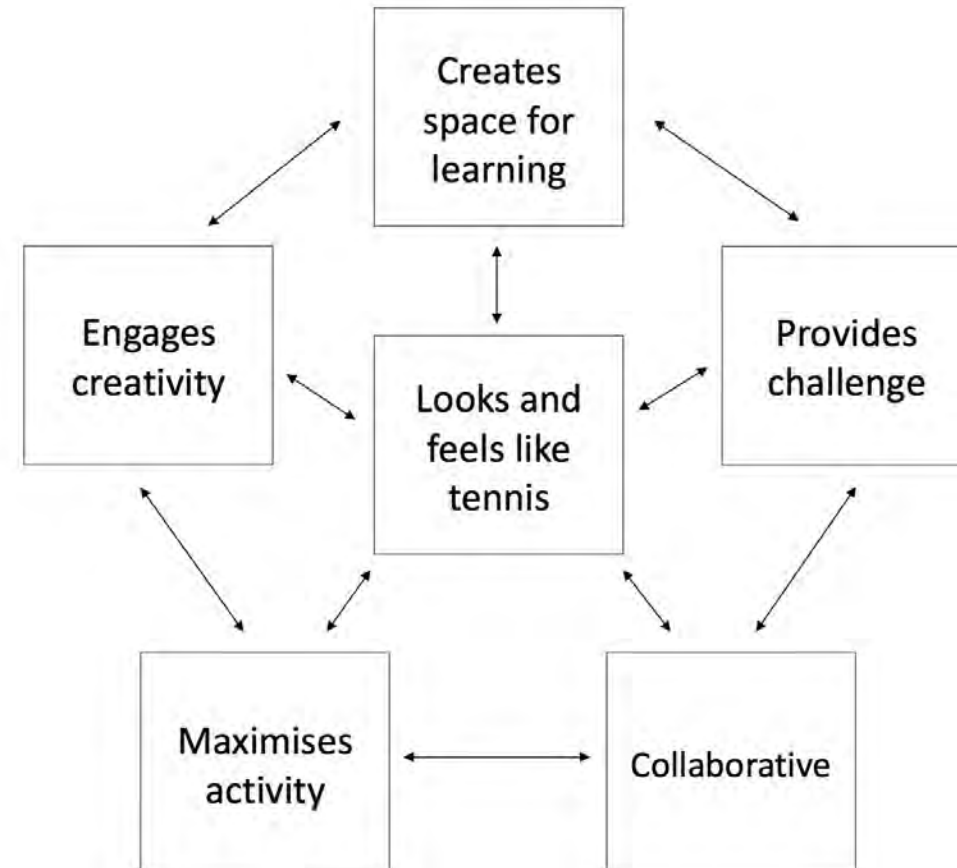
- **What characteristics do effective tennis coaches have?**
- **What does high quality coaching look like?**



Selecting & Working With Coaches: Coach Characteristics



Selecting and Working With Coaches: Six Principles of Effective Tennis Coaching



Selecting and Working With Coaches: Additional Considerations for Parents

- Has a philosophy that: “parents aren’t there to be fixed, they are there to be developed and grown”
- Believes in two way communication
- Will give you honest transparent feedback
- Is prepared to work alongside you, have regular meetings and provide you with on-going support
- Will view you as a functional, resourceful, expert on your child
- Will recognise that you are able to shape the environment around the child 24 hours a day!

Selecting and Working With Coaches: Maintaining A Strong Relationship

- Trust and respect the coach
- **Respect coaches personal time**
- Establish clear two-way communication
- **Share information about your child's needs**
- Allow the coach to drive the pace of learning and development
- **Appreciate the demands coaches face**
- Ask questions/phone the coach at appropriate times
- **Maintain open channels of communication**
- Be on time and organised
- **Be honest and open with the coach**

Organizing Tournaments: Guidelines and Recommendations



1. When should your child start competing?

- Competition should start during tennis lessons
- Consider your child's physical, technical, tactical AND psychological readiness before entering organised tournaments

Organizing Tournaments: Guidelines and Recommendations



2. How do you select the right competitions?

- Start with club or local competitions (look for tournaments where they will have friends)
- Focus initially on team and round robin competition (try to avoid single knockout competition)

3. How do you know if competitions are the right level?

- As a broad recommendation, your child should be playing 25% weaker opponents, 50% similar level, and 25% stronger

Part 3: Participation and Talent Development in Sport



Talent Development: Sampling vs. Specialization?

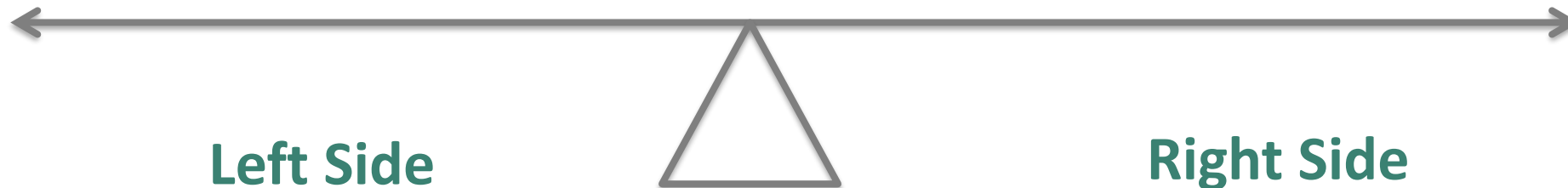


- Parents face a number of important decisions which have the potential to influence their child's enjoyment and development in sport
- One such decision of the challenges facing parents is knowing whether to provide your child with opportunities to participate in multiple sports and or to focus on high amounts of deliberate practice in one sport
- A popular assumption is that the earlier athletes specialise in one sport the greater the likelihood of them achieving an elite level...

Which side of the debate are you on?

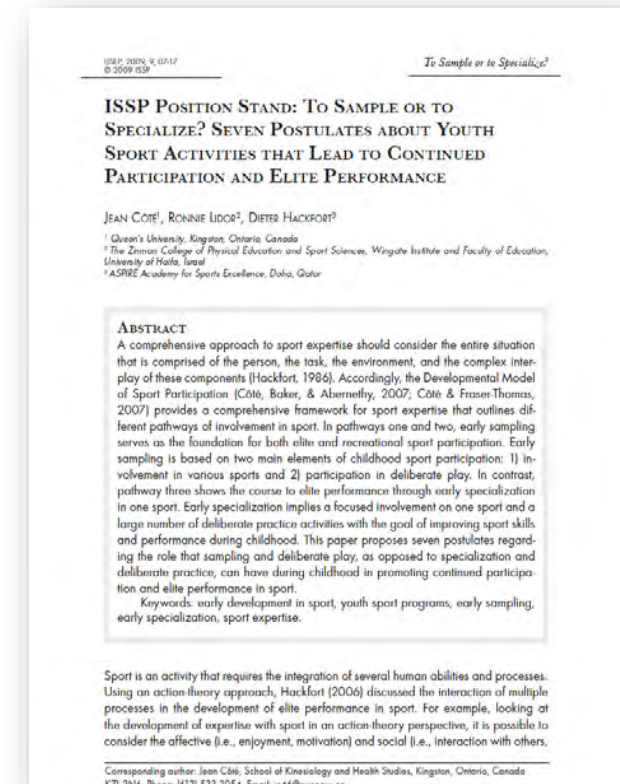
Early Sampling
(i.e., Participate in multiple
sports and activities)

Early Specialization
(i.e., Focus on high amounts of
deliberate practice in one sport)



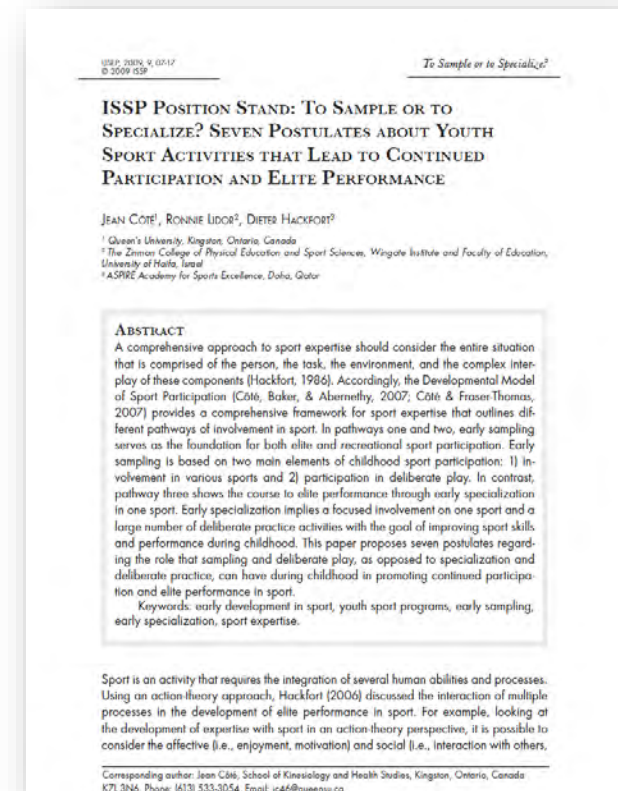
Sample or Specialize? ISSP Position Stand

- **Postulate 1: Sampling does not hinder elite sport participation in sports where peak performance is reached after maturation**
- **Postulate 2: Sampling is linked to a longer sport career and has positive implications for long-term sport involvement**
- **Postulate 3: Sampling allows participation in a range of contexts that most favourably affects positive youth development**
- **Postulate 4: High amounts of deliberate play during the sampling years builds a solid foundation of intrinsic motivation through involvement in activities that are enjoyable and promote intrinsic regulation**



To Sample or Specialize? ISSP Position Stand

- **Postulate 5:** A high amount of deliberate play during the sampling years establishes a range of motor and cognitive experiences that children can ultimately bring to their principal sport of interest.
- **Postulate 6:** Around the end of primary school (about age 13), children should have the opportunity to either choose to specialize in their favourite sport or to continue in sport at a recreational level
- **Postulate 7:** Late adolescents (around age 16) have developed the physical, cognitive, social and emotional and motor skills needed to invest their effort into high specialized training in one sport



To Sample or Specialize? IOC Consensus Statement

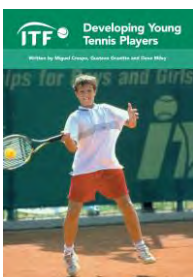
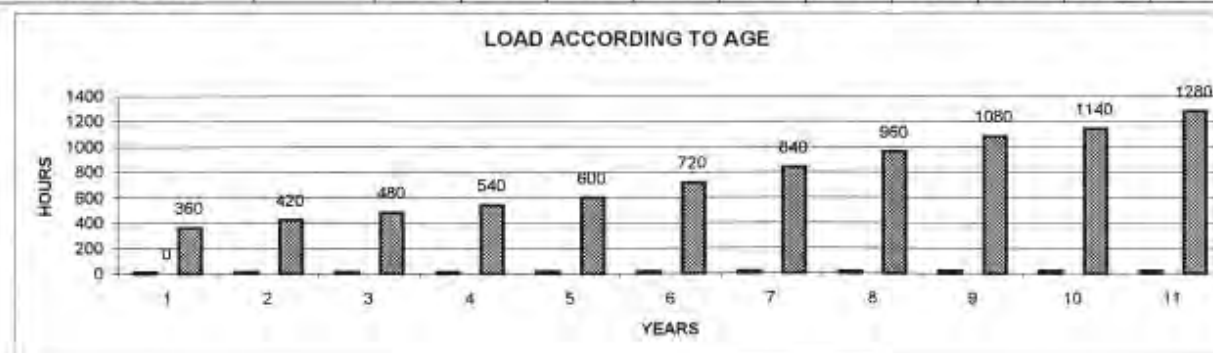


“Youth should avoid early specialization as diverse athletic exposure and sport sampling enhance development and athletic capacity, reduce injury risk and increase the opportunity for a child to discover the sport(s) that he or she will enjoy and possibly excel at”

(Bergeron et al., 2016, p.845)

ITF Suggested Tennis Hours

YEARS OF TRAINING		1	2	3	4	5	6	7	8	9	10	11
AGE OF THE PLAYER	MEN	10	11	12	13	14	15	16	17	18	19	20
	WOMEN	8	9	10	11	12	13	14	15	16	17	18
AGE DISTRIBUTION IN %		30	35	40	45	50	60	70	80	90	95	100
NUMBER OF HOURS		360	420	480	540	600	720	840	960	1080	1140	1280
WEEKS OF TRAINING / YEAR		44	44	44	46	46	48	48	50	50	50	50
HOURS PER WEEK IN TOTAL		8,2	9,5	11	12	13	15	17,5	19,2	21,6	22,8	24
PERCENTAGES	TENNIS	40	40	45	50	55	60	65	70	70	75	75
	PHYS. C.	60	60	55	50	45	40	35	30	30	25	25
TOTAL HOURS PER WEEK	TENNIS	3,3	3,8	5	6	7	9	11	13,2	16	17	18
	PHYS. C.	4,9	5,7	6	6	6	6	6,5	6	5,6	5,8	6
TOTAL HOURS PER YEAR		360	420	480	540	600	720	840	960	1080	1140	1280



(ITF Developing Young Players (2002), p.45)

Summary

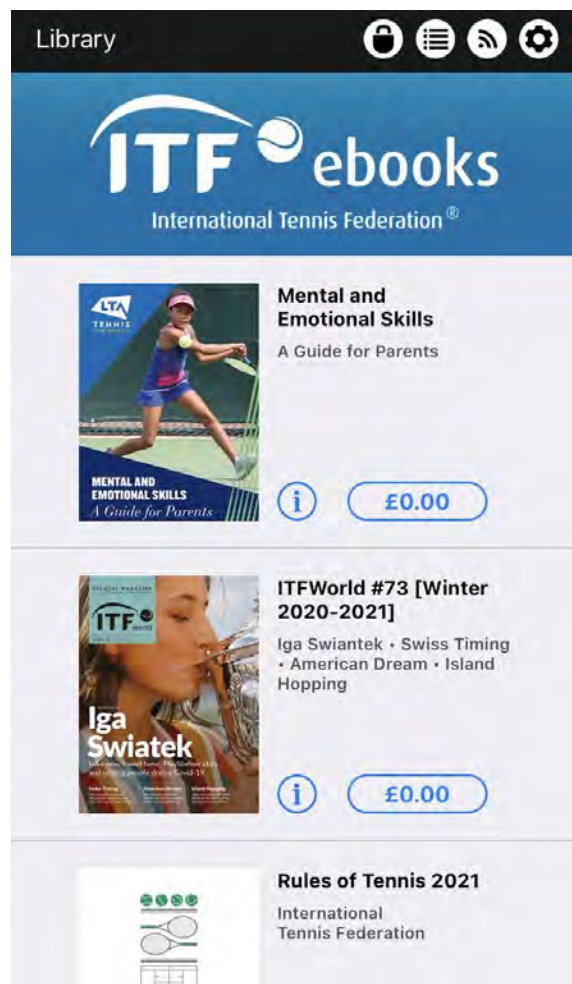
- Tennis participation has been associated with a wide range of positive physical, social, and psychological outcomes.
- As a tennis parents you are the ‘provider’ and ‘interpreter’ of your child's experiences in tennis as well as a ‘role model’ of morals, values and attitudes.
- Select and work with a coach who creates space for learning, provides challenges, maximises activity, engages creativity, and is collaborative.
- Provide your child with the opportunity to participate in a variety of different sports and activities during childhood (i.e., sampling). This approach is associated with prolonged engagement and a range of psychological and social benefits.

Other Available Workshops:



Workshop 2: Optimal Competition Parenting Workshop

Additional Sport Parent Resources



ITF eBooks APP

Questions?

[Email]

[Twitter]

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