



Toppidrett

På dette nivået er utøveren 100% dedikert til tennisen og leverer stabile resultater uke ut og uke inn. Alle aspekter av utøverens liv er sentrert rundt det å være best mulig forberedt til treninger og store turneringer. Utfordringene på dette steget er å trene variert nok for å forsikre seg om at utøveren fortsetter å være entusiastisk og interessert i alle aspekter av sin tennis. Hovedfokuset til utøver er å prestere på høyest mulig nivå, men det kan være andre faktorer i utøvers liv sosialt som kan påvirke både positivt og negativt. Dette kan være utdanning, økonomi eller begrensninger med foreldre støtten. Disse faktorene må tas hensyn til når man planlegger treninger og turneringer.¹

Generelle mål:

- Være sikker på at alle nivåene er fullført.
- Utvikle videre de tekniske ferdighetene.
- Implementer den individuelle spillestilen ved å integrere den enkeltes ferdigheter i konkurranse situasjoner med høy intensitet.
- Fortsette å utvikle alle aspekter av fysikken: Fleksibilitet, hurtighet, styrke og utholdenhet.
- Bruke tester og evalueringer innenfor sportsmedisin, styrke, utholdenhet, kosthold, mentalt, for å forbedre treningshverdagen.
- Bli god til å takle alle mulige match situasjoner (underlag, altitude, spillestil, vind).
- Implementere psykologiske rutiner for å komme i den ideelle kamp modus.
- Bruk et skadeforebyggende program og få det inn som rutine for å minimere skader og maksimere prestasjonene.

¹ Spillerguiden.no

Recommendations from the NTF`s spillerguiden

Alder	Konkurranse				Trening					
	Antall form topper	Antall turneringer Per år	Antall turneringskamper per år		Type konkurranse	Mengde fysisk trening	Tennis trening pr. uke	Totalt antall timer pr. uke	Minimum antall egentrening av totalen	Hvile og restitusjons uker pr. år
			Single	Doubles						
13 – 15 Konk	2-3	15-20	45-60	20-30	NC Åpne turneringer Klubb turneringer, TE	4-8	12-14	16-22	3 – 5	4 – 6 uker

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			Single	Doubles						
16+ T	3	22-26	60-75	40-50	GP, NC, ITF, Challengers, <u>Kval GS</u>	6-10	16-22	22-28	4 - 6	4 – 6 uker

SPILLERENS OPPGAVER

- Være en 24-timers utøver og derfor være 100% tilstede på trening og konkurranse
- Håndtere alle distraksjoner som kommer i veien for trening, konkurranse og restitusjon
- Kommunisere med trener om trening, konkurranse og restitusjons problemer
- Være en ambassadør for tennis regionalt, nasjonalt og internasjonalt
- Ha et balansert liv ved siden av tennisen, som å ha en hobby og opprettholde kontakt med familie og venner

Indicative practice week and practice session structure

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		Konkurranse	Topidrett	Topidrett		Tournaments or Match Practice	
Afternoon	Konkurranse	Konkurranse +	Konkurranse	Konkurranse +	Konkurranse		
	Toppidrett	Topidrett (social and age group criteria)	Toppidrett	Topidrett (social and age group criteria)	Toppidrett		

Konkurranse		
Structure	Timeframe	Intensity
warm up	15min before the practice	Low intensity
“Classic” on court warm up with a mix of fun exercises.	20min	Low to medium intensity
Technical, Tactical or Physical drills or “live ball” exercises according to the weekly theme.	25min	High intensity
Point play type games.	45min	Medium intensity

Toppidrett		
Structure	Timeframe	Intensity
warm up	20-30min before the practice	Medium intensity
“Classic” on court warm up while focusing on footwork, intensity, technique & consistency	30 min	Medium intensity
Technical, Tactical or Physical drills or “live ball” exercises according to the weekly theme.	40min	High intensity
Match situations point play.	20 min	High intensity

Objectives

General Objectives²

- Continue to develop and refine technical skills.
- Become a responsible and autonomous athlete.
- Refine all basic skills at competition intensity and to consolidate skills learned at the 11/12-15/16 stages.
 - Improve in the implementation of learned skills in competitive situations.
 - Develop flexibility, speed, strength and aerobic endurance – in all the physical skills.
 - Refine the daily implementation of sport medicine and science knowledge, e.g. nutrition, strength and conditioning, sport psychology, exercise physiology.
 - Learn to cope with the challenges of different competitive situations such as different surfaces, altitude, game styles and wind.
 - Introduce and consolidate psychological routines to produce the ideal performance state.
 - Develop an ability to understand key principles related to training, competition, recovery and equipment.
 - Adopt a positive lifestyle such as no tobacco, no alcohol, no drug, to respect good sleep habits and practice good hygiene.
 - Demonstrate good knowledge of the selection and care of equipment including racquets, shoes and strings.
 - Demonstrate quality and consistency in the warm-up, recovery and diet.
 - Ensure pre-habilitation exercises for wrists, shoulders, hips and abdominals are managed effectively.
 - Incorporate a regular medical follow-up and physiotherapist follow-up if necessary.

² from the „Long Term Athlete Development plan for the Sport of Tennis in Canada“

Guiding Principles for Players, Coaches and Parents³

- With results becoming more important, it is essential that athletes continue to focus on performance goals in competition.
- A consistent individualized quality daily training program which takes into account international standards, the athlete's present abilities and the long term goals are essential.
- The windows of optimal trainability should be emphasized to ensure the strength component is being maximized.
- While competing on the road, the emphasis on long term development over short term results continues to be maintained.
- The coach's role becomes even greater as he/she takes on increased leadership in the overall development of a player's career and must lead and work with an integrated support team.
- An individualized physical development program should be used cashing in on the windows of trainability and monitoring improvements through testing three times a year with the support of an integrated support team.
- The annual competitive plan should strive for a 3:1 win-loss ratio. Evaluation of this plan should include reviewing the athlete's win-loss ratio.
- Competitions should be selected based on an age appropriate number of matches per year with the emphasis on the athlete's continued development, participating in 2-3 practice matches per week.

Psychological

- Developing ownership of their career.
- Development of an identity as a "tennis player" and displaying intrinsic desire to train and compete.
- Learning about the pressures associated with the game (e.g. rankings, travel issues, social issues, school issues, being judged).
- Developing "mental flexibility" and the ability to find solutions (i.e. "finding a way").
- Developing a strong professional presence on court.
- Seeking out competitive situations during training on a consistent basis.
- Improving their ability to train and work as part of a group or "team" and deal with team dynamics.
- Becoming aware that at "some point in the future" they will need to deliver
- Having a comprehensive understanding of the critical factors that affect your ideal performance state.

³ from the „Long Term Athlete Development plan for the Sport of Tennis in Canada“

Tactical⁴

- Ability to implement all the tactics from the stage above but at a higher precision and tempo.
- The ability to reduce space and time by playing early with quick recognition and proper positioning.
- Ability to play percentage tennis, playing the right shot at the right time (rally, attack or defend).
- Consistent aggressive baseline play with big targets.
- The ability to hit through the court.
- The ability to change rhythm with precision through the use of angles, slice and high topspin and the necessary skills to deal with this tactic.
- The ability to play aggressively down the middle in order to earn a weak ball before opening up the court.
- An ability to stay in the point with good countering and neutralizing skills.
- The ability to earn more points when serving by hitting more aggressively and through the use of more variation.
- The ability to take control of the points from the return of serve especially second serve via:
 - Hitting from inside the baseline.
 - Use of a variety of targets (three zones).
 - The ability to finish points at the net (primarily through the use of swing volleys and big targets).
- Having an awareness of their opponents strengths, weaknesses and tendencies and how to neutralize and exploit them.
- Continuing to develop the ability to combine strengths of their game to gain a competitive advantage.

Technical

- The technical skills worked on at this stage must effectively support the outlined tactical priorities.

⁴ from the „Long Term Athlete Development plan for the Sport of Tennis in Canada“