



Circuit training for 10 and under tennis

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ABSTRACT

Coaching or presenting a task in a circuit or station formats for U10 players consists of a session of some 8-12 stations which can be completed roughly three times. The circuit may aim at the development and stimulus of both condition capabilities (strength, speed, endurance, flexibility), as well as coordination capabilities. This format assures variability in the game session.

Key words: circuit-training, u10, conditional capabilities, coordination capabilities
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INTRODUCTION

Didactic objective:

"In order to develop any tennis stroke and the different movements it implies, it is necessary to build a physical support made up of what we call Conditional Capabilities (the foundations) which are based on the metabolic and mechanical potential of the game. Then, the Coordination Capabilities which help the child to the correct development of motor execution (control and regulation) for correct execution" (Fernandez, Villanueva and Sanz, 2012).

1. The presentation of each task in each station must take into account the ludic concept...for the child it must be a playful and a discovery experience.
2. Improving and developing different capabilities.
3. Tasks based on cooperation and opposition games (sprints, jumps, balance, receiving and throwing skills, combinations of both).
4. The development of general and specific coordination capabilities.
5. The compensated development of all muscle groups on the basis of transporting games, on four legs, climbing, stimulating muscle synergy.
6. Start the reaction speed.
7. Gesture speed with and without a racket. Before the child is 10 years old, gesture speed is closely connected to nervous maturity, and intra and inter coordination capability.
8. To stimulate the frequency of support. Between 7 and 9 years, there is an increase in frequency maturation.
9. To develop and maintain flexibility levels.
10. To consider, in each station, the different levels of motor skills in the group (differentiation and optimal challenge for each participant).
11. Pay attention to decision making and discovery.

General characteristics and advice


- Number of stations: 8 to 12 distributed around the tennis court.
- Duration of the games: 15 to 30 minutes per station.
- Pauses: The time between the stations will be measured, depending on the intensity of the exercises.
- Series: 3 to 4.
- Pause between series: 2 to 3 minutes.
- Duration of the session: 15 to 20 minutes.
- Types of exercises or games: Varied, depending on the target.
- Sessions per week: 1 to 2.


PRACTICAL APPLICATIONS

Circuit model

Station 1
Objective
Coordination capability "kinetic differentiation".
Material / Equipment
Balls of different sizes and weights. Rings or markers.
Description
Three rings or markers are placed at different distances from the child (the rings or areas are marked with a number or colour). The child is given a ball and before they receive it are told where they have to throw it (varying distances). The balls they receive will vary too. This is a general game. If it were specific, when the child has a good command of the racket, they will play deep volleys or drop-volleys.


Station 2
Objective
Balance, proprioception, throwing and receiving in an unstable position.
Material / Equipment
Create an unstable zone (Bosu ball, an old flat ball, a cone (turtle), a ball).
Description
Each player, standing on one foot on the unstable zone and in a balanced position, will rally with and without a bounce to a partner. Variations: count the passes made, or compete against another team during 10 minutes.


Station 3	
Objective	
Agility and reaction.	
Material / Equipment	
2 tennis balls, one mat.	
Description	
Each player, standing on one foot on the unstable zone and in a balanced position, will rally with and without a bounce to a partner. Variations: count the passes made, or compete against another team during 10 minutes.	
	


Station 4	
Objective	
Agility and skill.	
Material / Equipment	
Fences (high and low), marks, cones.	
Description	
A round with different obstacles is set, the player must then change direction, jump, pass under the fence, etc. It is possible to fix a starting line, measuring the time until the end, and participants compete for the shortest time.	
	

Station 5	
Objective	
Stimulate strength.	
Material / Equipment	
One mat per pair.	
Description	
In the service box, starting from the side line to the service line, run races in pairs, a boy or a girl will take the other one from one line to the other, and when they arrive, they change, the winner will be the couple that arrives first.	


Station 6	
Objective	
Balance and proprioception.	
Material / Equipment	
On an unstable surface.	
Description	
Control the ball with the racket, without letting it fall, in 10 seconds, how many bounces (changing the support foot).	

Station 7	
Objective	
Stimulate strength.	
Material / Equipment	
1 cone per child.	
Description	
Each player, on four legs, must go from the baseline to the service line (carrying the cone with one hand and then with the other one, alternating until they reach the target).	

Station 8	
Objective	
Reaction and agility.	
Material / Equipment	
Turtles.	
Description	
Turtles are distributed in the service box (some facing up and some facing down). One player must put them facing down and the other one facing up in 10 seconds, the one that turns more turtles over is the winner.	
	

Station 9	
Objective	
Sprints with resistance.	
Material / Equipment	
Elastic bands.	
Description	
In pairs, the players run with a rubber band around their waists, from the baseline to the net, when they reach the net, they change roles and return to the baseline, the first to arrive is the winner.	
	

Station 10	
Objective	
Stimulate flexibility.	
Material / Equipment	
Ball.	
Description	
Playing in pairs, (keep balance with their partner stretching), pass the ball overhead and then between the legs.	

Station 11	
Objective	
Speed and reaction.	
Material / Equipment	
Cones and balls.	
Description	
The players start in an athletic position. There are two cones in front of each player (numbered 1 and 2) two or three meters away behind their backs. There is the same distance between players and with one ball on the ground. When the teacher calls, the child will go to the cone they are told, and will return to the athletic position, it is also possible to indicate the ball and they must bring it to their initial position cone.	
	

Station 12	
Objective	
Development and stimulation of movement frequency.	
Material / Equipment	
Foam balls, newspapers, balloons.	
Description	
The player hits a balloon, increasing execution frequency and speed (hitting many times and as hard as possible).	
	

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RECOMMENDED ITF TENNIS ACADEMY CONTENT (CLICK BELOW)



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