



Future Demand Tennis Teaching Methodologies

- Through our alignment with Tennis Australia, we have adopted the Hot Shots Methodology of teaching for children aged 3 - 12.
- This same methodology is adopted in many leading tennis nations around the world with the only difference being the name of the program - (UK: Mini Tennis) (International Tennis Federation: Play & Stay)
- Our program is designed for children no matter what their age to jump in and start playing tennis. As well as developing the player, our coaching team aims to develop the person individually and instil our values of Enjoyment, Fun and Teamwork.
- The methodologies focus on continually developing strong motor skills to enable our players to progress to the next level of play.
- Through the use of modified equipment such as lower compression tennis balls, shorter/lighter racquets and smaller courts children are able to learn and imbed the necessary skills to progress.
- As the children's skill level and tactical awareness improves, the playing area and equipment begin also progress to match the player's skill level.
- There are four stages for the Hot Shots program - Blue, Red, Orange & Green.
- Through all four stages of learning, there is a heavier focus on teaching Open Skills versus teaching Closed Skills.
- Coaches combine tactical teaching with technical teaching blended into the specific activity.
- When we analyse and correct our players, the coaching team adopt a more effective "questioning" approach as opposed to a less effective "telling" approach. This method promotes our players to problem solve and learn through discovery.
- From the ages of 12 - 18, players learn and develop through three different teaching methods:
 1. **Basket Feeding** - used to learn and practise established goals easily. The goals that are set are technical and are designed to strengthen each player's ability to execute each shot in a cooperative or competitive activity
 2. **Cooperative Activities** - used to learn and embed ball control. The unexpectedness of a competitor's potential for error or varied ball delivery makes this type of learning environment a much more realistic reflection of an actual "match situation"
 3. **Competitive Activities** - designed to simulate a match scenario whether it be a specific pattern of play found in a point, recreating situations in a match and discovering different options to combat that situation or just plainly, open, competitive matches allowing each player to determine, develop and execute THEIR style of play.