

USPTA

PLAYER DEVELOPMENT PROGRAM

RESOURCES



When we talk about modern tennis, we're talking about evolution

It has taken a decade or two for the majority of changes from traditional to modern tennis to take hold so that we see them not only in the professional game and among college players, but also in junior age divisions and among recreational players of all ages.

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Many respected USPTA members have been involved in this evolution and studied modern tennis extensively. However, few have done what most of us would most like to see – record their teaching theories, strategies and techniques so that we can learn from them.

USPTA has coined a new phrase to describe the modern style of play: “load, explode and land.” While technique-specific resources for this style seem scarce, especially compared to those that explain the traditional “turn, step, hit” style, some good ones are available now and more are on the way. We’ve created USPTA’s new Player Development Program to help all USPTA members learn about modern tennis and to develop methods that are **scalable** so that you know how to add modern technique and tactics to all your lesson programs. This is a comprehensive program, so one of our primary objectives is to identify the modern tennis resources available and seek or produce additional ones where necessary.

As we told you in the first two special sections devoted to the Player Development Program, an advisory council is helping us identify these much-needed resources. The council, which met last September, is reviewing suggested resources and making recommendations about their pertinence to the modern game. Just as there have been differences of opinion about teaching traditional tennis, there will be differences in thought about teaching modern tennis. The job of the advisory council and USPTA will be to present easier access to the most up-to-date scientific research and other reliable resources. Our goal isn’t necessarily to provide the largest list of resources that we can, but rather to recommend the highest quality resources available.

All of the traditional and technology-based educational resources will be organized into five categories, or libraries, for video, seminars and specialty courses, audio, online media and print media. (See graphic on this page.) The resources also will be organized by the way they relate to specific issues of teaching and coaching, as defined by the six general performance components and their 43 elements. We introduced the GPCs in the September 2004 issue of *ADDvantage*, and further explained them with definitions for the 43 elements in the October/November issue. (If you need additional copies of these inserts, they are available online at addvantagewspta.com.)

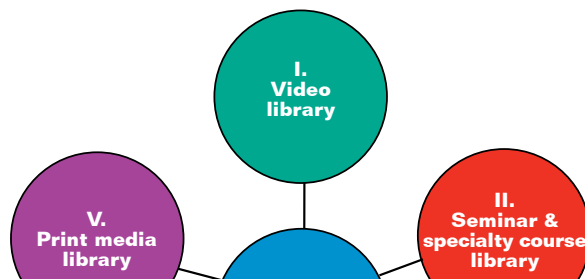
Here is an example of how we’ve applied each resource to the GPCs: *World Class Tennis Technique*, a book by Paul Roetert, Ph.D., and Jack Groppe, Ph.D., has applications to the technical GPCs of racquet skills and shot fundamentals. So the book will be listed as a resource under those two technical elements, as well as any other elements to which it speaks. In the same way, *Tennis Tactics: Winning Patterns of Play*, published by USTA, will be listed as a resource under the tactical element of patterns, and the “Biomechanics/Sports medicine” DVD produced by USPTA

Now, the three GPCs that require the most new resources are technical, strategic and tactical. These components correspond most to teaching the modern game, but they are rarely explained in enough detail for tennis professionals who must teach them. Not only do teachers need fine detail in order to teach the nuances of the game, but the information must be scalable so that it can be applied to the games of all the players in your lesson book. For instance, you might teach a one-handed backhand to a new high school team player, a women’s league competitor and a college scholarship-bound junior. But the time at which it becomes a priority within your periodization plan will be different for each one; each will learn at a different rate and each will achieve a different level of mastery.

Providing you with modern teaching resources, especially teaching-specific ones that can be applied to all playing levels, is the reason for creating the Player Development Program. With this insert, we are publishing the first recommended resource list for the video and print libraries. Clearly, the list will grow. Advisory council members will continue to review current resources as well as new ones for their applicability to modern tennis. USPTA members are welcome to recommend resources for council consideration. Over time, new resources will fill any gaps where resources cannot be found. USPTA is not seeking to re-create the wheel when resources are available. However, where approved resources aren’t developed by others in the industry, USPTA will produce the resources for education in specific areas.

Also, keep in mind that this list does not include items from three of the five libraries: seminars and specialty courses, and online lessons and audio. However, these resources are readily available in other ways. Online lessons and seminar audio recordings are available free in the “Education” section of uspta.com. Audio recordings from the 2004 World Conference are available for sale at usprottennishop.com. Divisional and national conferences are regularly promoted in *ADDvantage*, division newsletters and on uspta.com.

We look forward to updating this first print and video resource list, as well as the materials in the other libraries. USPTA offers hundreds of educational opportunities each year. As a result of the Player Development Program, more and more of them will be related to modern tennis and scalable to your teaching needs.



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