



FED CUP

HIGH LEVEL TENNIS REQUIREMENTS....

AND YOUNG GIRLS TRAINING !



EUROPEAN COACHES SYMPOSIUM  
STOCKHOLM  
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FÉDÉRATION FRANÇAISE DE TENNIS



## 7 YEARS OLD...THE REASONABLE AGE TO START A TOP TENNIS CAREER



### Summary

1. Which are the requirements to reach high level in women tennis?
2. Which are the abilities of a young girl age 7/ 8 ?
3. Has competition an important role to develop the game before age 12 ?
4. Which are the psychological specificities among girls age 7 to 12 ?
5. Which role play the parents to day?

*YEARS OLD... THE REASONABLE AGE TO START A TOP TENNIS CAREER*

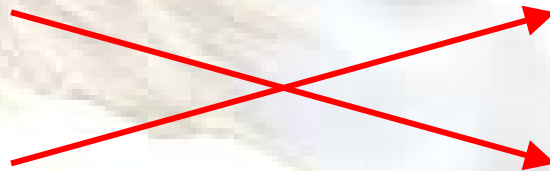
## **THE KEY FACTORS OF THE GAME AND THEIR EVOLUTION**

### **HIGH LEVEL**

MENTAL  
PHYSICAL  
TACTICAL  
TECHNICAL

### **APPRENTICESHIP**

TECHNICAL  
PHYSICAL  
TACTICAL  
MENTAL



Each factor shows an opposite importance according to the level of expertise



## 7 YEARS OLD... THE REASONABLE AGE TO START A TOP TENNIS CAREER



**Obviously, there is an intimate alliance between playing at high level and training young girls**

- Learning technics
- Discovering the right tactical plans
- Developing the specific physical skills
- Setting the psychological approach of individual game

Case study : Tatiana GOLOVIN



## 7 YEARS OLD... THE REASONABLE AGE TO START A TOP TENNIS PLAYER CAREER



### T. GOLOVIN : Development and training in **Franche-Comté League**

- Tatiana started playing tennis when she was 3 years old at ASM. BELFORT CLUB.
- From childhood she had éducation physical training session at the rate of 1/2 h per day
- In 1995, during a visit in this League, technical Director P. DOMINGUEZ was amazed with the quality of her game: she was only 7 years old!
- The quantity of training sessions proposed in the « futures national program » did not seem sufficient to parents and the whole family moved to N. BOLLETTIERI academy.



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## 7 YEARS OLD... THE REASONABLE AGE TO START A TOP TENNIS CAREER



T.GOLOVIN Born in Moscou on 25-01-1988

**GOLDEN RULE :CROSS WITH GIANT STRIDES THE WTA RANKING STEPS**

### **Tennis Europe**

2000 = U14 : N°49 (12 years !)

2001 = U16 : N°310

### **WTA**

2002 = N°375 (14years !)

2003 = N°345

2004 = N°27

2005 = N°25 (17 years !)

**Pay attention : the girl must be over fourteen to be allowed to play five tournaments sanctioned by WTA**

## **LA PRECOCITE DANS LE TENNIS FEMININ**

### **Phénomène qui n'est pas nouveau**

- Tracy AUSTIN (USA) est Championne du monde à 17 ans trois mois
- Chris EVERT(USA) gagne ROLAND GARROS à 19 ans non révolus
- Monica SELES (USA) est Championne du monde à 18 ans non révolus
- Jennifer CAPRIATI (USA) ½ F à Wimbledon à 15 ans.  
Titre Olympique à Barcelone à 16 ans.
- Iva MAJOLI (CRO) gagne ROLAND GARROS à 20 ans non révolus
- Martina HINGIS (SUI) est Championne du Monde à 17 ans non révolus
- Anna KOURNIKOVA (RUS) ½ F à Wimbledon à 16 ans. Sélectionnée en Fed Cup à 14 ans.

**Marie PIERCE (FRA) finaliste à Roland Garros en 1994 à l'âge de 19 ans  
et vainqueur en Australie en 1995 à 20 ans**



## 7 YEARS... THE REASONABLE AGE TO START A TOP TENNIS CAREER



### Technique: Service

- Continental grip or hammer grip (a must!)
- Shoulders and feet orientation
- Toss of the ball with open hand(a must!)
- Elbow positioning (un must!)
- Rythm in the loop and hitting motion
- Elbow throwing forwards and upwards
- Stretching of the body at the impact point
- Arm folding in front the body during the followthrough

NB : all these instructions realizable ...  
**if the young girl serves from the service  
ligne, and use a suitable racquet and slow  
balls!**





## 7 YEARS OLD... THE REASONABLE AGE TO START A TOP TENNIS CAREER



### SPECIFICITIES AMONG GIRLS 7 YEARS OLD

**Familial project must be really strong!**  
nevertheless ...be careful with parents over involved in their child career: a lot of success on sport aspect ...but a lot of family struggles.

A new « parent's race is appearing »: they are adapted to new cultures and give a strong laying to their daughter's successfull career.

But to be successfull, the parent's involment must progressively stand aside, so that the young player can appropriate her own project



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# YES... YOUNG GIRLS CAN DEAL WITH HIGH LEVEL TENNIS REQUIREMENTS !!!

Thank you for your attention



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