Periodization

It consists of 4 parts:
Stage 1 - preparatory period;
Stage 2 - pre-competitive period;
Stage 3 - competition period;
Stage 4 - rest.

Preparatory period:

- Improve biomechanics of strokes, automatization
- Exercises are slow, light intensity
- Playing with high repetitions and volume
- Muscular and cardiovascular development
- Recording shots of each player
- No tournaments. Players will feel slow and heavy at this stage
- Technical improvement of basic strokes is in the focus, so they can later improve their performance
- Technique and movement analysis
- Maintaining concentration, mental strengthening

Pre-competitive period:

- Adjusting players for the competition
- Drills according to situations in the match
- The emphasis is on tactics and strategy, attack-defense
- Players understand their playing style
- Improving choice of shots, combinations and playing points
- High intensity, powerful tennis and variations
- The match serves to see the weaknesses and strengths of a player's game
- Exercises are specific, designed for the player's game style
- The training is designed to simulate the conditions of the match, the mental routine
- Players learn to play under pressure through competitive exercises inserted through training
- Building self-confidence
- Strengthening of 'weapons', doing a lot of tactics
- Strategy, match, simulations on the court (start the match at 3-3, play a different game style, start the match at 0-15, set with only one serve, break point, pressure, etc ...)
- Change the scoring system

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Competition period:

- Play to win
- Maximizing the level of a player
- All intensity variations
- 80% of training, specific competition exercises
- Players will improve their knowledge of the game and their playing style
- When done with the technical and physical part, the mental aspects become highly important in their game
- Matches and tournaments are being played, with constant focus on strategy, tactics and mental aspects
- Visualization, gaining control of emotions, specific match situations
- Pressure, rituals, concentration, decision-making
- Players must replay all matches with their coach in order to continue improving, work on their weaknesses and set short-term goals
- Video match analysis, strategy and tactics

Rest:

- Physical and psychological mental regeneration, players taking time for a break from competition and training
- You need to keep in mind that a body must breathe and develop, relieved of constant stress and tension
- If you do not take enough time to rest, you are at risk of becoming injury-prone
- Other Sports

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