

Wilson.

THE TRANSITION OF THE RED SERVE TO THE ORANGE COURT

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ORANGE COURT DESCRIPTOR (LTA)

Objective is to build on sound and simple foundation by developing technique which allows an aggressive all court game based on developing racket head speed and spin, and which allows player to attack and defend, modifying basic technique according to specific tactical situations and intentions.



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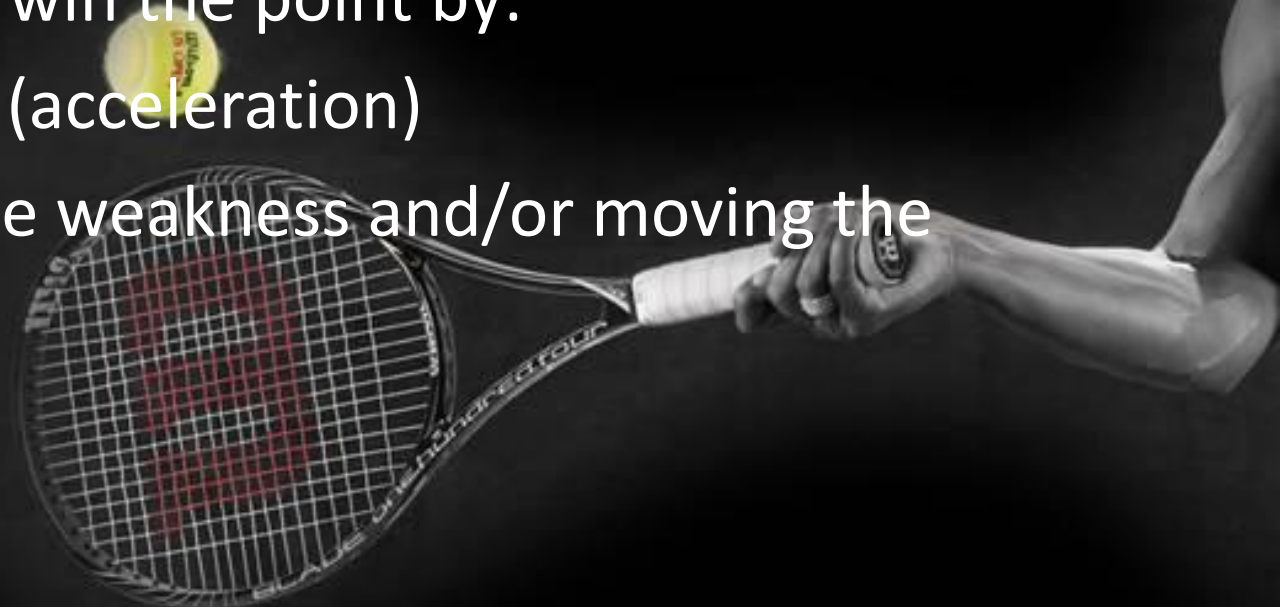
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ORANGE COURT DESCRIPTOR (France)

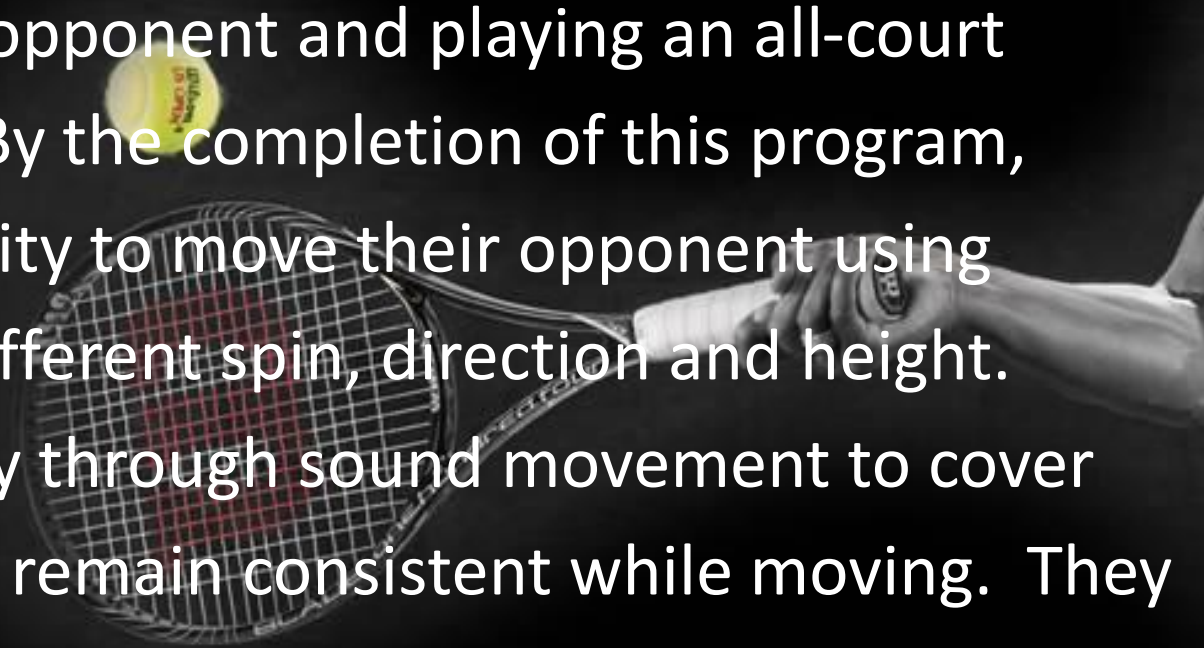
To limit the opponent or win the point by:

- Using different speeds (acceleration)
- Exploiting/hitting to the weakness and/or moving the opponent



The Wilson logo is written in a bold, red, sans-serif font.

ORANGE COURT DESCRIPTOR (Canada)

A grayscale photograph of a tennis player's arm and hand holding a racket, with a yellow tennis ball in the air above the racket head.

Pressure by moving the opponent and playing an all-court game with consistency. By the completion of this program, players will have the ability to move their opponent using proper ball control for different spin, direction and height. They also have the ability through sound movement to cover the court effectively and remain consistent while moving. They recognize when it is appropriate to defend, neutralize or go on the offence and are developing all aspects of an all court game.

The logo features a yellow tennis ball on the left, with a green checkmark shape behind the text 'i2c tennis'. 'i2c' is in a large, bold, black font, and 'tennis' is in a smaller, bold, black font below it.

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ORANGE COURT DESCRIPTORS: COMMON AREAS

1. Controlling ball characteristics to create the advantage
2. Attacking by use of space and time
3. Aggressive all court game



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BY THE END OF THE RED COURT PROGRAMME.....

By the end of the red court programme, and in readiness for the start of the orange court programme, the goal should be to serve with the continental grip in place using a simple, rhythmical and repeatable throwing action.

A close-up photograph of a tennis racket with a red and white frame and a white grip. A hand is shown holding the racket handle. A yellow tennis ball is positioned above the racket head.

Progressing players without these abilities will place players at a serious tactical and mental disadvantage on the orange court and will delay further progress.

The logo features a yellow tennis ball on the left, followed by the text 'i2c' in a large, bold, black font, and 'tennis' in a smaller, black font below it. A green checkmark shape is integrated into the design.

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The logo for the LTA British Tennis Coach Education Centre. It features the letters 'LTA' in a large, blue, sans-serif font, followed by 'BRITISH TENNIS' in a smaller, blue, sans-serif font. Below this, the text 'COACH EDUCATION CENTRE' is written in a very small, blue, sans-serif font. The entire logo is enclosed in a white border.

A FEW SIMPLE OBSERVATIONS ON THE SERVE

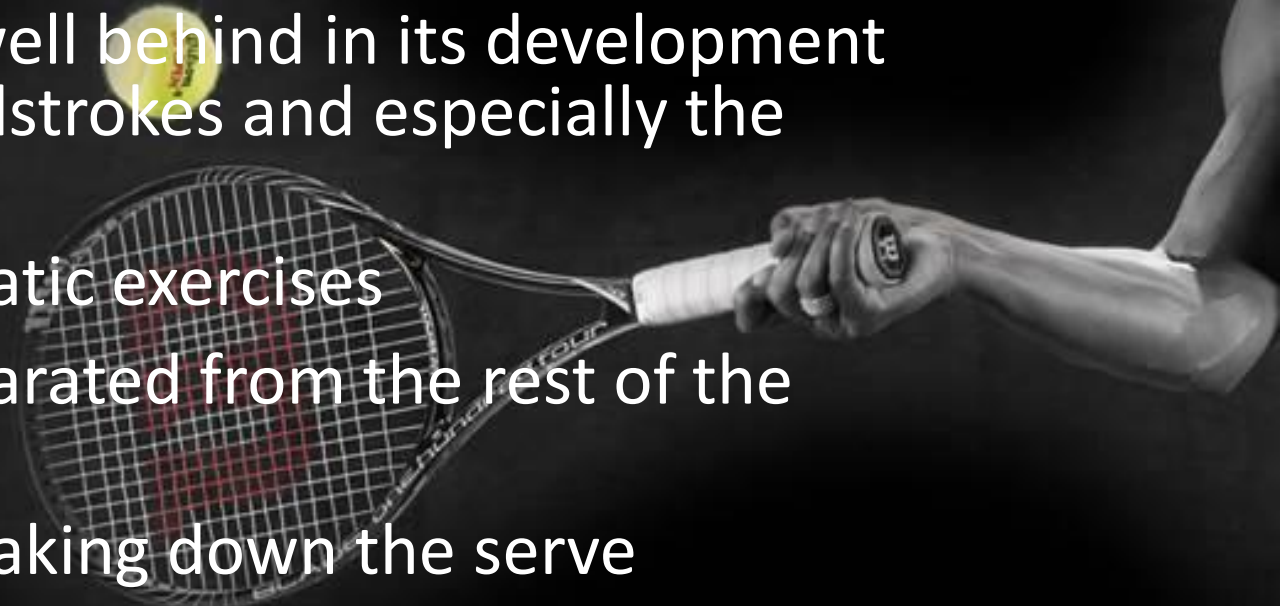
- Many kids are tracking well behind where they could/should be by age 7-8
- Lack of rhythm
 - Lack of fluency and repeatability (player DNA)
 - Lack of build up of racket head speed
- Continental grip inconsistent or not in place
 - Can direct but cannot accelerate
 - Can direct but find it hard to move the opponent
 - Advantage often with the returner
- “Hit and hope”, “hit and just play” or “hit with a plan”?

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COACHING CULTURE ON THE SERVE

- “Appreciate that you can inadvertently be the cause!”
- The 10u serve is often well behind in its development compared to the groundstrokes and especially the forehand
- Often taught through static exercises
- Ball toss (too) often separated from the rest of the action
- Coaches too quickly breaking down the serve
- Players often allowed to slip back to forehand grips unnoticed



COACHING CULTURE ON THE SERVE

- Often unrelated and unconnected to the game especially in individual lessons, with feedback denied
- Often left to the end of the lesson
- Often becomes very technical and complicated, sometimes using advanced technique with players who cannot implement it
- Time wasted on long rallies rather than more short rallies where the tone of the rally can be set
- The serve and serve-related activity aren't practised enough

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EXERCISES TO ADVANCE THE RED SERVE

Task: Chopper grip throw

Purpose: to simulate serving and set the grip whilst throwing



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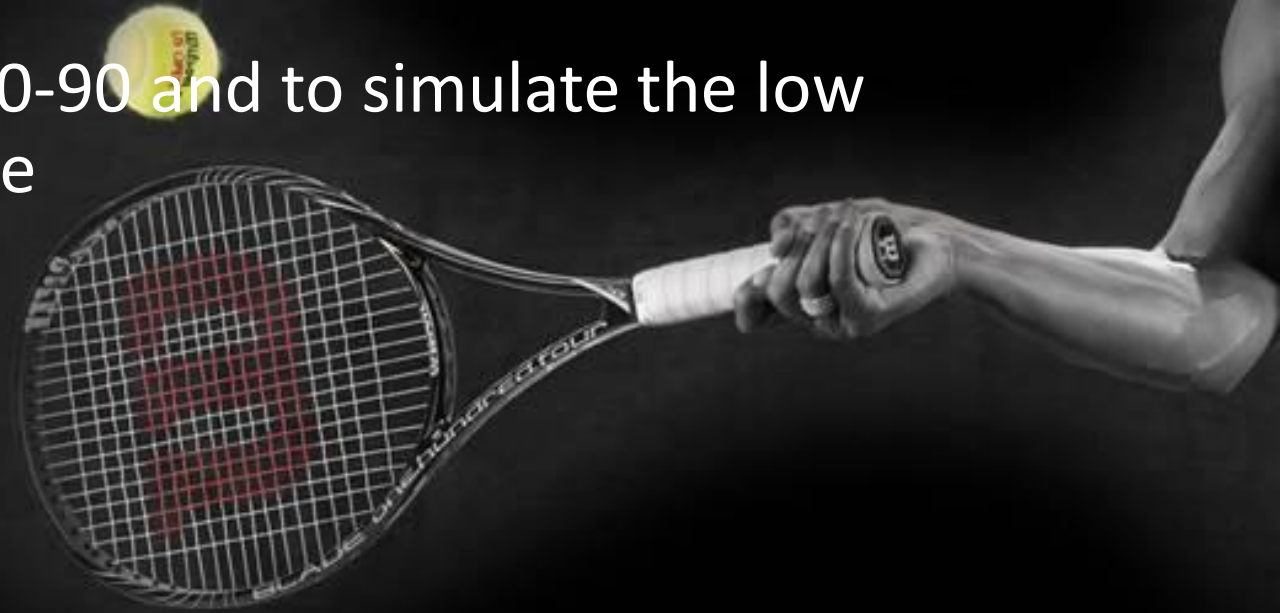
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EXERCISES TO ADVANCE THE RED SERVE

Task: Vertical throwing

Purpose: to set a tilted 90-90 and to simulate the low to high drive for the serve



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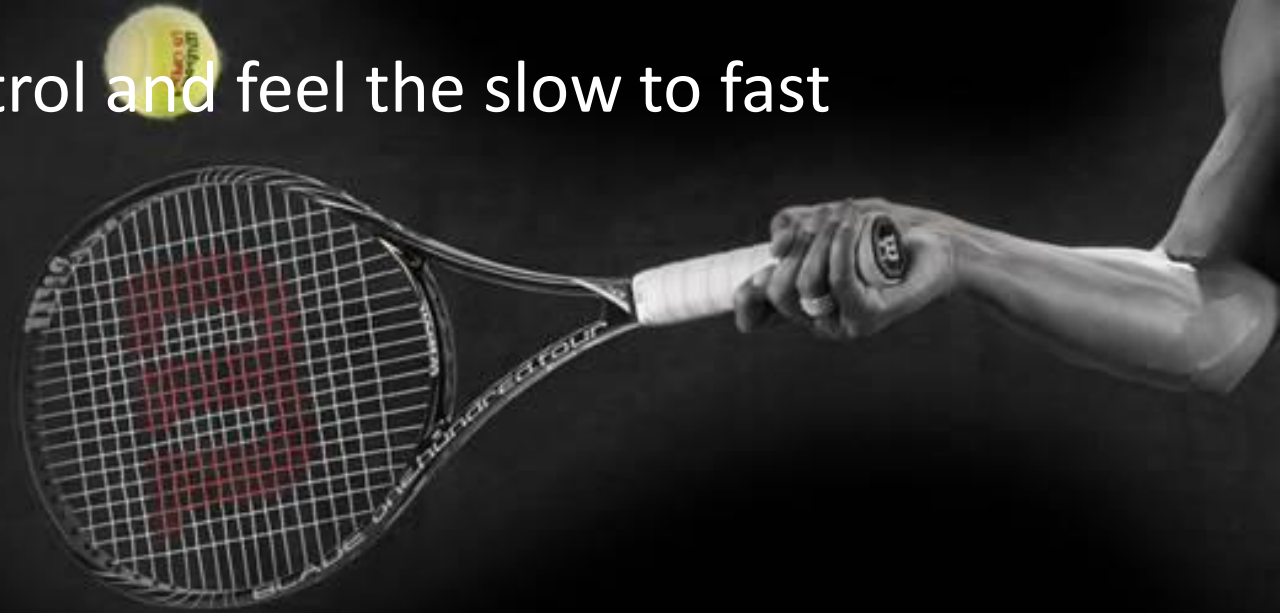
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EXERCISES TO ADVANCE THE RED SERVE

Task: Rolling rhythm

Purpose: to learn to control and feel the slow to fast build up on the serve



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EXERCISES TO ADVANCE THE RED SERVE

Task: Marking the grip

Purpose: to show the grip, reinforce a pre-serve routine, keep the grip and make players accountable



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EXERCISES TO ADVANCE THE RED SERVE

Task: Side and strings

Purpose: to coordinate the forearm and hand, to differentiate between pronating and not pronating



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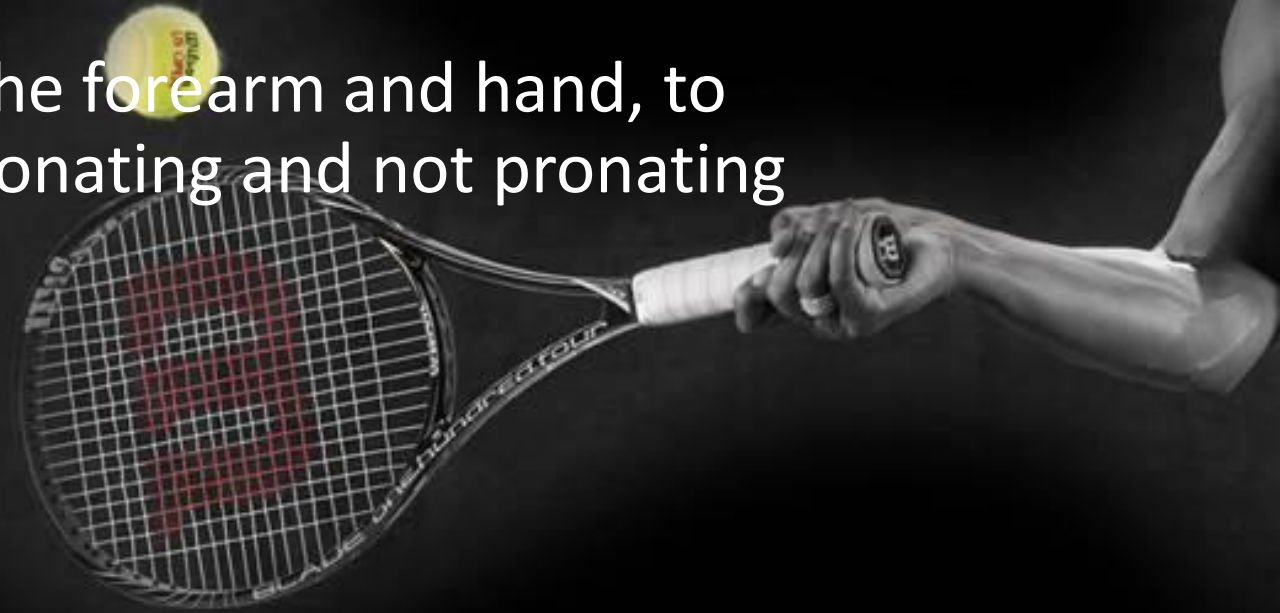
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EXERCISES TO ADVANCE THE RED SERVE

Task: Serve to 3 cones

Purpose: to coordinate the forearm and hand, to differentiate between pronating and not pronating



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EXERCISES TO ADVANCE THE RED SERVE

Task: High 5 progressions

Purpose: 3 stage coordination exercise to see and feel pronation



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