



# USTA High Performance Development

## Age 12-15

### TECHNICAL

- weapon development-serve and at least 1 more
- appropriate power and racquet head speed on all shots
- technique adjustments on different surfaces
- sound footwork and recovery on all strokes
- power and variation on baseline even under pressure

### TACTICAL

- knowledge of game style
- use of strengths
- tactics against different styles
- “scouting” opponents

### MENTAL AND EMOTIONAL SKILLS

- goal setting skills
- increasing confidence
- routines
- concentration
- sound decision making
- relaxation skills
- resilience

max. 60 official matches per year