



# TOURNAMENT TRAINING POINT SET

TONNY VAN DE PIETERMAN, COORDINATOR

E-MAIL = [AHVDP14@HOTMAIL.COM](mailto:AHVDP14@HOTMAIL.COM)

[WWW.COMPETEWITHTONNY.BLOGSPOT.COM](http://WWW.COMPETEWITHTONNY.BLOGSPOT.COM)



## USTA High Performance Development

### age15 and up

#### TECHNICAL

- sound technique related to game style
- solid dependable weapons
- adaptable technique on different surfaces
- sound footwork and excellent recovery skills
- power and variation on baseline even under pressure

#### TACTICAL

- well defined game style
- adjustments to different surfaces, opponents and circumstances.
- sound shot selection for different tactics
- control of points with pace, accuracy and quality passing shots

#### MENTAL AND EMOTIONAL SKILLS

- self reliant and independent
- intrinsic motivation
- anxiety and stress control
- well established routines
- quality goal setting
- positive self talk and body language
- fighting spirit and courage
- desire to win with pride in performance

max. 90 official matches per year