

<b>Progressive Tennis</b>	<b>General</b>	<b>Making Ethical Decisions</b>	<b>Organizing Practice and Play</b>	<b>Technical Development</b>
<u><b>100</b></u>	<u><b>100</b></u>	<u><b>100</b></u>	<u><b>100</b></u>	<u><b>100</b></u>
<u><b>200</b></u>	<u><b>200</b></u>	<u><b>200</b></u>	<u><b>200</b></u>	<u><b>200</b></u>
<u><b>300</b></u>	<u><b>300</b></u>	<u><b>300</b></u>	<u><b>300</b></u>	<u><b>300</b></u>
<u><b>400</b></u>	<u><b>400</b></u>	<u><b>400</b></u>	<u><b>400</b></u>	<u><b>400</b></u>
<u><b>500</b></u>	<u><b>500</b></u>	<u><b>500</b></u>	<u><b>500</b></u>	<u><b>500</b></u>

# Progressive Tennis

## \$100

19", 21", 23", 25"

What are the lengths of junior  
racquets?

19", 21", 23", 25"



# Progressive Tennis

\$200

Andre Labelle

# Who is the Tennis Canada U12 National Coach?

Andre Labelle



# Progressive Tennis

**\$300**

18 m (59 feet) x 6.5 m (21.3 feet)

What are the dimensions of  $\frac{3}{4}$  court?

18 m (59 feet) x 6.5 m (21.3 feet)



# Progressive Tennis

## \$400

Make every ball mentality and love to  
play



What are the psychological goals of  
1/2 court tennis?

Make every ball mentality and love to  
play



# Progressive Tennis

## \$500

Playing successfully sooner, improved biomechanics with modified equipment, increased shot selection and phases of play development

# What are the advantages of Progressive Tennis?

Playing successfully sooner, improved  
biomechanics with modified equipment,  
increased shot selection and phases of play  
development



**General**  
**\$100**

Creating a desire to learn

What is the importance of selling the  
topic?

Creating a desire to learn



# General \$200

A learner-centred and global  
approach to teaching

# What is the Actions Method?

A learner-centred and global  
approach to teaching



# General

## \$300

A positive/motivating instructor; playing successfully; maximum activity; being challenged; building relationships



# What is – how to create enjoyment and improvement?

A positive/motivating instructor; playing successfully; maximum activity; being challenged; building relationships



**General**

**\$400**

130-180

What is the quantity of repetitions  
required for developing a skill?

130-180



# General \$500

Defending, rallying, countering and  
attacking

# What are the phases of play?

Defending, rallying, countering and  
attacking



# Making Ethical Decisions

## \$100

A situation with two potentially right solutions that involves sacrificing one value for another

# What is an ethical or moral dilemma?

A situation with two potentially right solutions that involves sacrificing one value for another



# Making Ethical Decisions

## \$200

A set of deeply held beliefs upon  
which our thoughts and actions are  
based



# What are values?

A set of deeply held beliefs upon  
which our thoughts and actions are  
based



# Making Ethical Decisions

## \$300

What is considered good and right  
behaviour for a group

What is a code of ethics?

What is considered good and right  
behaviour for a group



# **Making Ethical Decisions**

## **\$400**

**Implement the decision and manage  
the consequences**

What is the final step of the MED  
process?

Implement the decision and manage  
the consequences



# **Making Ethical Decisions**

## **\$500**

**Actions that constitute harassment  
and negligence**

What are examples of situations that have legal implications?

Actions that constitute harassment and negligence



# Organizing Practice and Play

## \$100

Word and image together, correctly  
and concisely



What is – how to demonstrate or  
emphasize the skill or teaching  
point?

Word and image together, correctly  
and concisely



# Organizing Practice and Play

## \$200

People, Movement, Feeding,  
Projection, Goal and Rotation

# What are the 6 Organizational Elements?

People, Movement, Feeding,  
Projection, Goal and Rotation



# Organizing Practice and Play

## \$300

Maximum activity and optimal  
challenge

What is how you determine if the  
drill is fun?

Maximum activity and optimal  
challenge



# Organizing Practice and Play

## \$400

The instructor is less able to observe  
the entire drill

What is a disadvantage of "playing  
in"?

The instructor is less able to observe  
the entire drill



# Organizing Practice and Play

## \$500

Changing the movement, feeding,  
projection and goal



What is – how to adjust the  
challenge of a drill?

Changing the movement, feeding,  
projection and goal



# Technical Development

## \$100

The ability to perform a task with  
conformity and effectiveness

# What is technique?

The ability to perform a task with  
conformity and effectiveness



# Technical Development

## \$200

The horizontal angle of the racquet at impact

What is the primary factor that determines direction?

The horizontal angle of the racquet at impact



# Technical Development

## \$300

Starting position, movement to the ball, set-up for the shot, recovery after hitting

# What are the elements of the footwork cycle?

Starting position, movement to the ball, set-up for the shot, recovery after hitting



# Technical Development

## \$400

Split step, head front and centre,  
impact point, follow-through feeling  
or breathing



What are examples of process goals?

Split step, head front and centre,  
impact point, follow-through feeling  
or breathing



# Technical Development

## \$500

Grip, wrist position, arm action,  
shoulders and feet (stance)

What are the factors that influence the length of the hitting zone?

Grip, wrist position, arm action, shoulders and feet (stance)

