

COMPETITION TOOL KIT



Version 7.5

INSTRUCTOR COURSE RESOURCES

DEFINITION

PLAY TENNIS = *SERVE, RALLY, SCORE*

For starter players, we will define competition (playing) as serve, rally, and score.

“Rather than learning stroke technique first and then how to play, they will experience play and learn stroke technique to play better.”

COMPETITION TOOLS

▶ A) Formats

- Elimination Events
- Non Elimination Tennis (NET)
- Point-play Formats

▶ B) Scoring

- Self Competition
- Team Competition
- Opposition

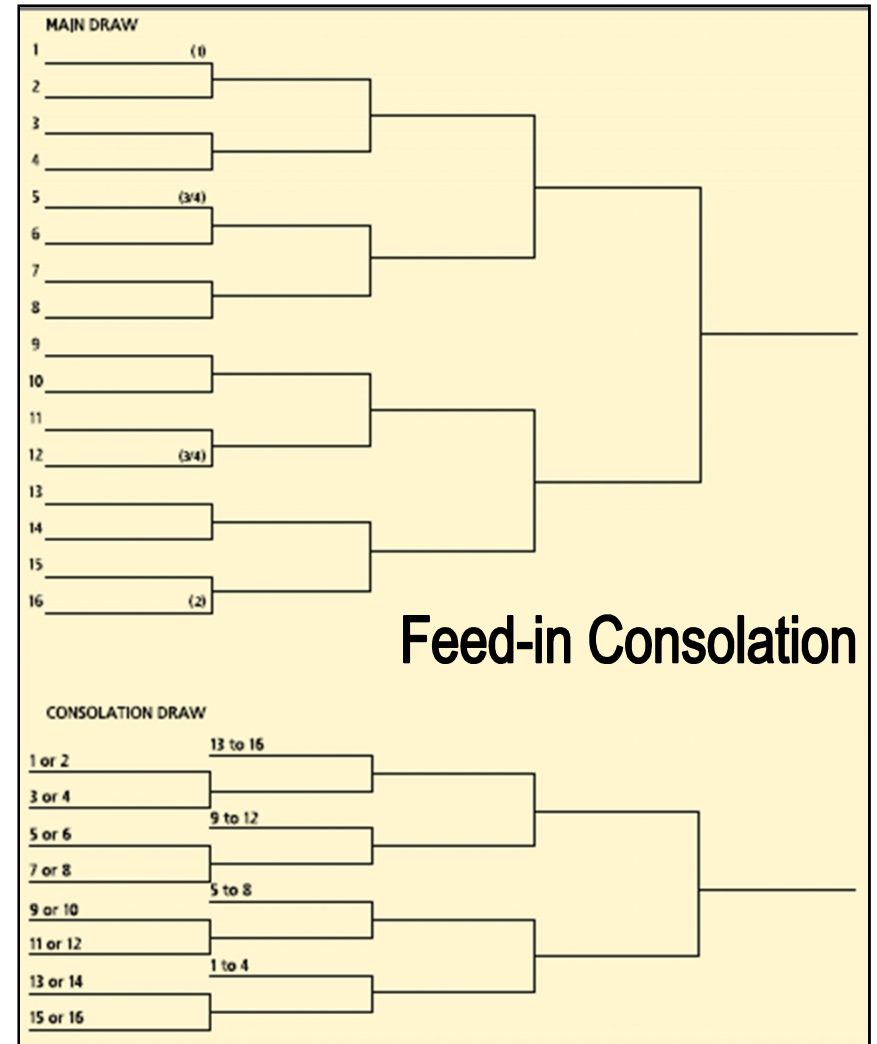
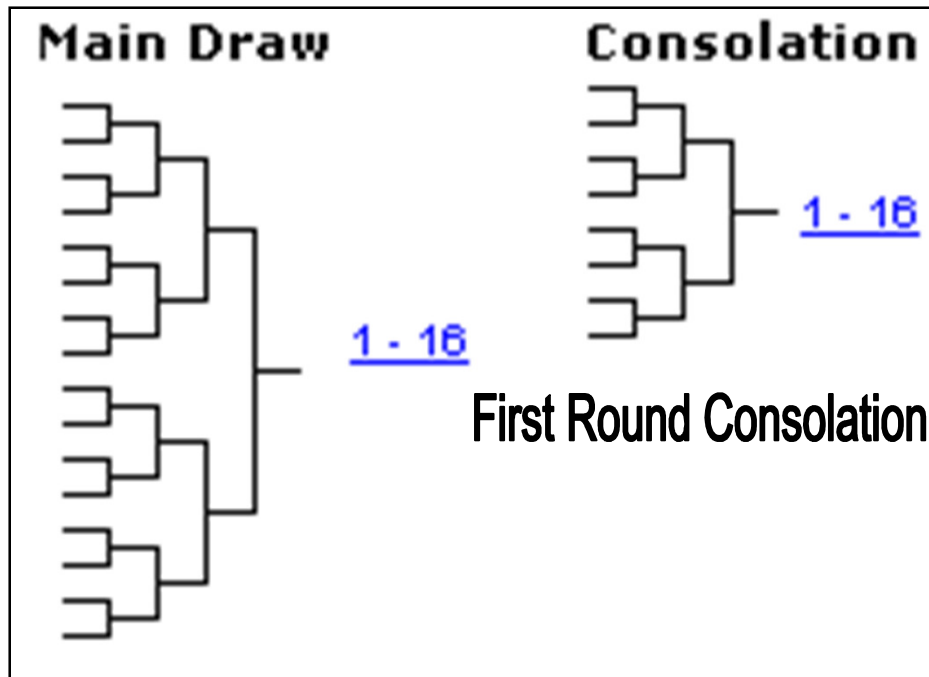


Competitions for starter players should be multiple elimination or non-elimination format (no single elimination). Competition is part of any game. This makes it important to include healthy competition in all lessons. To make competition a positive experience, players need to be encouraged to engage in fair play and sportsmanship.

A) Formats: Elimination Events

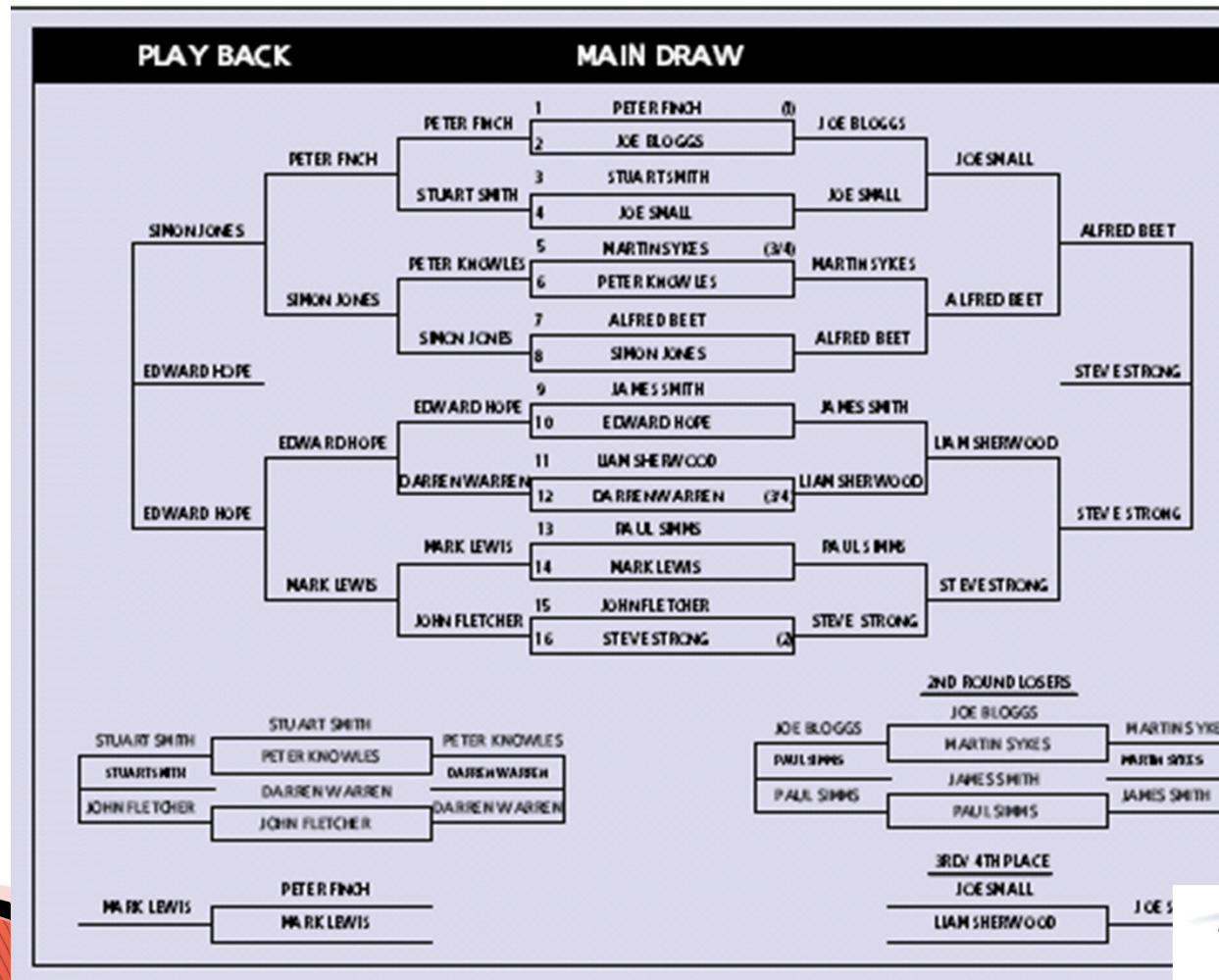
Double Knockout

- First Round Consolation
- Feed-in Consolation



A) Formats: Elimination Events

Triple Knock-out

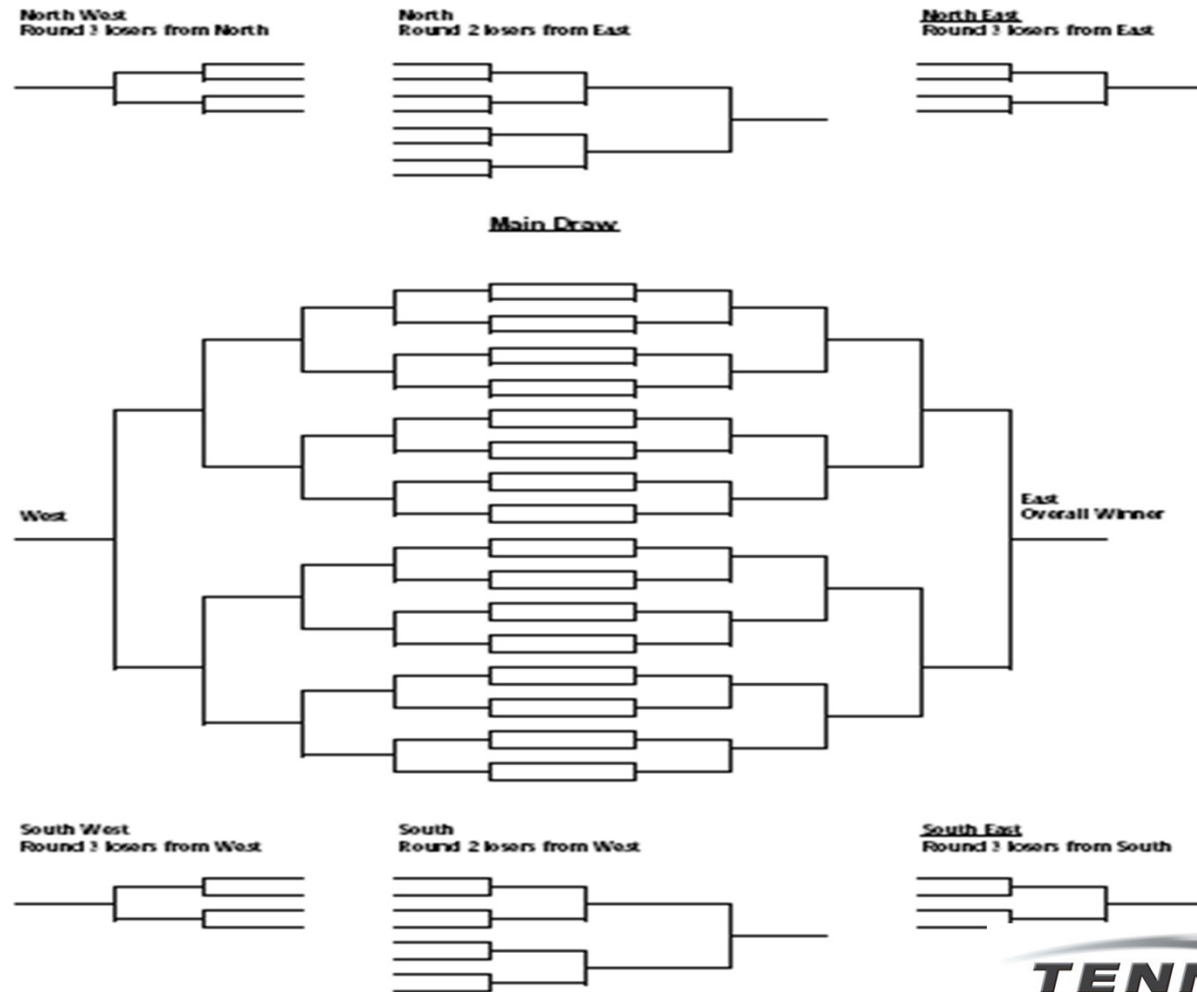


A) Formats: Elimination Events

- ▶ Compass Draw

Compass Draw

Each player contests at least 4 matches in this expanded version of the two way draw for 32 players. As the draw progresses the matches become closer.



A) Format: Non-Elimination Tennis (NET)

Round Robin

DIVISION		1	2	3	4
1		■			
2			■		
3				■	
4					■

DIVISION		1	2	3	4	5
1		■				
2			■			
3				■		
4					■	
5						■

DIVISION		1	2	3	4	5	6
1		■					
2			■				
3				■			
4					■		
5						■	
6							■

4-Player

5-Player

6-Player



A) Format: Non-Elimination Tennis (NET)

League:

Community Team Tennis

- Video on Instructor Cert Youtube channel:

<http://www.youtube.com/instructorcert#p/a/1EB2EE902A77093B/0/nT2aUW9Q-hw>



A) Format: Point-play Formats

Competition Games: Instructors will be required to know how to implement these various individual and team games:

Refer to the International Tennis Federation competitions website for videos and descriptions of these games

- **Team Cones:**

www.tennisplayandstay.com/competitions/team-cones.html

- **Tag Team:**

www.tennisplayandstay.com/competitions/tag-team-tennis.html

- **Stop Tennis:**

www.tennisplayandstay.com/competitions/stop.html

- **Up & Down:**

www.tennisplayandstay.com/competitions/up-and-down.html

- Click on these links to access videos. If link is inactive, copy and paste the address onto your browser bar.

B) Scoring: Self Competition

Self-competition encourages improvement by allowing individuals to compare their past scores with current performance.

- ▶ How many in a row?
- ▶ How many during the time?
- ▶ How many sets (5, 10, etc.)? This option allows different levels of players to work at their own level of challenge (e.g., while I focus on getting a set of 5 but you already have got two sets of 5 and are going for your third).

B) Scoring: Team Competition

Competition between pairs of players or teams allows players to experience competition but share the outcome (less pressure).

- ▶ Cooperative (e.g., As a pair, we see how many rallies we can do and compare to other pairs)
- ▶ Competitive (e.g., We compete individually but our scores add up for our team)

B) Scoring: Opposition

Competition between individual players recreates the one-on-one opposition of tennis. Starter players need to learn how to keep score.

- ▶ Numerical scoring (1, 2, 3, 4, etc.)
- ▶ Traditional tennis scoring (15, 30, 40, etc.)
- ▶ Regular sets (first to 6 games, tie-breaker at 6-6)
- ▶ Short sets (first to 4 games, tie-breaker at 3-3)
- ▶ Pro Set (one set to 8 or 10 games)

