

HERTS TENNIS COUNTY TRAINING PROGRAMME FOR 6-10 YEAR OLDS

| | 8U | 9U | 10U |
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| Herts Tennis Potential Sessions - For 8U players identified by their coach / club as having tennis/athletic potential, enthusiasm to learn/progress & motivated by competition. Nominations for invitation are open at all times - contact hertstennisperformance@gmail.com | Herts Tennis Potential Sessions - 4 per year Nominated players invited to a 2 hour Herts Tennis Potential session with Herts County Coaches. The session involves athletic & tennis activities, competitive games in a fun/relaxed environment - the sessions is the first Step into Hertfordshire County Activities. Competent & match ready children are invited to county training & county organised competitions. County Training Team: Teresa Lilley, varied | Players not involved in county training in 9U & 10U age groups players can be nominated by their coach/venue. Where player levels are appropriate and space allows players are invited in as reserves / or for trial | |
| County Training - Funded by Herts Tennis and the LTA. Supports the development of "performance" focused players by providing regular opportunities for the strongest players to train together. Delivered by Herts coaches who have track record of working with county performance players. County Training assists in preparation and assists selections for County Cup competitions. https://hertstennis.co.uk/coaching/county-training/ | 8U County Training For Herts' most confident/competentest competitors involved in a "performance" focused training & regular competition. Players invited through involvement in Herts Tennis Potential days, coach nominations, competitive activity, identification via Herts Tennis initiatives From Sep 2025: 1 x 2 hours (per gender) 8U from Sept 25 - 2018 (ready/exceptional 2018s) Format comprises - Athletic Skills, Tennis Drills & Match play. Syllabus to be agreed & designed with lead captains, weighing towards doubles, team preparation. County Captains/Assistants: Monica Becerra / Teresa Lilley, varied Session structure: ABCS - 20 mins Drills & Training - 45 mins Match Training - 45 mins TARGET FREQUENCY = Monthly | 9U County Training For Herts' strongest players who are involved in a "performance" focused training programme and participate in regular competition. Players are invited by Herts Tennis via recent form, competitive activity and ambition, coach nominations, LTA Regional Activity From Sep 2025: 1 x 3 hours (per gender) 9U from Sept 25 - 2017s (Orange ball ready 2018s) Format comprises - Athletic Skills, Tennis Drills & Match play. Syllabus to be agreed & designed with lead captains, weighing towards doubles, team preparation. County Captains/Assistants: Girls - Teresa Lilley / Ben Feltham. Boys - Teresa Lilley / Ben Stockley Session structure: ABCS - 20 mins Drills & Training - 1.15 mins Match Training - 1.15 mins TARGET FREQUENCY = Sept - Dec x 4, Jan - May x 4, June - Aug x 2 | 10U County Training For Herts' strongest players who are involved in a "performance" focused training programme and participate in regular competition. Players are invited by Herts Tennis via recent form, competitive activity and ambition, National Pathway involvement From Sep 2025: 1 x 3.5 hours (per gender) 10U from Sept 25 - 2016s Format comprises - Athletic Skills, Tennis Drills & Match play. Syllabus to be agreed & designed with lead captains, weighing towards doubles, team preparation. County Captains/Assistants: Girls - Sarah Jackson / John Cvitanovic. Boys - Craig Blythe / Matt Sands Session structure: ABCS - 30 mins Drills & Training - 1.5 hours Match Training - 1.5 hours TARGET FREQUENCY = Sept - Dec x 4, Jan - May x 4, June - Aug x 2 |
| Activities to be built in to the County Training programme: match prep & management/mental skills, parent education, programme/competition advice, opportunity for individual coach participation, Herts Futures & older juniors involvement, sparring & friendly matches | | | |
| Herts Tennis Competitions - Competition is an integral part of a players development; it gives purpose to a player's training and it is where players practice, explore and implement their skills whilst developing a wide range of life skills. Herts Tennis facilitates a variety of competitive opportunities to complement individual tournaments organised by the LTA | Herts Tennis 8U "Sponge Ball" HIT Tour A series of singles & doubles matchplay events providing quality match play for confident 8Us players who participate in the Pathway to Tarbes and Herts Inspires Tennis Programme or are invited by Herts Tennis (9 events per year inc. 1 doubles) | Herts Tennis 9U "Orange Ball" HIT Tour Singles & Doubles matchplays for confident 9U competitors involved in county training, nominated by their coach or invited via the Herts Tennis network. Scheduled to support players transitioning from Red to Orange Ball. (4 events per year. Inc 1 doubles) | * No HIT Tour events at 10U level as higher level players are competing in external individual events |
| Inter-Club Summer and Winter Leagues for all age groups - players competing as a team for their club against other clubs | | | |
| County Championships in August: 8U, 9U singles & doubles, 10U singles & doubles | | | |
| Individual Competition - Performance focused players to compete regularly in singles and doubles LTA Competitions/Events as advised by individual / lead coaches (with the aim to progress through the grades) | | | |
| Inter-County Team Competitions - Team events in which players represent Hertfordshire against other counties. Event can be singles, doubles or both. For more details: www.lta.org.uk/compete/junior/county-cup/ | 8U Competitions 8U County Cup - Spring Term (min 4 players per gender) 8U Inter-Regional - Summer Term (min 6 players per gender) | 9U Competitions 9U County Cup - Spring Term (5-6 players per gender) 9U Lionel Cox - Spring Term (4 players per gender) | 10U Competitions 10U Lionel Cox - Spring Term (4 players per gender) 10U County Cup - Spring - Summer Term (5- 6 players per gender) 10U 12 Counties - Autumn -Winter Term (4 players per gender) |
| County Training is granted funded by Herts Tennis and the LTA and forms part of the LTA Player Pathway -www.lta.org.uk/compete/performance/player-pathway/ | | | |
| County Training Key Goals Bring Hertfordshire's strongest and most committed players together for more training time Develop doubles and singles match skills and confidence by increasing match play frequency, sparring, experiences and opportunities. Support all round game development Strengthen county team preparation and support team selection Offer guidance to parents to help them support their children as they start out on the tennis journey. Strengthen our players' love for the game, grow tennis friendships, creates a sense of belonging to tennis (underpinned by the Herts Tennis values). | | Other Specific team preparation sessions to be added as required Graduation to next ball colour sessions following completion of county team events Next year 8Us training added in through Spring & Summer term Nomination for LTA Regional Camps in consultation with National Pathway Coach. Players invited to Regional Camps are perceived to have potential to compete at national level | |
| HONESTY - EXCELLENCE - RESILIENCE - TEAMWORK- SPORTSMANSHIP | | | |