

PERFORMANCE PROGRAMME FOR 6-10 YEAR OLDS				
Performance Club Network - A collaboration between Herts Tennis and Clubs/Coaches. Herts Tennis contributes funding to support the delivery of performance* focussed* Training in the following programmes: - LTA 10U Performance Programme Enhanced = 1 venues/clubs - Herts Inspires Tennis (HIT) = 4 venues/clubs - Herts Inspires Tennis Potential (HITP) = venues/clubs The aim of the Network is to increase tennis participation, advance programme delivery, identify & develop more higher level players to "make our better players better" and increase the number of "performance" focussed 8U, 9U, 10U players equipped with the skills to compete at county level and above.	8U	9U	10U	
	LTA 10U Performance Programme Enhanced. Venue = Gosling			
	LTA 10U Performance Programmes are a Network of programmes kitemarked by National LTA. The LTA have recognised these programmes as 10U training environments delivering high-quality programmes for players aged 7–10 at the Regional Performance Stage of the LTA Player Pathway: https://www.lta.org.uk/compete/performance/player-pathway/10u-performance-programmes/			
	Herts Inspires Tennis (HIT). Venues = Letchworth, Legends, Harpenden			
	HIT venues provide minimum of 2 x 1.5 hour squad training sessions weekly for 8Us & 9Us inclusive of S&C/ABCs, access to individual tuition, support & guidance into competitive tennis. Plus additional support for players moving into 10U			
	Herts Inspires Tennis Potential (HITP) Clubs: For details contact hertstennisperformance@gmail.com			
	Herts Inspires Tennis Potential (HITP) Clubs			
	Weekly "invitation" session for 8U who are showing tennis/athletic potential, a desire to learn & are motivated by competition		N/A	
Herts Tennis Potential Sessions - For 8U players identified by their coach as having tennis/athletic potential, enthusiasm to learn/progress & motivated by competition - https://hertstennis.co.uk/wp-content/uploads/2026/07/Finding-the-next-gen-flyer.png	Herts Tennis Potential Sessions - 6 per year			
	Nominated players invited to a 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 HIT TOUR competitions.		N/A	
County Training - Funded by Herts Tennis and the LTA. Supports the development of "performance" focussed 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://www.lta.org.uk/compete/performance/aspirational-standards/county-tennis/	7U - 8U County Training	9U County Training	10U County Training	
	For Herts' most confident/competent competitors involved in a "performance" focused training & regular competition. Players are invited through involvement in Herts Tennis Potential days, coach nominations, competitive activity, identification via Herts Tennis initiatives	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/national Activity,	County Training Programme providing a package of support including: On Court County Training, 5Cs Parent & Player Programme, AcePlan Platform, Junior Fitness Programme, Hertfordshire T-shirt	
	From Sep 2026: 20 x 2 hour sessions a year	From Sep 2026: 20 x 2.5 hour sessions a year		
	County Training comprises Athletic Skills, Tennis specific Drills & Training and Matchplay with weighting towards doubles and team preparation underpinned by the Herts Tennis Values. Further activities built in to the County Training programme include: 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	Herts Tennis 9U "Orange Ball" HIT Tour	* No regular HIT Tour events at 10U level as players encouraged to be competing in external individual & doubles events (occasional HIT doubles events)	
	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)	Singles & Doubles match plays 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)		
	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 - see LTA tournament website for details			
	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. Events can be singles, doubles or both. For more details: www.lta.org.uk/compete/junior/county-cup/	8U Competitions	9U Competitions	10U Competitions	
	8U County Cup - Spring Term (min 4 players per gender) 8U Inter-Regional - Summer Term (min 6 players per gender)	9U County Cup - Spring Term (5- 6 players per gender) 9U Lionel Cox - Spring Term (4 players per gender)	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)	
Coach Development - Herts Tennis actively builds relationships with coaches in the County and is keen to support their development in order that they can develop the next generation of performance players	Activities to promote coach development: Herts Coaches Forum; Herts Tennis Performance Manager meets regularly with coaches across HIT club network, younger/new coaches encouraged to shadow more experienced coaches at county training sessions and become assistants for Junior County Cup team events. Support in achieving coach qualifications. The Herts Inspires My Tennis Future programme provides support/mentoring for young players in year 9 & above who are exploring future tennis coaching careers.			
THE LTA'S NATIONAL PLAYER PATHWAY FOR 7-10 YEAR OLDS				
LTA PLAYER PATHWAY - Nurtures performance players from 7U -18U to world's top singles & doubles players. The aim is to inspire, educate & develop players to become champions at all levels www.lta.org.uk/compete/performance/player-pathway/	8U	9U	10U	
	10U Performance Programmes are LTA-recognised for providing high quality training environments to nurture the development of young players (Gosling)			
	Regional Camp Training - Organised by national LTA - Herts players invited in collaboration with National LTA Coaches			
	Regional Activities - Organised by National LTA			
		Regional Player Development Centre at Gosling		
For more information contact - hertstennisperformance@gmail.com				
HONESTY - EXCELLENCE - RESILIENCE - TEAMWORK- SPORTSMANSHIP				