



Live Call

Sunday

Dec 6, 2020

Kids Characteristics: Ages 5-6

- 1. Great difficulty with fine motor skills**
- 2. Reactions and anticipation skills are very low**
- 3. Self-centered, lack of sense of time and are impatient**
- 4. Listening and following instructions is very difficult**
- 5. Scoring, winning, and losing are not understood**
- 6. They throw with limited rotation and catch with two hands**
- 7. Rallying over the net can be too advanced**
- 8. 30-45 minute periods are optimal for this age**
- 9. Sessions should be fun, active, and interesting**

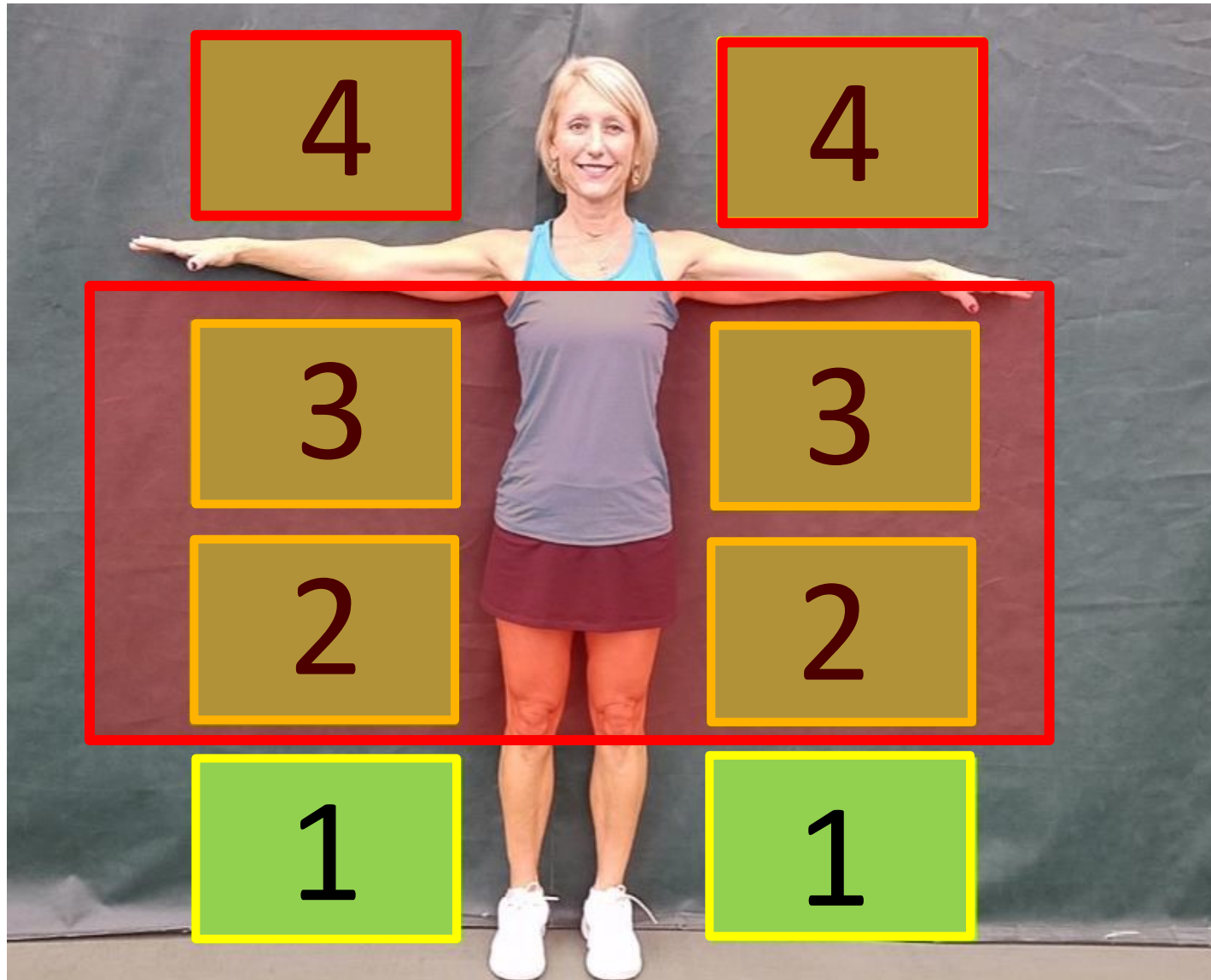
Kids Characteristics: Ages 7-8

- 1. Gross motor skills are developing**
- 2. Reaction speed is improving, but tracking is difficult**
- 3. Beginning to cooperate and share with others**
- 4. Better at following directions**
- 5. Learning the concepts of winning and losing**
- 6. They throw with more body turn and weight transfer**
- 7. Beginning to understand scoring and line calling**
- 8. 45 min - 1 hour sessions are optimal for this age**
- 9. Sessions should be fun, active, and positive**

Kids Characteristics: Ages 9-10

- 1. More refined motor skills & fluent with practice**
- 2. Reaction and anticipation are getting much better**
- 3. More independent and able to share**
- 4. Able to concentrate and focus for longer**
- 5. Able to understand the concepts of winning and losing**
- 6. More rotation in serves and groundstrokes**
- 7. Can be taught basic doubles positions and tactics**
- 8. 1-1.5 hour sessions are optimal for this age**
- 9. Sessions should be fun, active, and rewarding**

The 4 Strike Zones in Tennis



Difference between external and internal motivation in sports?

- Athletes who are **intrinsically motivated** participate in **sports** for **internal** reasons, such as **enjoyment**,
- Athletes who are **extrinsically motivated** participate in **sports** for **external** reasons, such as material rewards. ...
Extrinsic rewards, when used correctly, can be beneficial to athletes

Dealing with Gamesmanship

Why It Happens:

No Umpire or Referee

EXAMPLES:

Questioning your calls (loudly)

Messing up the score

Bad line calls

Being rude

Dismissive of good shots

Celebrating before your call

Dealing with Gamesmanship

JORGE'S RULE:

No post match complaining

Dealing with Gamesmanship

3 STEPS:

- 1. Don't rent space in your head***
- 2. Discuss things at the Net***
- 3. Have a system for calling line judge***

How to Call a Line Judge

3 STEPS:

- 1) Are you sure?**
- 2) How far out was it? (repeat)**
- 3) I'll get some help for us**