



Under 10's Performance Programme

The programme is led by experienced coach Rob Gaunt and aims to develop the following:

1. Technical & Skill Development

- Establish strong foundations in technique (forehand, backhand, serve, volley).
- Encourage consistent rallying and effective grip use.
- Focus on coordination, footwork, and

balance in every session.

- Use a blended approach to development by creatively adapting court sizes and equipment (red/orange balls, shorter rackets, court lengths, net heights) to enhance learning.

2. Tactical & Game Understanding

- Introduce basic tactical concepts: hitting to space, using angles, and positioning.
- Develop early decision-making and point construction awareness.
- Encourage creative play and adapting to different opponents.

3. Physical Literacy

- Improve core athletic skills: agility, balance, coordination, and speed (ABCs).
- Integrate fun movement-based challenges to build coordination and agility.

4. Mental & Emotional Growth

- Build confidence and focus through progressive goal-setting.
- Nurture resilience, positive attitude, and emotional control in matches and practice.
- Foster the skills needed for children to handle pressure, stay calm, and enjoy the game.

5. Character & Life Skills

- Emphasize respect, teamwork, and sportsmanship.
- Encourage resilience and a growth mindset.
- Showcase responsibility and independence (e.g., packing gear, showing up on time).

6. Social & Team Goals

- Create an inclusive, encouraging environment where all players feel valued.
- Facilitate positive peer interactions through team drills and matchplay.
- Support communication, encouragement, and mutual respect among players.

7. Competition & Progress Tracking

- Introduce age-appropriate competitive formats (e.g., informal matchplay events, matchweeks, red/orange/green ball graded events) such as [these from the LTA](#).
- Focus on performance and effort over results.
- Track development through skill assessments, match stats, and regular feedback sessions.