

The System Tennis Group Planning Booklet: A Comprehensive Guide for High-Performance Tennis

The System Tennis Group Planning Booklet is a comprehensive guide for high-performance tennis. It covers everything from goal setting to practice planning to tournament preparation. This booklet is essential for any player who wants to take their game to the next level.



SYSTEM-9 TENNIS: Group Planning Booklet by Andy Dowsett

★★★★☆ 4.8 out of 5

Language : English

File size : 1448 KB

Screen Reader: Supported

Print length : 72 pages



Goal Setting

The first step in planning for high-performance tennis is to set goals. What do you want to achieve in your tennis career? Do you want to win a Grand Slam? Represent your country in the Olympics? Or simply improve your ranking?

Once you have set your goals, you can start to develop a plan to achieve them. This plan should include:

- Specific, measurable, achievable, relevant, and time-bound goals

- A timeline for achieving your goals
- A list of resources you will need to achieve your goals
- A support system to help you stay on track

Practice Planning

Once you have set your goals, you can start to plan your practice sessions. Your practice sessions should be designed to help you achieve your goals. This means that you need to focus on the following:

- Technical skills
- Tactical skills
- Physical fitness
- Mental toughness

Your practice plan should also include:

- A variety of drills and exercises
- Progression and overload
- Feedback and evaluation

Tournament Preparation

In addition to practice planning, you also need to plan for tournaments. This includes:

- Choosing the right tournaments
- Preparing for the tournament

- Performing at your best during the tournament
- Recovering from the tournament

By following the steps outlined in this booklet, you can develop a comprehensive plan for high-performance tennis. This plan will help you achieve your goals and reach your full potential.

The System Tennis Group Planning Booklet is an essential resource for any player who wants to take their game to the next level. This booklet provides a comprehensive guide to goal setting, practice planning, and tournament preparation. By following the steps outlined in this booklet, you can develop a plan that will help you achieve your goals and reach your full potential.



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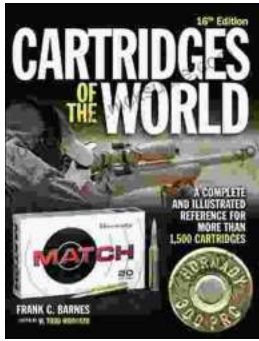
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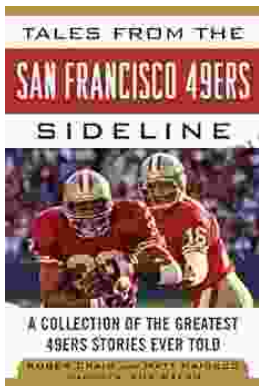
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