

2012 Grand Slam Coaches Conference

Developing Adaptive Skills in Young Players

Progressions and Activities

Butch Staples

Underlying Principles

- SBA versus GBA
- Skills versus Strokes
- Shaping

The Concept of Play

- Includes an element of creative expression
- Activities that are done for the pleasure of the doer!
- Coach should have more fun than any of the kids
- How good does the child have to be to try things? Not very good! Shoes!

Use of Space - 3 dimensions

- The body is a linked system and is able to perform simultaneous rotations in more than one plane

Racquet and Ball Skills - Playful Activities

- Thumbs & Knuckles - Pouces & Jointures
- Rainbows and the Pot of Gold
- Forehead Splitter dba Over-the-shoulder Whipper
- Ninja Cut-Cut and Chop Suey
- Shin Wack Cut shot
- Aussie Whipper-Snapper
- Sidewinder
- Tuloops - w & w/o bounce
- Circle-the-Moon

Progressions

- Overhead & Serve
- Forehand Topspin
- Backhand Slice
- Volley Medley

Movement Skills

- Right/right & Left/left
- Right/left & Left/right
- Step-out/step-across
- First recovery step
- Cross-shuffle-split & sprint
- Jab and cross - leaping lizard - right/left