



The ACE Tennis Mantra “An Instrument of Thought”

The way we would like the players, the parents and coaches of ACE Tennis to approach the player's development

The overall objectives of ACE Tennis are:

1. To recruit youngsters to the sport of tennis;
2. To recruit committed athletes to the sport of tennis;
3. To develop a commitment to excellence in their youngsters;
4. To develop their players performance level so they can:
 - a. Receive a US tennis scholarship upon graduating from high school;
 - b. Be selected for the Canadian National team;
 - c. To pursue a career in professional tennis;
5. To develop opportunities for its coaches to continue their personal development through professional opportunities:
 - a. Through travel with players at the provincial, national and international level;
 - b. Through on-going education and professional development.

The players, parents and coaches should be committed and in agreement in their approach to the player's development. The first step is for all involved to agree on the stated overall player goals [above or other]. The achievement of these goals is to be supported by the application of general progressive integrated yearly training plans complemented by individual training plans. These yearly plans address “What is required to succeed” through a progressive and integrated approach which respects the following criteria:

1. Outstanding tennis specific conditioning, movement, agility and coordination;
2. An attitude which prioritises a rational problem solving approach to issues, calmness in stressful situations, and the ability to recognise and take advantage of opportunities while displaying proper mental skills;
3. An overall game style which is marked by the ability to play with consistency in all situations. This quality of consistency will insure confident, innovative application of proper decisions and actions;
4. The first priority is the development of defensive skills in the following situations of play:
 - a. The ability to neutralize the serve when returning or even better to take control of the point;
 - b. The ability to counter effectively:
 - i. When attacked on the backhand side against attack forehands or backhand slice, especially the ability to hit quick down the line to change the momentum of the point;
 - ii. When attacked wide on the forehand [hitting cross on the run].
5. The second priority is the development of offensive skills in the following situations of play:
 - a. The ability to take control of the point when serving or at least to create a neutral situation;
 - b. The application of all options available to create pressure when the balls received are in 3/4 court:
 - i. Mostly with the forehand;
 - ii. But also with precision with the backhand slice;
 - iii. And power with the backhand inside out;
 - c. An overall understanding of options and the required abilities to transition to the net and to finish points when at the net.
6. An understanding of strategic principles which leads to the proper decision and application of technical skills in tactical situations at a certain moment in a match or a tournament.
7. A personal development approach based on respect of self, others and the game.
8. A true desire to develop personal excellence and the required resilience to achieve such a goal.

“Discipline, Pride, Courage”