

# PHYSICAL LITERACY AND LTAD PROGRAMMING INTO YEAR-ROUND SPORTS CAMPS



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# PHYSICAL LITERACY

- **Motivated to Move:**
  - Fitness is now part of the Country Club programming
  - The kids have a say in what we do each session
- **Confident to Move:**
  - Tennis grouping closely matches fitness abilities
  - Kids pick fitness “challenges” as part of program
- **Competent to Move:**
  - Progressions through levels indicates increased competence
  - Integration of fitness skills and sports skills in each session

# LTAD PROGRAMMING

- Focus on fundamental movement skills and muscle strength
  - Games and fitness exercises/challenges included in each session
  - Aligned with PL and LTAD
- **ABCs: Athletic Stance, Body Awareness, Cardinal Planes of Motion**
  - Key feedback from tennis pros to improve athletic stance
  - Tennis up to 70% lateral movement
- **Improve performance; Reduce risk of injury**
  - Coordinate with tennis staff to reduce duplication of movement patterns
  - Focus on movement patterns and their antagonist (opposite) movement

# WILMINGTON (DE) COUNTRY CLUB



# BEAST BADGE

- Level 1
  - Rules and Etiquette
  - Athletic Stance
  - Body Awareness
  - Cardinal Planes of Movement
- Level 2
  - Growth and Development
  - PHV
  - Training Age
- Level 3
  - Program Design
  - Sport Relevance



# SUMMER CAMPS

## Structure

- Drop-ins
- Weekly
- Summer-long
- AM/PM/All Day

## Categories

- Age
- Sport

**How to prevent DROPOUT in youth sport**  
@BelievePHQ

**WHY DO CHILDREN PLAY SPORT?**

TO RELEASE STRESS	TO MAKE FRIENDS	FOR CHALLENGE
TO DEVELOP SKILLS	TO LEARN NEW SKILLS	FOR ACHIEVEMENT
TO HAVE FUN	TO EXERCISE	TEAM SPIRIT

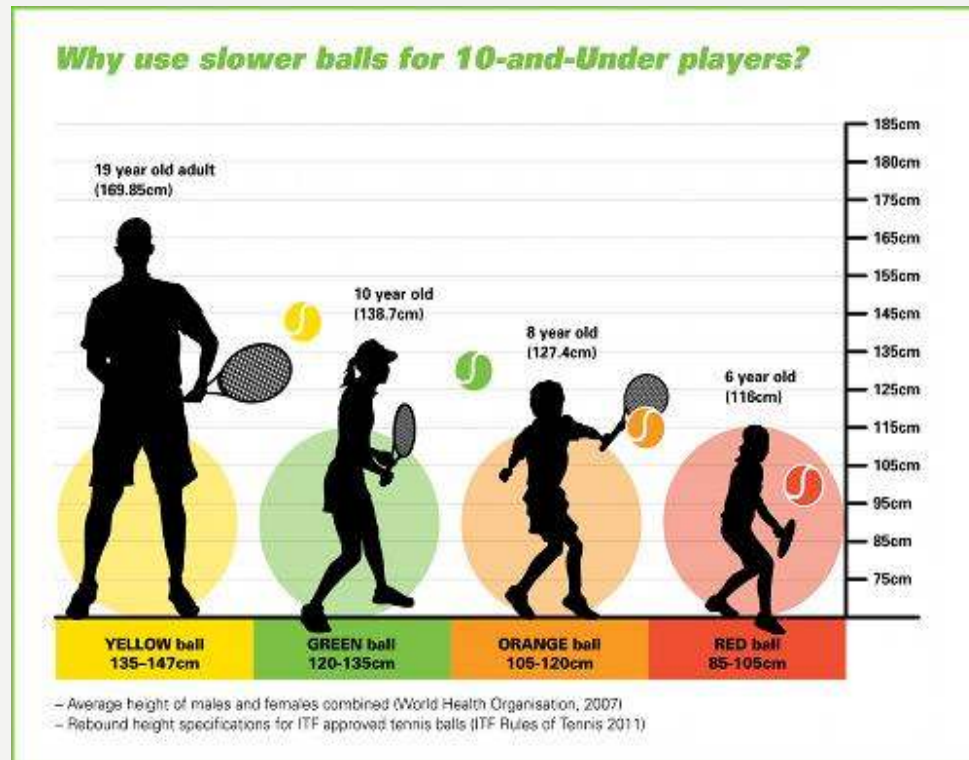
**WHY DO CHILDREN QUIT SPORT?**

- It's not fun anymore
- Pressure to perform
- Not enough playing time
- It's too competitive
- Too much emphasis on winning
- Afraid to make mistakes
- Not interested in the sport
- Perceived lack of competence

**HOW TO PREVENT DROPOUT IN YOUTH SPORT**

- Respect your athletes
- Make sport fun
- Help athletes to embrace failure
- Develop a socially supportive and harmonious climate
- Be enthusiastic and inspire players
- Give players equal playing time
- Encourage and praise effort
- Understand what motivates your athletes

# YEAR-ROUND TENNIS FITNESS



## WCC Junior Tennis Pathway

- Munchkins (3-4 y/o)
  - Work together in teams
  - Send and receive skills
  - Intro to racquet skills
- Red- three levels (5-8 y/o)
- Orange- two levels (8-10 y/o)
- Green- two levels (10-12 y/o)
- Yellow- two levels (12+)
- High Performance/High School



# **FITNESS INTRODUCED IN YELLOW BALL (12+)**

## **A COLLABORATIVE EXAMPLE OF ORANGE BALL (8-10 Y/O)**

### **TECHNICAL AND TACTICAL SKILLS**

- Properly execute topspin/backspin on FH and BH
- Introduce volley and transition to net
- Work toward (execute for Academy level) 10 ball rally
- Play in junior exchange matches and state tournament (Academy)

### **FITNESS SKILLS**

- ABCs
- Strength challenges and exercises (pre-Beast Badge)
- Games and chases
- Specific movements/exercise to improve lateral agility, forward and backward running, concentric and eccentric strength patterns
- Structured, semistructured, and free play



# FOR MORE INFORMATION

**READ NOW**

**NSCA COACH** VOLUME 3, ISSUE 2, MAY 2016

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ISSN: 2574-0103

MAY 2016 | VOLUME 3 | ISSUE 2

**TABLE OF CONTENTS**

04 THE APPLICATION OF SYSTEMATIC GOAL SETTING FOR STRENGTH AND CONDITIONING COACHES  
 ANDY DELMON, PH.D. AND CSCS

08 STRENGTHMAN TRAINING FOR YOUTH  
 RICK HORNARD, PH.D., CSCS, D, USAF

12 NUTRITIONAL STRATEGIES TO BALANCE EXERCISE-INDUCED INFLAMMATION  
 LAUREN WEAVER, PH.D., CSCS, RD

16 UNBALANCED LOAD TRAINING FOR ATHLETIC PERFORMANCE  
 MICHAEL R. DUNN, CSCS, AND JOE MARSH, MS, CSCS

20 BALANCING THE AUTONOMIC NERVOUS SYSTEM BY BREATHING  
 GABRIELLE SMITH, PH.D. AND BRIAN STEARNS, PH.D.

24 INTERMITTENT FASTING - AN UPDATE ON ITS EFFECTS ON ATHLETIC PERFORMANCE  
 ANDREW APOSTOLAKIS, MS, RD, CSCS

30 CZECH SQUATS  
 MICHAEL BUCKLE, DC, BOKARD GUZ, DC, MS, CSCS, KATHA JEDNOVA, MPT, AND ALZENA HODGSONOVA, MS, PhD

40 INTERMITTENT SAFETY TACKLING CLUES IN THE WEIGHT ROOM  
 JAKE DEBRIN, CSCS

44 PROFESSIONAL CLIMATE AND STRENGTH AND CONDITIONING COACH-ATHLETE RELATIONSHIPS IN THE WEIGHT ROOM  
 KARRA WENDAN, MS, CSCS, AND JADIN HUTCHINGS, PhD

48 OVERCOMING CHALLENGES ASSOCIATED WITH TRAINING YOUTH ATHLETES  
 KEVIN McLELLAN, CSCS, NSCA-CPT

52 REEPLANNING THE APPROACH TO TRAINING FOR SPORTS BY INVESTIGATING THE SUBDIAPHRAGMATIC REGION OF KINESIOLOGY  
 KYLA HYAN, PH.D. AND RICHARD WEST

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