



### **2025 GREEN BALL SERIES (GBS)**

In 2025, the Green Ball Series (GBS) will comprise of over 150 tournaments throughout Metro and Regional Victoria. These tournaments will provide players with the opportunity to compete for GBS points throughout the year, which will go to their area specific points race, providing the pathway into end of year Area & State Finals, Super 10's trials and Nationals qualification.

Matt with the Leongatha Tennis Club is pleased to announce that we will be hosting a GBS tournament 5<sup>th</sup> & 6<sup>th</sup> April, 2025 at LTC. We encourage you to play as many GBS tournaments as possible.

GBS Information

<https://www.tennis.com.au/vic/tournaments/green-ball-series>

GBS Gippsland Tournaments

<https://www.tennis.com.au/vic/tournaments/green-ball-series/gbs-gippsland>

We are going to fast track our program for anyone who is or wants to be in any SGTC program, this will be partly subsidised by SGTC\*.

\*SGTC programs and offers are separate from the GBS

Are you ready for some hard work to achieve your goals?

With a growing coaching team, we are now putting our focus on our 10 & under tennis players, especially with the implementation of the GBS.

Leading up to April's GBS tournament we will be running a tournament next weekend which will include:

- Giving you the tournament experience and learning how they work
- Detailed explanation for pre match routine
- Match warm up (shots, serve, identifying opponents' strength & weakness)
- Create a detailed customised tennis coaching program which is aimed at getting great results in the Green Ball Series tournaments

**Who:** All current players from age 10 and under, boys and girls

**Where:** Tournament will take place at Leongatha Tennis Club

**When:** Sunday 2<sup>nd</sup> March 2025 from 13:00 – 16:30hrs

**Cost:** \$20 per person (cash in envelope on the day)

**Format:** Participants will play singles matches

**HOW TO ENTER: Send a text to Matt 0402 736 693 with your name & D.O.B**

Pages two and three: These are all the attributes we will be looking for when selecting participants to be a part of our 10&U High Performance programs.

## 1. Technical Skill

- **Fundamentals:** Even at a young age, players should have a solid understanding of the basics, such as grip, footwork, and stroke production. Look for players who can rally with consistency and demonstrate a good sense of timing.
- **Adaptability:** Assess whether they can adjust their technique based on different situations or opponent styles. Young players who are willing to experiment and learn are more likely to improve quickly.

## 2. Physical Attributes

- **Coordination and Agility:** At the 10U level, players should exhibit good hand-eye coordination, balance, and footwork. These physical traits are essential for progressing in tennis.
- **Athleticism:** Even if they are still developing strength, players who show natural agility, speed, and endurance are likely to excel in tennis with the right training.
- **Endurance and Recovery:** Tennis can be physically demanding, and young players need to develop stamina and recovery ability. Look for players who can keep up with longer practice sessions or matches without excessive fatigue.

## 3. Mental Toughness and Focus

- **Work Ethic:** Young players who show an eagerness to work hard during practices and matches, as well as the willingness to learn from mistakes, tend to be more dedicated.
- **Focus and Attention:** A young athlete who can focus during practice and avoid distractions has a better chance of succeeding at higher levels. Observe how they concentrate on drills and their ability to stay engaged during long training sessions.
- **Resilience and Composure:** Tennis is a sport full of ups and downs, especially at competitive levels. Look for players who are able to stay calm and recover from mistakes or losses without getting frustrated.

## 4. Passion and Love for the Sport

- **Enjoyment:** Passion is key at any level, especially at a young age. Players who genuinely enjoy the game and demonstrate a love for tennis tend to stay committed in the long run. You can gauge this by watching how excited they are to play and improve, whether it's during practice or competition.
- **Intrinsic Motivation:** Dedicated players are often self-motivated, pushing themselves even without external pressure. Players who love the game and want to improve on their own show a greater likelihood of reaching their full potential.

## 5. Coachability and Learning Attitude

- **Openness to Feedback:** Look for players who respond well to constructive criticism and are open to making adjustments. A good attitude toward learning and improvement is crucial at this age.
- **Effort in Practice:** Players who are consistently trying to improve, who take feedback seriously, and who are disciplined in practice, often make the biggest strides.
- **Adaptability to Different Coaches:** The ability to work with various coaching styles is essential. A player who can adapt to different approaches will benefit from a variety of training methods.

## 6. Social Skills and Sportsmanship

- **Respect for Others:** Tennis is an individual sport, but players still need to interact with their peers. Look for players who show respect for their opponents, teammates, and officials.
- **Team Spirit:** Even though tennis is primarily an individual sport, many academies emphasise the value of a strong community. Players who are good team players and show a supportive attitude toward their peers will often contribute positively to the academy's environment.

## 7. Parental Support

- **Parental Involvement:** Since kids are so young, having parents who are supportive of their child's goals and who value tennis as a long-term commitment can be important. Parents who are positive and encouraging (without putting undue pressure on their child) tend to foster a healthier environment for development.
- **Communication:** Having open lines of communication between the academy, players, and parents helps create an environment of trust and clarity for long-term development.

## 8. Competitive Drive

- **Desire to Compete:** It's important to see whether a player has the desire to compete, even if they haven't played many tournaments yet. Look for players who show excitement and confidence in match situations and who are willing to test their skills against others.
- **Goals and Ambition:** While not every 10U player may be thinking long-term about professional tennis, it's good to observe whether they have ambitions and goals for improvement. Players who set personal goals tend to thrive in a competitive environment.

## 9. Physical and Mental Health Considerations

- **Injury Prevention:** Ensure the player has no history of chronic injuries, or if they do, it's being properly managed. Tennis can be hard on the body, and young players need proper development to prevent burnout or long-term physical setbacks.
- **Balanced Lifestyle:** Players who maintain a good balance of school, physical activity, and social life tend to be more well-rounded. This also helps prevent burnout and keeps them motivated for the long haul.