



## Coaching Curriculum: LTA Youth Yellow

		Serve/Return	Rally	Mental Focus/ competitiveness
Yellow	Futures	Serve 5 balls over & in on deuce and 5 over & in on ad out of 25 serves. Reinforce chopper grip over and in.	Using yellow ball rally with direction (cross court and down the line) with coach up to 10.	Clearly and confidently call out the score and call own lines when playing points.
	Challenger	Consistent serve into box, developing chopper grip. Serve 5 balls over & in on deuce and 5 over & in on ad out of 25 serves.	Can make 8 rising balls in a row within a rally using good height and spin.	Can maintain focus when leading and level.
	Tour	Serve with chopper grip being able to slice wide and flat T. 4 serves in each half of box out of 40 serves.	Can change direction of the ball and play with sufficient spin using direction (cross and line) up to 10 with a partner. Start introducing off centre recovery position.	Focus is kept when behind and will use routines in between points.
	Masters	Ability to serve into the 3 areas of the box with all 3 spins (kick, slice and flat).	Can execute the right ball characteristic for the right phase of play 60% of time in matches/points. Can see the impact of their ball on the other player and adjust tactical response.	Maintains focus throughout matches and is able to show resilience when things go wrong.

This curriculum applies to all ages, but what changes is the players ability to meet the threshold as the level increases.