

**TRAINING VOLUME (hrs)**  
(1-2 rest days for all ages)

**TOURNAMENTS VOLUME**

**Ages 14-16**

10 Group lessons & freeplay  
2-4 Private lessons  
5-7 Tennis Specific fitness  
1 Other sports

**U16 - U18**

*Compete Performer*  
AASE Scheme /Coach Apprenticeship  
(Daytime & Evening sessions)

**Individual coach organising plan with player**  
Rest 4 non tennis weeks per year  
(National/ International events)

**Ages 12-14**

6-8 Group lessons & matchplay  
2-4 Private lessons  
4-6 Tennis Specific fitness  
2 Other sports

**U14**

*Compete Contender*  
(Evening sessions & day time access)

**Individual coach over seeing plan**  
School term 1-2 per month  
School holidays 4 out of 6 weeks  
Rest 1 day p/w & 4 non tennis weeks per year  
(2 day or week long National/ International events)

**Ages 10-12**

6-8 Group lessons & matchplay  
1-4 Private lessons  
3-5 Tennis Specific fitness  
2 Other sports

**U12**

*Compete Challenger*  
(Evening sessions & day time sessions)

**Individual coach over seeing plan**  
School term 1-2 per month  
School Holidays 4 out of 6 weeks  
Rest 1 day p/w & 4 non tennis weeks per year  
(2 day or week long Regional/National events)

**Ages 9-10**

5-7 Group lessons & matchplay  
1-3 Private lessons  
3-4 Tennis Specific fitness  
2-3 Other sports

**U10 GREEN**

*Compete Trainer*  
(Evening sessions & day time access)

**Individual coach advising plan**  
School term 2-3 per month  
School Holidays 2 per week  
Rest 1-2 days p/w & 4 non tennis weeks per year  
(1-3 day Regional/ National events)

**Ages 8-9**

2-3 Group lessons & matchplay  
1-3 Private lessons  
1-3 Tennis Specific fitness  
2-5 Other sports

**U9 ORANGE**

*Compete Trainer*  
(Evening sessions)

School term 2-3 per month  
School Holidays 2-3 per week  
Rest 1-2 days per week  
(1 day events)

**Ages 7-8**

2-3 Group lessons & matchplay  
1-3 Private lessons  
1-2 Tennis Specific fitness  
2-5 Other sports

**EPIC/U8 RED**

*Compete Potential*  
(Evening sessions)

School term 1-2 per month  
School Holidays 2 per week  
Rest 2 days per week  
(1 day tournaments)

**ROAD TO THE COMPETE PERFORMER**

