

## OUR COACHING PHILOSOPHY

At HLTC the starting age for tennis is up to the kids themselves to decide upon....if they want to join in, then we want them to join us. The learning environments we create are based on non-judgmental experiences and fun participation. This is the way they train in Spain and is the best way to teach players to play freely and naturally and without fear and inhibition. At HLTC we understand how to protect the developing young players from these negative elements.

There are many aspects that will influence tennis ability; genetics, fitness levels, technical skill and also very importantly mental ability, and although many great players spend hours a day on physical fitness and technical training, the mental aspect is often neglected.

All good tennis players would have experienced those times when they were in total focus or 'in the zone', This period of performing at their physical and mental best is also known as "the flow". The flow is subliminal, it is an unconscious process outside of the players normal conscious awareness.

In modern tennis the ability to access the flow state of consciousness and optimise this mental skill can mean the difference between winning and losing. Hockley Lawn Tennis Club is well known as a high performance coaching facility and is radical in its implementation.

The clubs coaches are highly trained and use the open coaching methods used by the most successful tennis nations in the world. This means that it does not adhere to closed coaching systems where the training experiences are limited and restrictive.

At HLTC all ages use all kinds of balls and the players are encouraged to expand their experience and reach very high levels of nervous system development.

This is essential to long term player development and ultimate tennis success.