

# Developing Players with USPTA GPC and Quick Start Format

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## Set the Stage

- Grow the base through Little Tennis & Quick Start
- Differences between LT & QST
- Recreational vs High Performance
- Changes with Quick Start

## Utilizing the USPTA Player Development Program and General Performance Components

### Tactical Skills

- Consistency
- Placement
- Patterns
- Spins
- Power
- Time (CJ)
- Shot Selection
- Competitive Situations

### Technical Skills

- Tracking Skills
- Racket Skills
- Shot FUNDamentals
- Ball Control
- Movement and Footwork
- Modern Shot Technique
- Developing Weapons
- Developing Game Styles

## When and How to Progress

### When – based on competencies

- Red Ball/Court
- Orange Ball/Court
- Green Ball/Court
- Regular Ball/Court

### How

- Play/Competition
- Private vs Group
- Live vs Dead
- Independent Practice
- Balance of time/other sports
- Play/Competition