

- » Are you able and willing to have the child practice simple skills first?
- » Does the child have a history of physical activities or experience?
- » Will the child have the opportunity to play frequently?
- » Can the skill you are trying to teach be broken down into smaller, simpler skills?
- » Does the child understand the skill?
- » Is the child motivated to learn the skill?
- » Does the child have the mental capacity to learn the skill?

Chapter 2

Now that we have some background on the physiology of children, we can take a look at the different capabilities of various age groups. Before we do, we need to understand the basic elements of movement, known as the “ABC’s of Athleticism”: Agility, Balance, Coordination, and Speed.

Balance is the foundation of all efficient movement and is essential at every level of the game. Balance can be defined as the ability to maintain control of the body in different positions while in motion. For smaller children, this can be a particularly difficult skill to develop. To develop balance, I recommend children play different sports that involve running and constant change of direction. Basketball and soccer are two excellent sports that complement and resemble the movements necessary for tennis.

Coordination is the ability to bring body movements into a common action, movement, or condition. In developing coordination, children must be able to combine individual movements into a single fluid action. In considering coordination, under-

