

How Much to Train

USTA Non-Ranked Player:

HS = JV or low Varsity player

How Much They Practice:

- 1. Group lessons:** once per week, but not year round.
- 2. Private lessons:** they typically do not take private lessons on a regular basis.
- 3. Tournaments:** they play less than 5 USTA tournaments a year.
- 4. Practices sets:** they rarely play practice sets on their own.
- 5. Off-court training program:** they do not have any off-court training program.
- 6. Practice on their own:** they do not practice on their own.
- 7. Frequency:** they normally practice one day a week on a seasonal basis.
- 8. Specialization:** these players do not specialize in tennis & often play other H.S. sports.

USTA District Ranked Player:

HS = Low to high Varsity player

How Much They Practice:

- 1. Group lessons:** 1-2 times per week, usually year round.
- 2. Private lessons:** about 50% of these take private lessons on a regular basis.
- 3. Tournaments:** they play about 5-10 USTA tournaments a year.
- 4. Practices sets:** most still do not play practice sets on their own.
- 5. Off-court training program:** most do not have any off-court training program
- 6. Practice on their own:** about 50% practice on their own.
- 7. Frequency:** they normally practice 1-2 days a week on a year round basis.
- 8. Specialization:** about 50 % specialize in tennis only, no other H.S. sports.

USTA Sectional Ranked Player**HS = High singles on Varsity****How Much They Practice:**

- 1. Group lessons:** 2-3 times per week, on a year round basis.
- 2. Private lessons:** typically take 1 private lessons on a regular basis.
- 3. Tournaments:** they play less than 10-12 USTA tournaments a year.
- 4. Practices sets:** they play 2-4 practice sets a week on their own.
- 5. Off-court training program:** they usually do have an off-court training program.
- 6. Practice on their own:** they practice on their own 2-3 times per week.
- 7. Frequency:** they normally practice 3-5 days a week on a year round basis.
- 8. Specialization:** these players do specialize in tennis only, no other H.S. sports.

USTA National Ranked Player:**HS = High singles - State Champs****How Much They Practice:**

- 1. Group lessons:** 2-4 times per week, on a year round basis.
- 2. Private lessons:** they typically take 1-2 private lessons per week, year round.
- 3. Tournaments:** they play 15 or more USTA tournaments a year.
- 4. Practices sets:** they play 6-8 practice sets a week on their own.
- 5. Off-court training program:** they have an extensive off-court training program.
- 6. Practice on their own:** they practice on their own 2-4 times per week.
- 7. Frequency:** they normally practice 5-6 days a week on a year round basis.
- 8. Specialization:** these players do specialize in tennis only, no other H.S. sports.