

When you sign up for ZMG's ITF program all players will receive three (3) assessments. Firstly, each player will be put through a technical assessment to enable all parties to be on the same page regarding the player's technical progress. Secondly, each player will be analysed during match conditions to assess improvements that can be made in playing style and tactics. Thirdly our trained fitness adviser will assess each player in order to gain information in regard to the players physical strengths and weaknesses.



Training Sessions:

The training sessions are designed with a particular goal for each day, whether it be shot selection, movement, transition game, rallying or aggressive aspects of the game, this constant monitoring of the quality of the program is essential. This enables the players to stay motivated and be 100% committed to each session's activities. The sessions are designed to improve players mentally and physically as well as technically and tactically. Many different methods are used to maximise improvement. These include video analyse, intense drilling, live ball drills, specific ball feeding drills, point play and supervised match play.

Private Sessions:

The Private Sessions are designed to offer a more personalized approach to a player's development, and something that we feel is essential as part of the athletes development. Technical aspects of the player's game are the main things that will be worked on during these sessions. Any quires or concerns the player may have on their development can easily be remedied in these one on one lessons.

Match Play:

Match play, and the simulation of point play, is essential to the athletes development. Supervised match and point play sessions are designed to get players to play sets and matches to help incorporate what they have learnt in training and private sessions into their match play. Its is crucial that these match play sessions simulate the intense pressures of playing a match and a tournament. The development of the player is not complete, unless the athlete has experienced and gone through the routine of these pressures regularly in practice.

Travelling:

Tours will be organised to ITF and WTA events both in Australia and Overseas. Our international bases will be used as our training facility while on the road. These bases allow the athlete to train in a world class environment that can provide all the necessary components of quality training and comfortable accommodation. At the start of each season, in consultation with players and parents, a calendar with the proposed tournament schedule will be released. ZMG will take care of all travel arrangements, taking a huge unnecessary load off the player's shoulders, leaving the athlete to concentrate on their performance.