



CF TENNIS  
ACADEMY  
EST. 1997

DUBAI  
DUTY FREE  
TENNIS  
CHAMPIONSHIPS



السوق الحرة  
دبي  
بطولات  
التنيس

DUBAI DUTY FREE  
TENNIS CHAMPIONSHIPS

# BALL KID TRAINING PROGRAM



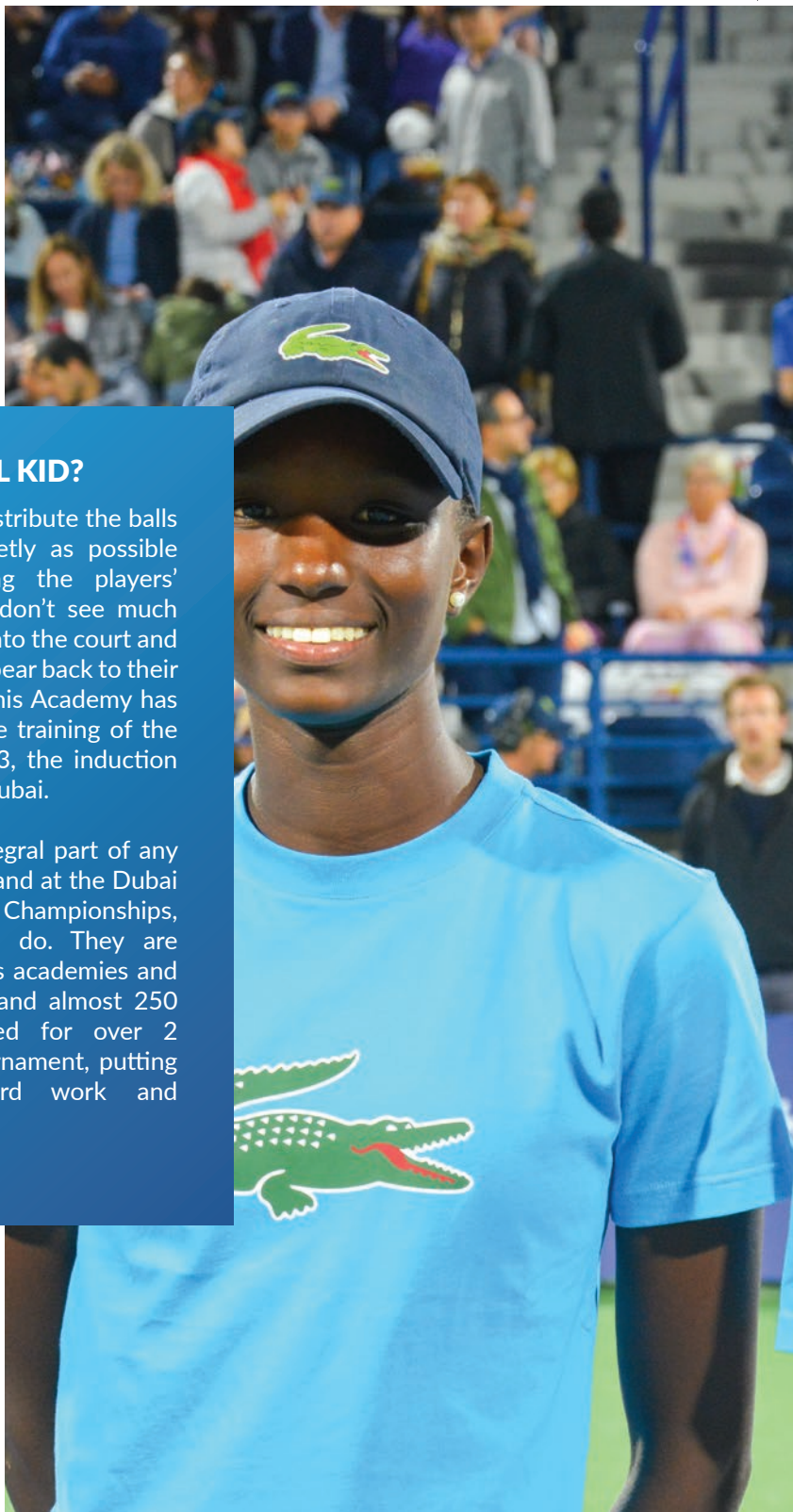
تنس الإمارات  
TENNIS EMIRATES

800-TENNIS (836647)  
info@cftennisacademy.com

## WHAT IS A BALL KID?

They are there to distribute the balls as quickly and quietly as possible without interrupting the players' concentration. You don't see much of them. They run onto the court and in a flash they disappear back to their place again. CF Tennis Academy has been involved in the training of the Ball Kids since 1993, the induction year of the ATP in Dubai.

Ball Kids are an integral part of any tennis tournament, and at the Dubai Duty Free Tennis Championships, only the best will do. They are selected from tennis academies and schools each year, and almost 250 children are trained for over 2 months for the tournament, putting in hours of hard work and dedication.





## BALL KID BASICS

Ball Kids are a very important part of any tennis tournament. They keep the match moving and the players rely on them to hustle in order to keep the pace going. Your basic responsibility as a Ball Kid is to retrieve loose balls from the court or in the net and send them back to the serving end for your team mates to give to the players.

A Ball Kid must complete every task as fast as they can. Every Ball Kid must develop a sense of “urgency” with regards to all tasks that they do.

One task and one of the more challenging ones doesn’t require physical skills; standing still during the point play. This is of high importance so the players can concentrate and not be distracted during their match. Once the point is over, that’s when the Ball Kids spring into action.

Concentration of the Ball Kids and working well in a team means being “ready” all the time. Receiving the ball from your team mate helps the players get the balls quicker.





## BALL ROLLING

All of the balls on the court are rolled from Ball Kid to Ball Kid, not thrown in the air. It is important that you are able to roll a tennis ball quickly with accuracy. The proper technique for rolling is similar to bowling. You will want to get the ball low by stepping forward with the opposite foot of your rolling hand. The idea is “roll” the ball on the ground, and not let it bounce. The lower you get to the ground by bending your knees the better. You may practice this on any court to gain proficiency.

Between points, be aware of each player and their location around the court. They are moving obstacles and they will get in your way when you try to roll balls to the back court. Consider holding off, or choosing a different path to roll the ball whenever a player is within  $\frac{1}{2}$  court distance of the line of your target.

## CADENCE

There is a certain cadence or rhythm when you are rolling balls to another Ball Kid. The idea is that if you want to roll 3 balls at a time, O N E - T W O - T H R E E, it is done in a manner that is quick, yet enables the person receiving balls to easily catch them. Don't wait to roll the next ball until the previous ball has been caught. A good Ball Kid will have three balls in motion before the receiver catches them.

When receiving more balls than you can handle, it is acceptable to stop a ball with your foot if your hands are full. Just remember not to stand on the ball after you have stopped it with your foot.



## CATCHING

Just like catching any ball, catching a rolling ball requires both palms to be facing outward. Your fingers should be close to or touching the ground. Do not try and stop a ball by having your palms down as this will lead to many missed balls.

Your feet should be positioned so that if you happen to miss a ball, they will stop the ball from rolling behind you.

Balls will roll past you. No one is perfect. Every Ball Kid will be graded on how quickly they recover from a ball that goes by them. This concept is vital to becoming a good Ball Kid!

Remember to signal to your team mate if you want the balls. Communication between Ball Kids is very important.

After receiving the balls you should immediately return to your position. Or if you are at the servers end then you need to walk towards the player and offer to pass the balls.



## PASSING TO THE PLAYERS

As soon as the point is over the Ball Kids at the servers end will need to be alert and immediately attend to the player who is serving. By the time the player turns round, both Ball Kids should have walked out towards the player and show them the balls that are on offer. One ball in the passing hand held up high and in front. The other balls, if any, should be in the other hand and held at approximately waist height in front.

Players often want 3-4 balls and will expect you to pass them all. Balls should be bounce passed and fall to a comfortable height and pace for the player to receive, normally on their racket. In the situation that a player points or requests their towel, usually they will hold their racket out for the Ball Kids to place all the balls on their racket.



## TOWELS

Between points the player may want to use their towel. Usually they will give a gesture to indicate they need a towel. Some players will point their finger, other players will give a “face wiping” gesture. The Ball Kid should move quickly to where the towel is located and present it to the player. The Ball Kid should remain close to the player and may be required to pass all the balls they have when the player has finished with their towel.

Many players have routines with the towels and balls. Normally a player will hold out their racket and expect you to place all the balls on their racket.





## CHANGEOVERS

The changeover is a 90 second period of time when the players sit down and rest. The net Ball Kids will take up a position on the tram lines in front of where the players sit. If the players need anything they will assist.

The baseline Ball Kids should run and give the towels to the players before they reach their seats. Then run back to their place and wait for the players to walk out again.

During matches in the day time substitute Ball Kids are used to provide umbrellas to the players while they are sat down.





**BALL KID TRAINING IS MORE THAN JUST THE ON COURT SKILLS. IT'S ABOUT LIFE SKILLS. TEAM SKILLS. MANAGERIAL SKILLS.**

- It will build self confidence
- Help to accept responsibility
- Learn sportsmanship
- Improve mental strength
- Dedication
- Social skills
- Honesty
- Teamwork - what does that really mean

**VALUES AND PRINCIPLES ARE AS IMPORTANT AS PHYSICAL SKILLS TO THE PARENTS.**

- Your child will get better school grades
- Will be better prepared for school
- Will learn how to handle pressure better
- Will develop physical skills, which they will have for the rest of their lives
- Develop mental skills
- They will learn something new every week while having loads of fun
- They will learn the right thing off court as well as on court - eating well, drinking well, resting well and sleeping well
- Will learn how to handle both winning and losing
- Learn how to operate in a team
- The value of listening to experienced people




## 50 RULES BY CLARK FRANCIS

1. Always show respect for your colleagues
2. Remember, it's not about you
3. Don't pass a ball to someone who isn't ready
4. Shake hands firmly and look them straight in the eye
5. Never shake anyone's hand sitting down
6. Always give up your chair for a lady or elder person
7. Hold the door open for the person behind you
8. Don't drink carbonated drinks
9. Be confident and humble at the same time while on site
10. Give credit and take blame if need be
11. Never disrespect your uniform or your working badge
12. Manners make the man
13. Eat lunch with the young kid in your team
14. Share your old vouchers
15. Work with a passion or not at all
16. Ask your mum to come and watch you. She will be so happy
17. Call your parents and tell them what an amazing time you are having. They will miss you
18. Keep a diary of the two weeks. You will remember it forever
19. Care. No really, show care for others
20. Give your tickets to an elderly couple who haven't got any
21. Be on time
22. Never talk when your leaders are talking
23. Respect the decisions of your Captain. One day that will be you
24. Take a brief moment to say thank you
25. Have belief in your team. It is contagious



- 
26. An 'A' for effort is a given. An 'A' for attainment is earned  
27. Buy your Captain an ice cream  
28. Drink lots of water  
29. Be honest at all times  
30. Listen. No I mean really listen.  
31. Put someone else's need before your own one time  
32. Always protect your siblings and team mates  
33. Never clap errors, double faults or pieces of luck  
34. Never leave a match in the middle of a game  
35. Trust your first instinct  
36. Family comes first  
37. Stay in touch with your Captain. Always!  
38. Second best is unacceptable. Never accept mediocrity  
39. Tell your mum and dad you love them when saying goodbye  
40. Be prepared  
41. Give your uniform to charity. It will be too small next year  
42. Don't believe rumours  
43. Don't chase players for autographs  
44. Always warm up and cool down. Your body wont be young forever  
45. Have fun  
46. Don't eat ice cream before exercising  
47. Rest and sleep well  
48. Do your studies  
49. If you can't think of anything nice to say then don't say anything at all  
50. Do everything in your power to make your "buddy" look good

All of these are applicable to the tennis two weeks.  
Some you would do well to remember forever.





CF TENNIS  
ACADEMY  
EST. 1997

CALL NOW:  
**800-TENNIS (836647)**  
[www.cftennisacademy.com](http://www.cftennisacademy.com)