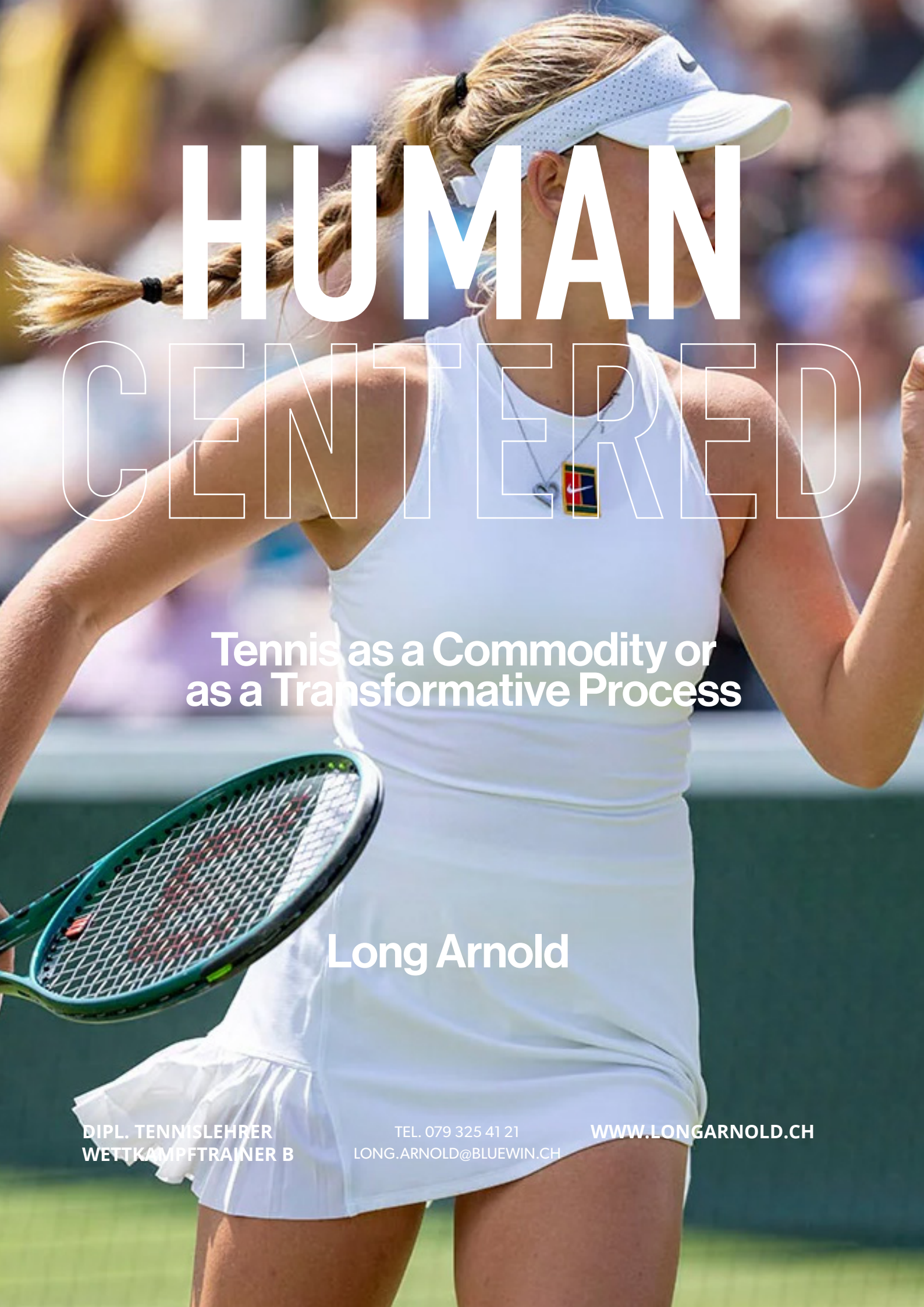




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**Tennis as a Commodity or
as a Transformative Process**

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JOURNEY

Tennis is more than just technique—it's a journey of growth.

As parents, we naturally want our children to learn proper technique, build self-confidence, and enjoy sports. But what is often overlooked is how children learn—and what kind of environment allows them to develop to their full potential.

My work isn't just about technique and exercises. It's about creating the right conditions for learning to succeed—technically, emotionally, and personally. Because a child who feels safe, understood, and respected learns faster and retains what they learn longer than one who feels pressured or judged.

Why the learning environment is so important: children don't learn best when they're tense or afraid of making mistakes. They learn best when they:

- feel emotionally secure
- be encouraged to try new things
- receive support when something doesn't work out right away

In a calm and supportive environment:

- children learn new skills more easily
- they remain curious rather than defensive
- they have the confidence to challenge themselves

That doesn't mean lowering expectations. It means meeting the children where they are so they can move forward with confidence.

Many children perform well in practice but struggle during games or in competitive situations. This often happens when their self-confidence is based solely on "doing things right."



Long-term growth rather than short-term results

Successful tennis development takes time. It usually takes many years to go from making contact with the ball for the first time to becoming a confident, skilled player. That's why I focus on:

- Age-appropriate challenges
- Protecting the body and maintaining motivation
- Steady progress instead of taking shortcuts

Children who feel supported over the long term are much more likely to stay committed to sports—and reach their full potential.

Developing the personality behind the player

Tennis also teaches important life skills. With the right guidance, children learn:

- dealing with frustration
- taking responsibility
- persevering in difficult situations
- accepting victories and defeats with dignity

These qualities not only make them better players, but also help shape confident and resilient personalities. Good coaching does not mean pushing children harder.

It means understanding them better.

When children are guided with clarity, patience, and respect, they often surprise even themselves—not only with their athletic achievements but also with their personal development. And that is the foundation for athletic success and personal growth.

When Tennis Becomes a Commodity

Today, tennis is marketed as a product in many places. The focus is on short-term results: You pay for an hour. The child receives instructions. Repetitions are counted. Progress is measured quickly.

On the surface, this seems efficient. But efficiency is not synonymous with development. Inexperienced coaches fail to understand that becoming a skilled tennis player requires age-appropriate challenges, protection of the body, sustained motivation, and steady progress—not shortcuts.

Short-Term Progress, Long-Term Costs

“Commercial” tennis can bring quick, visible improvements. But these successes often come at a price. Over time, many children lose:

- enjoy playing sports
- become anxious about their performance
- struggle in competitions, despite good training results
- quit when tennis becomes emotionally stressful for them

Not because they lack talent—but because their environment has never provided them with holistic support.



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TENNIS IS MY SPORT

In my blog, I share my decades of experience working with players of all ages and skill levels. Here you'll find articles on topics such as technique, mental toughness, personal development, and the deeper values that tennis teaches us.

Tennis Experience

www.longarnold.ch/blog

