

# Coaching: a natural talent



**Name:** Emma Doyle  
**Qualifications:** Bachelor of Applied Science (Sports Coaching and Administration: Majoring in Exercise Physiology, Tennis Australia High Performance Coach, United States Professional Tennis Association Certificate - Pro 1, Certificate IV and Diploma (Workplace and Business Coaching), Certified Emotional Intelligence Practitioner (GENOS), Level 1 Certificates in: Boxercise, Viofit, Strength and Conditioning, Nutrition and Basketball coaching  
**Club:** Leisure City Epping, Melbourne  
**Other:** Tennis Australia - Talent Development Coach, Tennis Australia - Learning Facilitator, Cardio Tennis deliverer, ACE Corporate Facilitator and EI Sports coach

Having recently become the new Director of Tennis at Leisure City Epping in Melbourne's northern suburbs, Emma Doyle feels that her 20 years of coaching experience will help her provide a world-class program with first-class facilities.

**“T**he goal of every player in our program is simply to realise their potential in tennis, by developing technically efficient and tactically smart tennis players. In addition, through the teaching environment, they are encouraged to love the battle of competition, maximise their athleticism and develop into well rounded and balanced people,” Doyle says.

Doyle's coaching experience comes from a broad range of mentors and influences. Her first moment of inspiration came from David Parkin, former Carlton coach and her course coordinator at Deakin University. As a mentor he encouraged her to take her own tennis as far as possible before turning to the coaching profession.

With this advice, Doyle deferred her university course and choose the US college tennis pathway with a division one scholarship to Middle Tennessee State University where she was awarded Most Valuable Player in 1995.

“Having played college tennis myself, I can honestly say that it is an exceptional way to hit thousands of balls, continue to have an education and learn how to truly compete and grow as a person. As a result I have helped eight other players gain US scholarships, all of whom have excelled and still had the opportunity to turn professional post college.”

Doyle's competitiveness began early, way back as a seven-year-old slugging it out on the grass tennis courts

of suburban Melbourne. But it was in the US that Doyle discovered her real talent of coaching. It came naturally and she had the ability to analyse and correct within minutes.

“I've gained some great experience and knowledge from working at top tennis academies in the United States including Nick Bollettieri's Tennis Academy where I was fortunate to observe the Williams sisters and Maria Sharapova and learn from the training they received in their early developmental years,” Doyle says.

“Whilst working at Saddlebrook Tennis Academy I gleaned crucial pieces of training methods including an element of Pete Sampras' serve which I still make reference to in my coaching today.”

After Doyle's USA, Mexico, Canada and UK coaching experiences, she went on to spend more than seven years coaching internationally on the junior and senior world tennis circuits. She has coached some of our nation's finest tennis players and was the coach for both the Australian Junior Fed Cup Team (16/u) and the World Championships (14/u) – numerous times finishing inside the top eight every year.

“When you are representing Australia and wearing the green and gold uniform, the pressure is high and being able to sit on court and impact the players directly, this situation requires you to step up as a coach. Years later, it is very rewarding when I see some of these players starting to make their mark at a senior level. You know you have made an impact when players, such as Isabella Holland and Sally Peers, reminisce about specific matches and experiences from their earlier years during our touring days.”

After her travelling coaching roles, Doyle

became interested in a wider vision to further impact her players. This led to further study in areas of life coaching, corporate facilitation (team building through behavioural styles) and emotional intelligence.

“Since broadening my skill set in these areas I believe that I have become a much better coach by developing NLP (neuro-linguistic-programing) and positive communication skills to bring out the best qualities in a player due to accelerated learning,” Doyle says.

And this is seen through the records she has achieved, and continues to achieve, with high results in developing talented young athletes.

“Currently under my instruction at Leisure City Epping, I have two players, a natural left-handed player in Bethany Toner (11 years old) and a great court tactician in Connor Di Marco (10 years old), who are very exciting to watch and names to look out for in the future,” Doyle says.

Consequently Doyle has been recently recognised by Tennis Australia as a Talent Development Coach which is a national program to help develop elite young tennis players. She also has a role with many people who are beginning their coaching journey as a Tennis Australia Learning Facilitator for the Junior Development and Club Professional courses.

“My player improvement philosophy begins focusing on building and creating the environment. Once this occurs, it's possible to create a challenge which encourages players to problem solve which ultimately helps build healthy competitors.”

“There is nothing more rewarding than seeing one of your students improve and grow as a person, player, decision maker, risk taker, be goal driven and see tennis as a life sport.”



Emma Doyle helps people begin their coaching careers as a Tennis Australia Learning Facilitator.