

# ?! Tennis Australia's Request ?!



Gone in 60 n

# PLAYER CENTERED APPROACH

based approach

of observation

ual profiling, goal setting and approach  
ng high performance

ome perfromant tennis plaver

# Play To Win !!!

## COMPETITIVE BEHAVIOUR

Does the player experience the competitive setting or match play as a person? What does it mean for the player to behave in specific match situations?

## & TACTICS

What is the typical game style of the player? What is his game strategy?

What tactical CHOICES are made in certain game situations? Are there typical patterns?

## VALUE OF TACTICS ~ situational game demands in TIME & SPACE for ball and positioning

Accuracy: Does the player stay in the game by playing proper ball-trajectories and correct positioning?

Effectiveness: Does the player execute the tactics so the intended pressure effect on the opponent is achieved?

Consistency: Does the player succeed to be repetitively effective in a given situation?

## TECHNICAL TECHNIQUE & MOVEMENT EXECUTION ~ determines effectiveness and efficiency

Efficiency: Does the player move intentionally in order to play effectively in an economical, healthy and safe manner?

Mechanics (statics & dynamics): Guest of gravity > kinetic chain & energy > grip > control

## ABILITIES ~ general and specific conditional abilities/skillfulness

Basic abilities of the player (motor control)

Advanced function of the player (functionality of the motor apparatus)

# THE PERFORMANT PLAYER...



# DEVELOPMENT PROCESS



ourney of competency mastery

ndividual process

each players' optimal high performance-se

# INDIVIDUALIZED APPROACH

## Analysis – Profiling - Goalsetting

g: tests, analysis and observation

: Fenotype, Maturation & development

ing: Long Term, Result, Process

## Periodisation & Planning

m development plan

1

inning

cle planning

## Practical Approach

anning

ning

m evaluation

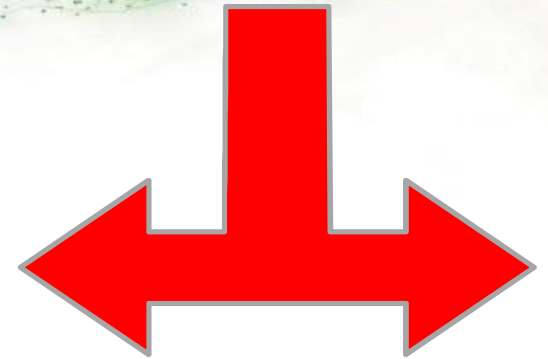
## Evaluation

- Intensity - Content

evaluation

## GAME BASED ANALYSIS

Long Term:  
General Pathway



S  
I

# EFFICIENT GUIDANCE & SUPPORT

lized – custom made to each player

n of goal aimed deliberate practice

on performance determining factors

ment of 'being high performance' as core condition

c development proces i.s.o. 'feel of the day'

ning: 'there is no short cut !'

k > groupwork > working in groups >>> 'I'

increasing professionalism



# PERFORMANCE DETERMINING FA

## COMPETITIVE BEHAVIOUR

mentality (competitive mind set and personal drive)

sense (match flow, decisive points, end of set/match, match hitches  
stances and opponents' state)

resilience (acceptance, coping with setbacks, T-CUP) and

strength (correct focus and intermittent concentration power capac

lity (personal strategy and personal competitiveness)

ic competence (apply tactics in accordance to situation)



# PERFORMANCE DETERMINING FA

## TACTICAL EXECUTION

is': stay in the game by proper ball-trajectories and correct position

ess': execute tactics so the intended pressure effect on the oppone

cy': being repetitively effective in a given situation

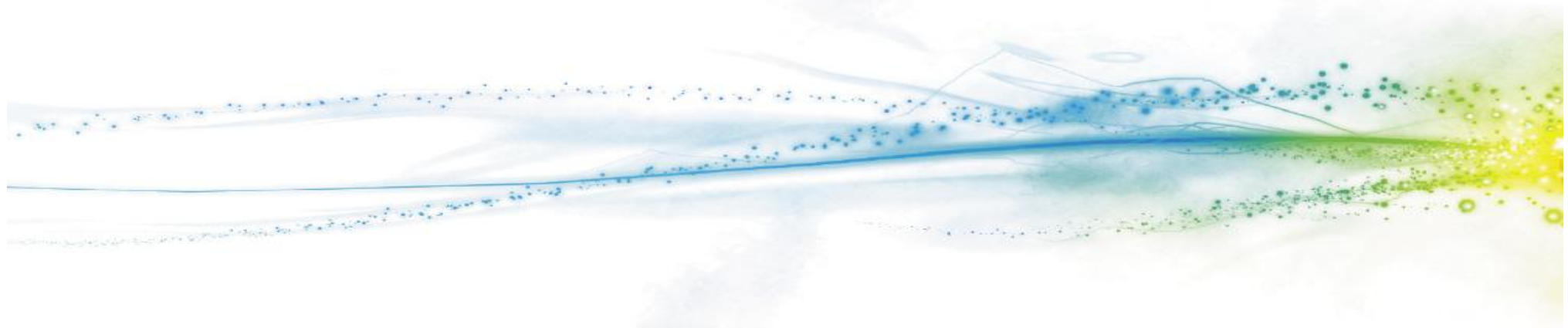
no stereotype way in tactical intention/patterns and the ability to r

strokes to destabilize opponent with 1(+1) shot

comfort zone: ability to receive and play shots in balance; covered zo

sure

# PERFORMANCE DETERMINING FA



age: keeping tactical intention hidden

tion: recognize situations before actual information is present

y: postpone shot execution to disturb opponents rhythm or anticip

adaptivity: ability to organize and execute tactical response at the  
adjust in a split second, adapt to wind, dodgy bounces, ...)

condition: motor abilities, movement function and physical fitness 1

# A PATHWAY?



development vs organic development

' development status?

performance performant, 'on track'?

# ROLE AS COACH



centered approach

teaching

awareness of player and self

as situation creator

as questionnaire

# BASICS (on court)



mentality

confidence

quality and personal game strategy

'ness' in play

mental ability (see: Move to match, to play on the edge)

site specific condition