

Role as a coach in the individualized training process

*'Look at the game and see the levels of observation'*

In this presentation the attendee will be supported to get more insight in his game observational and analytic behavior. The way you look at the game, stipulates the way you coach, train or teach. When the teacher-trainer-coach (TTC) is able to consciously focus on different aspects of the game, it is more likely the TTC can realize a to the point individualized approach. In addition, the insight in the levels of observation helps to structure communication and the gathering of information.

The awareness of the TTC to observe and analyze the game through the layered approach is subject of this presentation. In the available short time period, the coach will make himself his/her personal game observation profile. Further, the attendees will be able to consciously switch their attention from one level of observation to the other.

A thorough understanding and individualized application of the game based approach form a big challenge for every TTC. In the complex nature of the game of tennis a strong sense for analysis is a must. An aimed observation helps to collect the wanted information.

The game exists in competition. The intention of winning creates the spectacle. When observing performance in tennis, the players' winner mentality is subject of the analysis. How does the player experiences the specific competitive situations?

Further, players play the game their way. A personal game strategy to beat the opponent, with particular tactics, can be determined.

The performance level of a player is strongly dependent on the quality of the tactical execution. Are UE's considerably often played? Are shots effective? Is the player consistent in a specific game situation?

As today's game is played 'on the edge', with continuous pressure in time, space and variation, the player is extremely challenged to match his moving in order to be effective in the game situation. The players' movement actions can be analysed (see: 'Move to Match, to play on the Edge').

The motor abilities are the 'conditio sine qua non' to move adequate in all game situations. The players' condition has to be approached from this point of view.

*Through the coaches questionnaire you will get a personal game observation profile as well as the awareness to aim your observation in the game.*

In this workshop:

- Game based approach
- Observation and analysis awareness
- Personal perception profile
- Framework for aimed communication and observation