

my coach

Tennis Australia Coach Membership T: 03 9914 4191 F: 03 9650 1040
Email: coachmembership@tennis.com.au Website: www.tennis.com.au/membership

Stroke Master
My Tennis Life
From the Coach



World No.15 Sabine Lisicki lists her serve as her favourite shot. The German uses her height to full effect to execute a strong serve.

What do you see?



Explosive leg drive is the beginning link in developing a powerful serve.

During the backswing the shoulders have rotated past the line of the hips to create a separation angle. If used effectively, this will increase the speed of the trunk's forward rotation.

Lisicki drives her body upward and forward forcing the racquet head down and away from her back (contrary to the scratch the back motion over years gone by).

A lag is created with the shoulder and arm (external rotation) allowing them to be accelerated forward at an increased speed. The effect is similar to stretching an elastic band and letting it go. The contraction of the elastic band (muscles) occurs at a rapid rate.

While rotating her trunk Lisicki accelerates up to contact and her shoulders become almost parallel to the net.

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A father who played tennis and inspirational coaches as a junior steered **SAM WALL** into the coaching world of the sport. His first career choice has been his last, and he wouldn't change it for the world.

Luck and inspiration



My Dad has played tennis for as long as I can remember and he had a definite role in inspiring me to become involved with the sport. My interest in tennis started at around eight years old and has stayed with me ever since.

There are a lot of individual wins that I remember from days gone by. But there is nothing more memorable than team premierships. Winning these with close friends is something I will never forget. People may think that tennis is an individual sport, but the camaraderie that was felt when we played in team competitions was infectious. And your teammates do push you through with their support from the sidelines.

I always had an interest in coaching from an early age. I think the reason was that I was lucky to have great coaches myself in Keith Roberts and Ken McGregor growing up and it was their influence that steered me towards coaching. And now I have been coaching full-time for nearly 20 years now ... over half my life! I'm lucky it worked out for me. Tennis coaching was my first career choice and I started coaching soon after I finished high school.

I don't think I could have better venue surroundings as a place of work. This, doubled with the opportunity to teach a great game to people that are

interested in learning, keeps me motivated as a coach each day.

Over the past years our club has developed from a small club, with a handful of teams to a highly competitive club, that has outgrown its venue. We also had great success with 16 teams competing in the summer season finals in 2013.

I'm proud of all my athletes. I have coached US college player Scott Robertson, Pennant players of the Year award recipients Steve Clasohm, Ainsley Fairhead and Elyse Edwards, along with 12s National finalist Abbie Walker. I am also really excited about the group of young players that I am currently working with which include Brock Meuris, Oliver and Patrick Douglas and Natasha and Nicholas Russell. I also had three players represent South Australia in Bruce Cup and three players in Pizzey Cup in 2013. I want to continue to try and develop players who play positive tennis and who have the ability to achieve success at a national and ultimately international level.

Tennis, like all sports, provides a lesson in life. As hard as it can be to do this, I tell my students to try and avoid worrying about the short-term results and have the

confidence in the process that we put in place. I believe that this will help them to reach their goals in the long-term.

A player's opinion in their development is crucial to the coach-player relationship. I try to get the players to take responsibility and ownership of their own game and have input on developing it. When this is established we are then working together on their game rather than me dictating everything. Hopefully this leads to a more comfortable learning environment in which players will really improve.

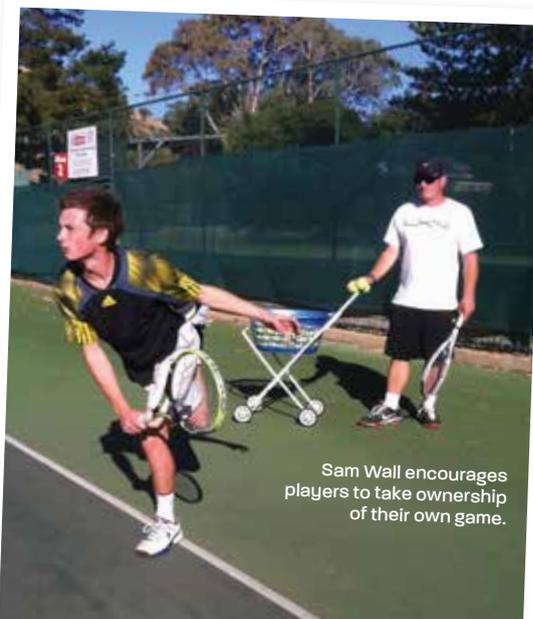
We can all learn something from other people. I watch a lot of different sports. I enjoy watching how defence has become so important in all sports. The most important thing is how to turn that defence into attack and executing skills to

allow scoring when you gain control of the game. Ninety-nine percent of the time the athlete who can perform this successfully will be the victor at the end.

As a coach your students may look to you for some guidance. It's a great feeling to know you have had a positive influence on someone on or off the court.

The professionals are also great examples of what your athletes should look to for inspiration. You can't look past Rafael Nadal, Novak Djokovic, Andy Murray and Roger Federer as role models. They are all great players and should be admired for their ability to perform at an incredible level week in week out on all surfaces. Lleyton Hewitt is also a great role model for players for his never-say-die attitude and for someone that has got everything possible out of his ability.

Work ethic takes time to develop. I try to be fair and ask the player what I know they are capable of. We try to set a range of tasks that are deemed acceptability for the player. From there we look to improve and build on that work rate. Overtime these levels will improve and good training habits will develop and become second nature.



Sam Wall encourages players to take ownership of their own game.

DANIELA TOLESKI

Smashing Success

Wayne Arthurs serve was referred to as the "best in the world" by Andre Agassi, Jim Courier and Tim Henman. He beat six players who went on to become world No.1 and famously won 111 consecutive service games at Wimbledon in 1999 coming through qualifying to make the fourth round. However, that wasn't all Arthurs had to his game and here he demonstrates the challenging backhand smash.

Note that shoulder turn initiates the backswing and that the shoulder has turned so the back of shoulder faces the net at the completion of the backswing. As a checkpoint the tip of the racquet is pointing down at the completion of the backswing.

Full leg drive creates racquet displacement away from the body and shoulder extension drives the racquet to contact. The body remains side on to the net and the tossing arm tucks in close to the body to allow for continued acceleration of racquet arm.

Contact is made in front of the head. **ATM**

Geoff Quinlan is Tennis Australia's Manager of Coach and Talent Development. Geoff is a qualified Tennis Australia High Performance coach and has a Bachelor of Applied Science (Honours) in Human Movement and Sport Science. He has presented at the Australian Grand Slam Coaches conference, ITF WWCC in Egypt and Mexico and numerous coach workshops in Australia and internationally.



