

ATHLETE CENTEREDNESS

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Coach 4 Task: Singles (Athlete Centeredness)

General Thoughts

1. Head: Heart: Legs
2. Establish the "Being" before the "Doing" before the "Having"
3. Address how to "play" the game
4. Create a culture that reflects your values and make it a habit (greater congruency between what you believe and what you do)
5. Knowing what you want makes it possible to manifest it

Information Gathering

- Establish as much information as it relates to when, where, and what is happening?
 - Stroke, situation, context
 - Active listening
- Establish athlete's gamestyle (take stock of intention)

Establish game situation

- Be sure to "check" that the situation is "realistic": "Is this what you mean?"
- Task: Focus first on the "Outcome"
 - % of points won
 - % of shots hit to the b/h
 - Winner/difficult/neutral/easy/mistake
- Chart and talk *without* bringing solutions
 - Maintaining competitive and focused look
 - Ensuring situation stays realistic

Dialogue

- Guided discovery to gather more information: Active listening
 - "What happened versus athlete perception of what happened?"
 - Relate to the game situation
 - **Compare to norms** (which requires knowledge of national and international #s)
 - Ask questions of clarification (paraphrasing) without "leading"
 - Be sure to give athlete time to reflect
- Praise awareness in relationship to observed facts

Allow the athlete an opportunity to change or adjust to the "correct" intention or task based on an initial understanding of your observations and her/his awareness and reflection

Readiness to train

Goal setting: Task Focus now on the "Process"

- Physical and Psychological (Being)
 - athletic look and competitive look (a focused look = never the same mistake twice)

- more and better "competitors"
- Tactical (Doing)
- Technical (Having)

Strategy: what to do

Tactic: how to do (to implement the strategy)

Tactic: what to do

Pattern: how to do (to implement the strategy)

Example

Strategy: Move the opponent

Tactics:

- Take control of the middle
- Great diagonals
- Change direction
- X pattern,
- Drop/lob

Patterns:

- Based on 5 game situations
- Starting, building, finishing, staying in or turning the point around

Point Construction

- Shot before
- Shot itself
- Shot after

Know the client – profile

- What are we currently doing / working on?
- What do we want to get more successful at doing?

"Tennis is a game, not an activity"

"Interesting but not useful"