

DEVELOPING

SMART AND EFFECTIVE

TENNIS PLAYERS



Nature or Nurture?

**CHAMPIONS
ARE MADE
NOT BORN**



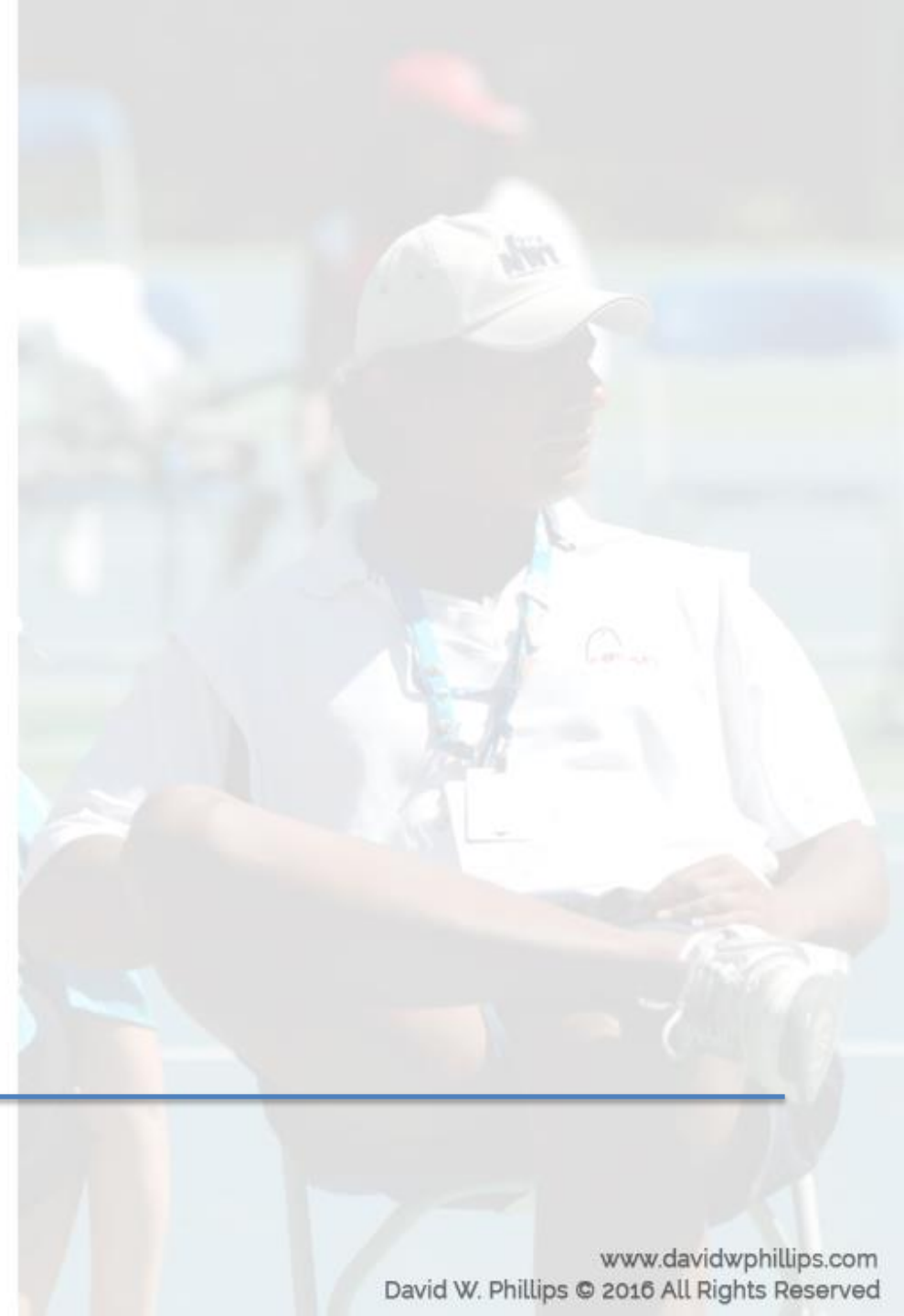
Qualities (to develop/enhance)

- ✓ **Love a challenge**
- ✓ **Are problem solvers**
- ✓ **Lets go of mistakes / failures (short memory)**
- ✓ **Avoids making the same mistake twice**
- ✓ **Has a “thick” skin**

SMART players...

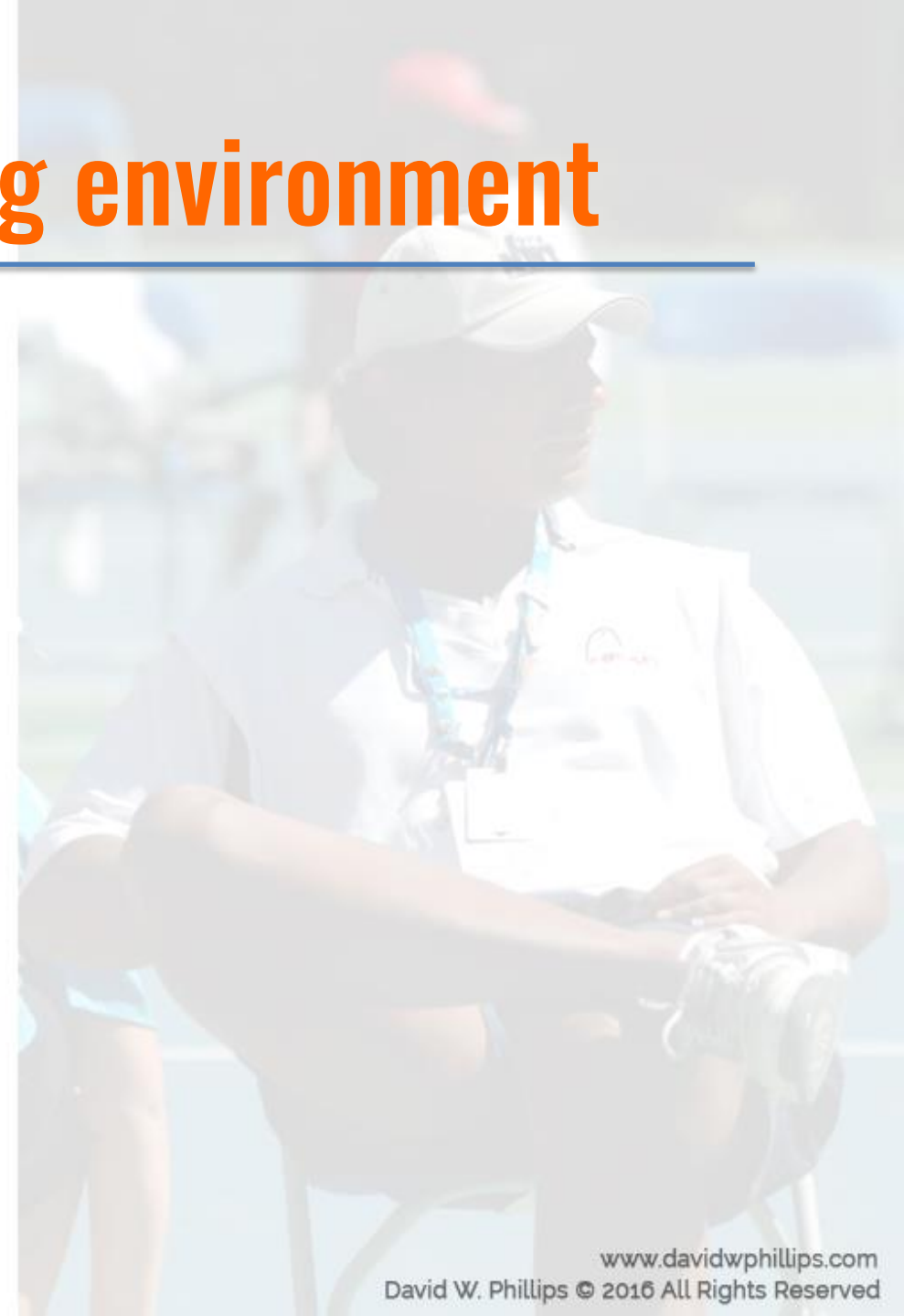
- ✓ **Understand time and space**
- ✓ **Differentiate winning from 'playing well'**
- ✓ **Give their opponents an opportunity to miss**
- ✓ **Look forward...**

The NURTURE of it all



Establishing a high performing environment

- Activity must have
 1. Court
 2. Opponent
 3. Scoring
 4. Rules



Establishing a high performing environment

- Use CONSTRAINTS to manipulate learning
- Ensure deliberate practice with future connection
- Challenge appropriately
- Create good practice habits

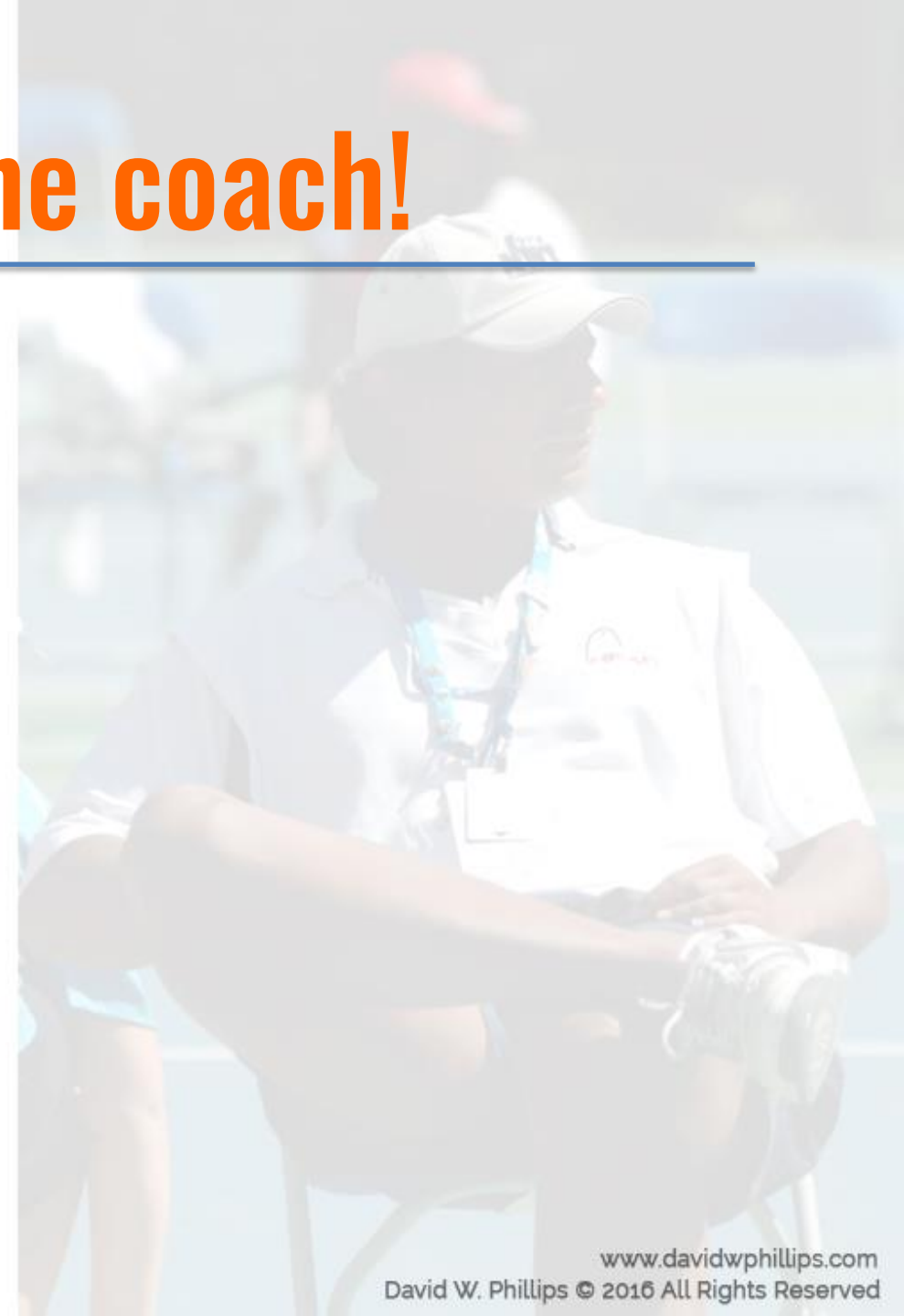


It ultimately depends on the coach!

I've come to the frightening conclusion that I am the decisive element in the classroom. It's my personal approach that creates the climate. It's my daily mood that makes the weather. As a teacher, I possess tremendous power to make a student's life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or humor, hurt or heal. In all situations it is my response that decides whether a crisis will be escalated or de-escalated and a student humanized or de-humanized.

Haim Ginott

QuoteAddict



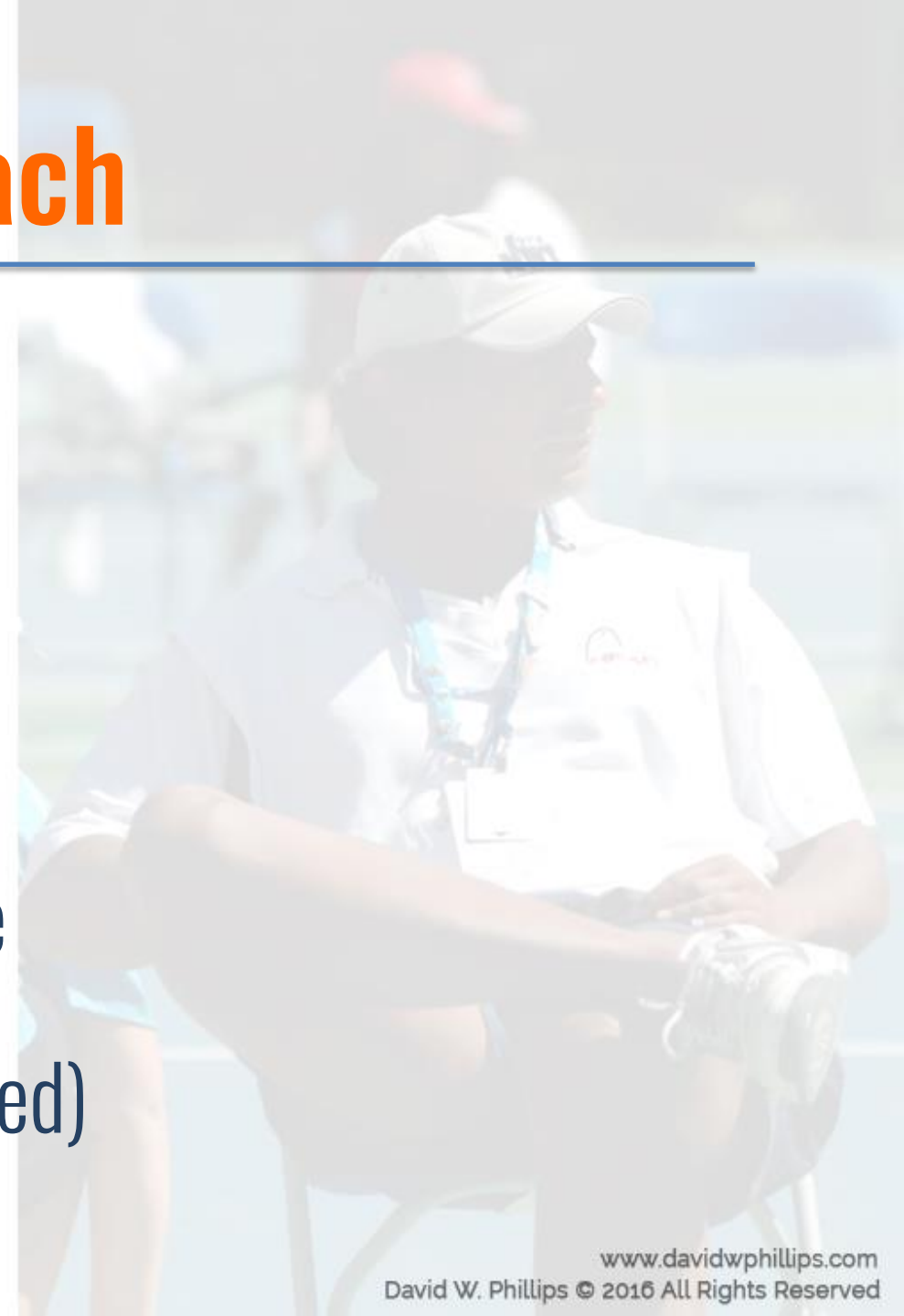
The most important fundamental of all

- ✓ **Your PRESENCE**
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The “how to be” of the coach

- Promote a growth mindset
- Use empowering language
- Have a sense of urgency
- Share the vision: fact, feeling and future
- Take care of your players (get/be involved)



A coach looks to create realistic situations relative to level of play and future development in order to make players feel **SKILLFUL.**

The art of coaching

- Coach the ball?
- From ground up – or from impact point?
- Scanning the environment
- KISS



What's important

- Love to compete (activation)
- Get to the ball early with balance (quality reception)
- Relaxed swing (breathing and in the present)
- Centre the ball (focus)
- Direct the ball with purpose (intention)
- Finds & controls the center of the court (understands space & time)

"People don't
care how much
you know until
they know how
much you care."

-THEODORE ROOSEVELT

