

ITF Worldwide
Coaches Conference
by BNP Paribas

2011
20-24 NOVEMBER



PORT GHALIB
RED SEA EGYPT



Traveling with the ITF Teams “Developing the areas needed for future tennis players”



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Presentation:

- Introduction
- Knowing the players – collecting information's
- Goals settings
- General game characteristics:
- Developing certain areas
- Summary



Introduction:



- The ITF Teams?
- Meeting the players and the first contact?
- Creating a positive, competitive and cooperative atmosphere?





Introduction:

- Earning the players trust
- Fair play and code of conduct
- Developing the right habits
- Working on players game





Knowing the players – collecting information's:

- Information from the players
coach/federation/internet
- Information given by the players
- Training camp
- ITF coach assessment



Goals settings:

- Tactical
- Technical
- Physical
- Psychological
- Match play



General game characteristics:

- Show offensive attitude in the game
- Ability to press the opponent and hit winners by increasing the ball speed
- Players seizes opportunity to use his weapon(s) in important moments of the match
- Showing the autonomy in decision making during the game



General game characteristics:

- Using rituals in between point time
- Using Forehand on 60 - 70% of the court for balls bouncing over shoulder height
- Creating pressure with weapon(s) on second serve whenever possible





Goals settings:

- Short/mid term goals
- Long term goals



Developing certain areas:

- At the baseline
- When serving
- When returning
- When approaching or at the net
- Physical
- Psychological



Baseline game:



- Developing heaviness of the ball
- Varying with depth, high and speed of the ball
- Building up the point
- Changing direction
- Opening the court





Baseline game:

- Using the weapon(s)
- Working on racket acceleration
- Working on offensive footwork
- Wide ball recovery

Serving:

- Improving the first serve – speed
- Developing offensive 2nd serve
- Both serve with tactical intention
- Connecting with 2nd shot
- The right and on time footwork after the serve - positioning





Return of serve:



- Offensive attitude when possible
- Avoid centre of the court
- Deep in the middle on 1st serve
- Planning the 2nd shot
- The right and on time footwork after the return - positioning





When approaching or at the net :



- Creating situation for coming to the net
- Recognizing the ball for approach
- Working on offensive forward movement and proper net positioning
- Working on a good wrist stability and sharp placement
- Drive volleys to be part of the game
- Winning the smash



Physical aspects :



- Dynamic warm up routine
- Power/strength
- Flexibility
- Agility
- Aerobic and anaerobic endurance
- Reaction and acceleration
- Belgium system of on tour fitness





Psychological aspects:

- Find a un-formal team leader
- Developing routines
- Mental toughness
- Controlling the emotions
- Responding on different parts of the match
- Positive feedback after the match

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Reporting:

- Example of [report](#)



Summary:

- The players should feel the atmosphere and being part of it (team spirit)
- Work on the players individual game
- The players should improve in all part of the game
- Giving feedback to players coach/federation

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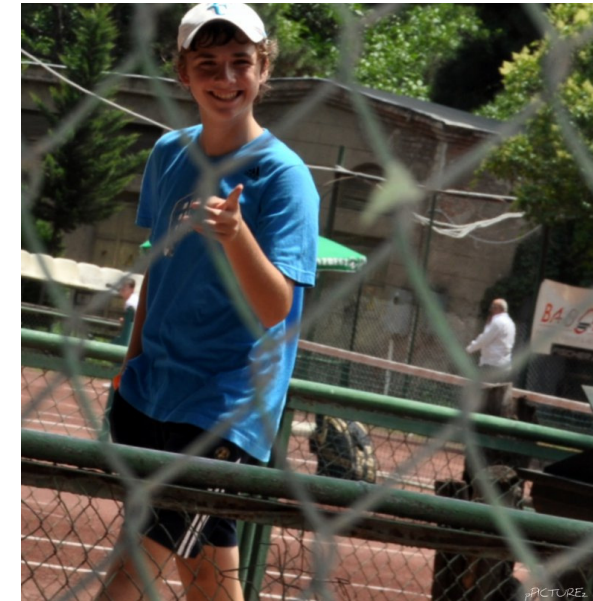
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Thank you for your attention!



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