

Developing tennis technique (overview)

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Introduction

- Coaching philosophy of long-term players' development (before vs now),
- Game based approach (GBA) or coaching,
- Tactics (plan) – Technique (tool),
- Sound technical fundamentals,
- Playing competencies for specific age categories.

Serving (12/13&under)

- Player is using the 1st shot after the serve for **opening the court** after bringing the opponent outside of court with successful serve,
- Player is able to **use better shot** after successful the 1st serve,
- Player stay in **balanced situation** after the 2nd serve,
- Player is able to hit over 50% of the serves to **opponent's weaker side**.

Receiving (12/13&under)

- Player recognise and react accordingly to **offensive situation** when returning the 2nd serve and **defensive situation** when returning the 1st serve,
- Apply **high-percentage patterns**,
- Able to make the shot selection based on **visual clues**,
- Try to use **better shot**,
- By returning the 1st and the 2nd serve player apply **offensive movement pattern**.

Playing at the baseline (12/13&under)

- Apply tactical plan based on **own strengths** and **opponent's weaknesses** in order to dominate a point,
- Able to **counterattack** when under pressure as well as to **finish the point** from 'easy situation',
- In addition to the visual clues player is able to **consider own position** when deciding about the next shot,
- Apply sound **technical fundamentals** in stroke production,
- Player demonstrate variety by **adapting** to different incoming ball characteristics and executing strokes with **variability** (i.e. different trajectories...).

Playing at the net (12/13&under)

- When in favourable situation player is able to **create advantage** or **finish the point**,
- In addition to the visual clues player is able to consider **his own position** when deciding about the next shot,
- Player is able to adapt to different **incoming ball characteristics** (5),
- Player is able to apply all **movement patterns** and **appropriate body mechanics**,
- When in favourable situation player is able to direct the smash **away from the opponent**,
- Player **wins 60% of points** when playing at the net.

GBA (Coaching)

OPEN

Match play

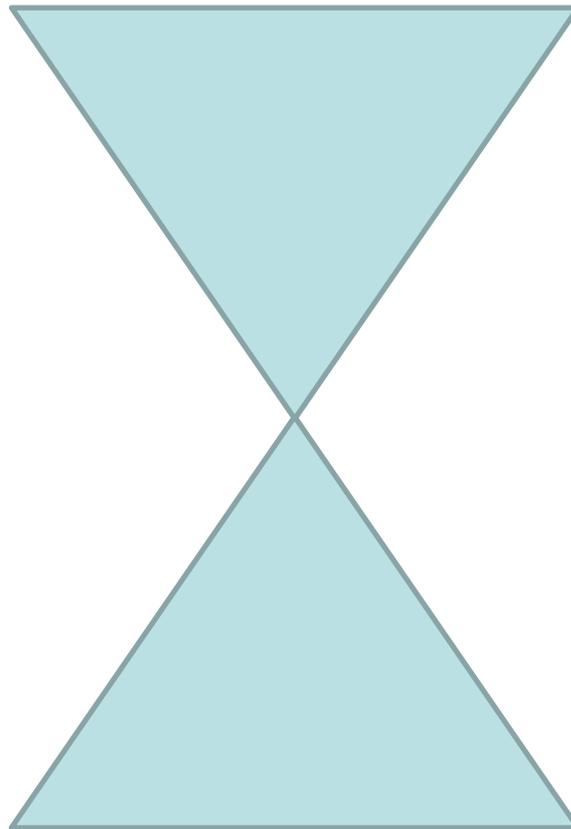
CLOSE

Basket drills

OPEN

Coach's rally drills

Modified match play



Tools for technical analysis

- **P**(path) **A**(angle) **S**(speed),
- Biomechanical principles (**B.I.O.M.E.C.**).

Areas of technical development

- Fundamentals,
- Movement,
- Body mechanics,
- Stroke efficiency,
- Integration in game patterns.

How to develop technique?

- Verbal instructions,
- Teaching / Coaching tools,

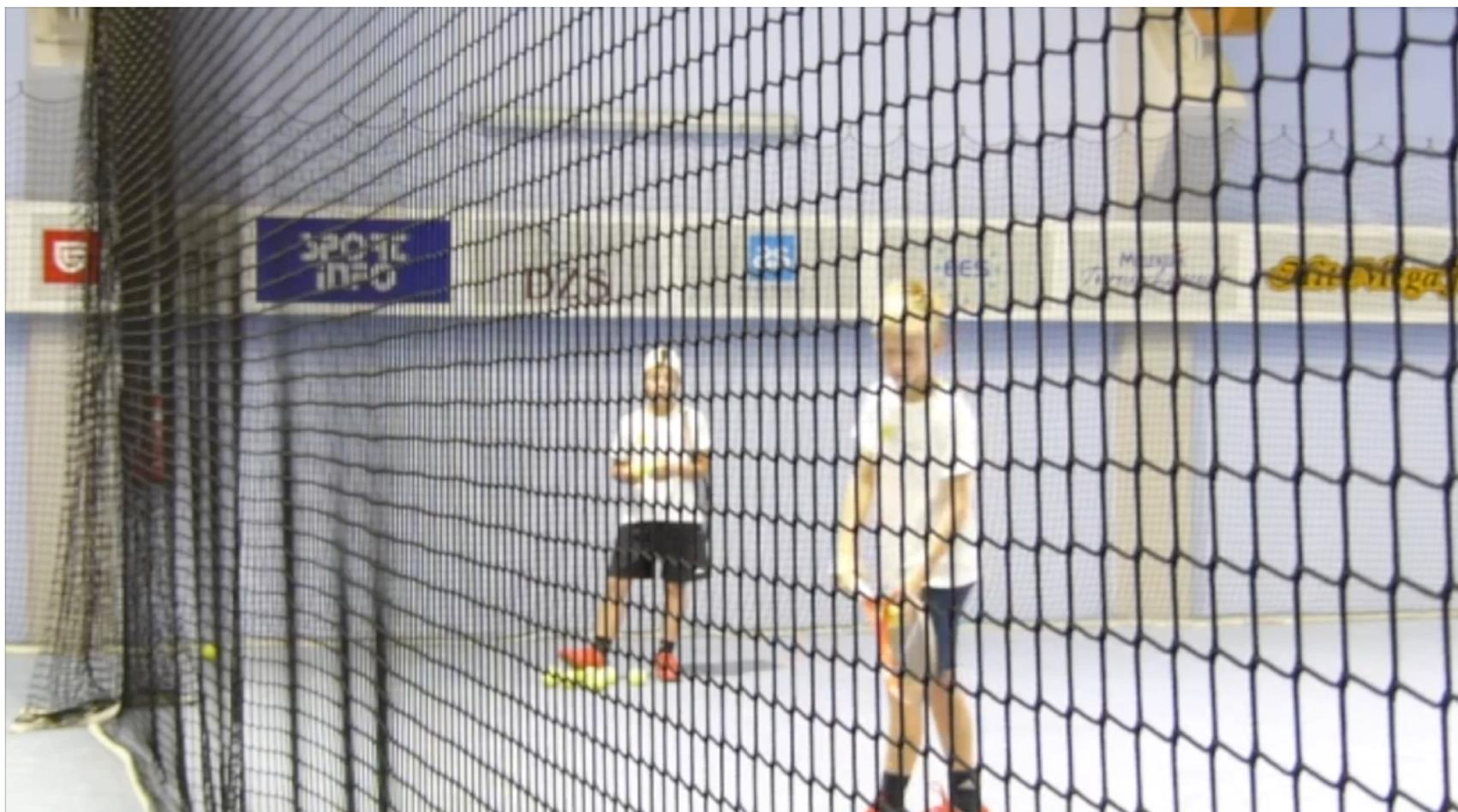
Teaching / Coaching tools



How to develop technique?

- Verbal instructions,
- Teaching / Coaching tools,
- Situational exercises
(differential, contrast, kinesthetics).

Situational exercises



Framework for technical development (serve)

Technical element	Players		
	9/10 y.	12/13 y.	15/16 y.
<u>FUNDAMENTALS</u>			
Balance	✓	✓	
Timing	✓	✓	
Rhythm	✓	✓	
<u>PREPARATION</u>			
Stance	✓		
Horizontal angle		✓	
Vertical angle			✓
<u>BODY MECHANICS</u>			
Leg drive		✓	✓
Acceleration (shoulder rotation)			
Twist	✓	✓	✓
Somersault		✓	✓
Shoulder over shoulder		✓	✓
		✓	✓
<u>EFFICIENCY</u>			
Looseness		✓	
Contact point quality		✓	✓
External & internal shoulder rotation		✓*	✓
Disguise (direction of the serve)			✓
Integration in game patterns			✓

Zmajić & Filipčič, 2015.

Framework for technical development (return of serve)

Return of serve			
Technical element	Players		
	9/10 y.	12/13 y.	15/16 y.
<u>FUNDAMENTALS</u>			
Reaction speed	✓	✓	✓
PAS & Racket acceleration		✓	✓
Receiving skills (Reading the serve)	✓		✓
<u>MOVEMENT</u>			
Neutral	✓	✓	
Offensive return movement pattern		✓	✓
Defensive movement pattern		✓	✓
<u>BODY MECHANICS</u>			
Leg drive		✓	✓
Trunk movement		✓	✓
<u>STROKE EFFICIENCY</u>			
Adaptability		✓	✓
Variety		✓	✓
Disguise			✓
Integration in game patterns			✓

Zmajić & Filipčič, 2015.

Framework for technical development (baseline strokes)

Technical element	Players		
	9/10 y.	12/13 y.	15/16 y.
<u>FUNDAMENTALS</u>			
Attention & Receiving skills	✓	✓	
Balance	✓		
Timing	✓		
Rhythm	✓		
PAS (racket acceleration)	✓	✓	
<u>MOVEMENT</u>			
Court coverage movement patterns	✓		
Comfort zone movement patterns	✓		
Challenge zone movement patterns	✓	✓	
Offensive movement patterns	✓*	✓	✓
Defensive movement patterns	✓*	✓	✓
<u>BODY MECHANICS</u>			
Trunk & leg loading/acceleration	✓	✓	✓
Leg drive & hip rotation	✓	✓	✓
Shoulders rotation/acceleration		✓	✓
<u>STROKE EFFICIENCY</u>			
Adaptability		✓	✓
Variety		✓	✓
Disguise stroke's intention			✓
Integration in game patterns			✓

Zmajić & Filipčić, 2015.

Framework for technical development (volleys)

Technical element	Players		
	9/10 y.	12/13 y.	15/16 y.
<u>FUNDAMENTALS</u>			
Attention & Receiving skills	✓		
Reaction speed	✓	✓	
Balance	✓	✓	
Timing & Rhythm	✓		
<u>MOVEMENT</u>			
Court coverage & movement patterns	✓		
Hit & step	✓	✓	
Step & hit	✓	✓	
<u>BODY MECHANICS</u>			
Block volley	✓	✓	
Volley with FT		✓	
Volley with BS		✓	✓
Touch volley		✓	✓
Pouch volley			✓
<u>STROKE EFFICIENCY</u>			
Adaptability	✓	✓	✓
Variety		✓	✓
Disguise volley's intention			✓
Integration in game patterns			✓

Zmajić & Filipčič, 2015.

Conclusions

- Long-term technical development for specific age periods,
- Analysis during matchplay, develop during practice.
- Individual and holistic approach,
- On going process,
- Increasing learning capacity,
- Coach's creativity and consistency is important!

Videos on You Tube Channel: SD LTC



Thank you for your attention!

