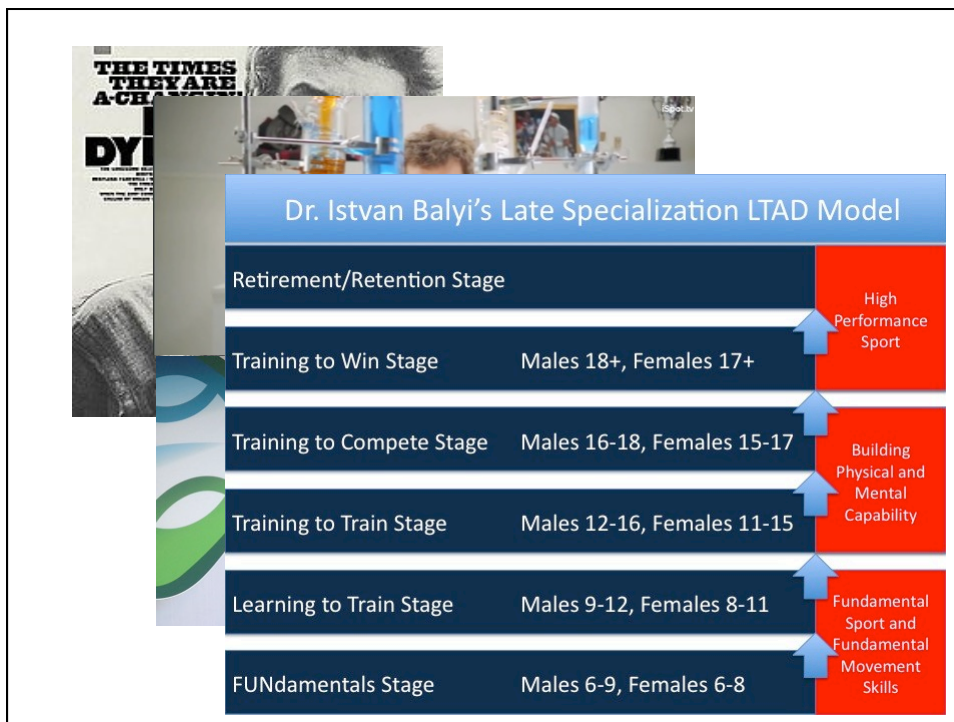


How to stay at your best during tournaments

Carl Maes Croatia March 2018





SOME THINGS NEVER CHANGE

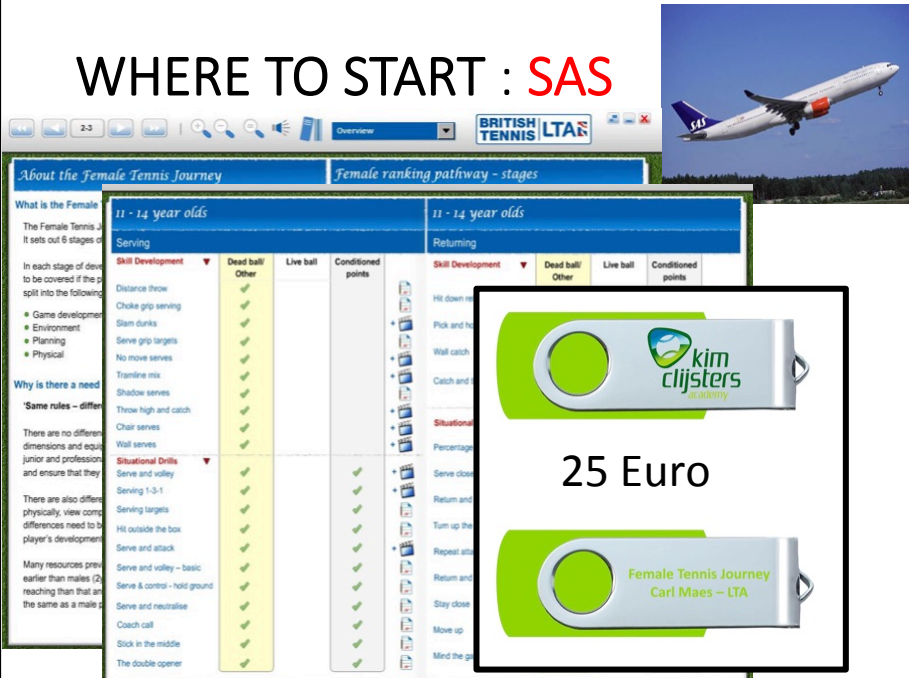
- WTA ATP
 - Off Season vs Season
 - Commitment
 - Juniors
 - School periodisation / season
 - Ratio training vs matches ?
 - Ranking systems
- ➔ Overplay or undertraining ?



VARIABLES

- Unpredictable
 - Results : number of matches
 - Fatigue
 - Start times
 - Length of matches
- Surface clay , hard , grass
- Continents : climate , food , time zones
- Individual differences and preferences !!! Ana?
- **Periodisation → “Plannification”**

WHERE TO START : SAS



11 - 14 year olds				11 - 14 year olds			
Serving				Returning			
Skill Development	Dead ball	Live ball	Conditioned points	Skill Development	Dead ball	Live ball	Conditioned points
Distance throw	Other			Hit down			
Choke grip serving	✓			Pick and hit			
Stem dunks	✓			Wall catch			
Serve grip targets	✓			Catch and			
No move serves	✓			Situational			
Tramline mix	✓			Percentage			
Shadow serves	✓			Serve close			
Throw high and catch	✓			Return and			
Char serves	✓			Turn up the			
Wall serves	✓			Repeat att			
Situational Drills	✓			Return and			
Serve and volley	✓			Stay close			
Serving 1-3-1	✓			Move up			
Serving targets	✓			Mind the g			
Hit outside the box	✓						
Serve and attack	✓						
Serve and volley - basic	✓						
Serve & control - hold ground	✓						
Serve and neutralise	✓						
Coach call	✓						
Stick in the middle	✓						
The double opener	✓						

25 Euro

kim clijsters academy

Female Tennis Journey
Carl Maes - LTA

**YOU TRAIN LIKE YOU COMPETE ?
ARE YOU A COMPETITOR OR A TRAINING FANATIC ?**

Where to start?

1. Goal setting →
2. Make a plan to deliver goals →
 - 2.1 Balance the year: training, competition and rest →
 - 2.2 Plan training priority phases →
 - 2.3 Plan competitive priority phases →
3. Deliver the plan with regular review →

SMART

SMARTER

PLAYER: Steffi Graf	DOB 1996	BASE: Monaco	COACH: Richard Bates	FIRST DATE GOALSETTING	feb/08	
Ranking Goal 2009 (vta, ft, te)	Top 10 TE (top 500ITF)			LATEST UPDATE	aug/08	
Ranking December 2008 (vta, ft, te)	Top 120 TE					
Ranking July 2008 (vta, ft, te)	Top 200 TE					
OUTCOME: WHAT needs to be achieved in order to get this ranking goal		by when	tools or measurements	before	after	evaluation
!!! These outcome goals need to be match/competition related !!!!						
1	Be more effective at creating pressure in a building situation	aug/08	trial effect in rally situation (use of zone of touch)			
2	Become more effective gaining control of the point using S1 and B3 patterns and to neutralise effectively using S2	jun/08	Chart easy, neutral, hard for opponent after ball 3	E:5N:27H:6 Error:2	E:3N:22H:9 Error:6	more aggressive - but errors increasing - more work
3	Absorb and use the pace of the incoming ball from both wings to stay in the point more effectively when under time pressure	jun/08	Letting to neutral when receive a high tempo ball	Yes: 10 No: 17	Yes: 14 No: 18	remains problem / depth vision problem??
4	Enhanced identification and use of drive volley and volley	apr/08	charting: Could 18 ldd 31 won 8	Could 18 Dd 31 won 8	Could 23 Dd 211 won 17	great improvement
PROCESS: HOW and in which areas will we need to work to achieve your outcome goals						
TACTICAL (linked to technical)						
Refer to outcome goals 1.2, 3, 4 above, if needed more than once						
1.1	Make contact with the ball at the top of the bounce in baseline exchange	apr/08	12,3 CH to 25 < 45 secs. 50 < 1.25	25 < 45s. 50 < 1.25		
1.2	Cutting the angle in a X court exchange where appropriate		Cross and cut drill - 25 raps Shot selection charting based on ball received	Y:6N:19	Y:15N:10	Good when slower pace - keep doing the same under more pressure
1.3	Understanding tactical options in X court exchange - use of long and short angles, change of tempo / spin / options of when to go line		and tactical intention			
2.1	Develop understanding and effectiveness of S1, B3 patterns		L:2NH charting, own / respect position pre-impact to out of 7b in with correct technique (loss at 13)	14/16N, 2/16H, 5/16 curved		
2.2	Increased % and understanding of 3H serve		Usable fault stat + returns contact point chart	Au=5DF/ret + see chart	Au=3DF/ret + see chart	UP improved + chart shows making returner hit more BFs behind baseline
2.3	Increased consistency, spin and penetration of S2		Could / did charting	see above	see above	see above
4	Looking for the drive volley after building the point - always into open court		Direction analysis of DV	5/8 into open court	7/8 into open court	better - seemed more decisive
4	Develop finishing options at net		% points including net play + % won at net	8% inc net + 40% won	5% inc net + 70% won	% won higher - good - but should now go in more
TECHNICAL (linked to tactical)						
Refer to outcome goals 1.2, 3, 4 above, if needed more than once						
1.1	Achieve more compact preparation (reduce length of take back - monitor left side)		Silicon coach analysis / deep volleys into FH take back Set up position by time ball bounces Come 12,3 correct and quick calling.	Late on contact due to big take back More compact - contact better		progress - but a good drill to keep repeating
			When talking to pick zone 3			Starting to pick better -

OUTCOME: WHAT needs to be achieved in order to get this ranking goal	
!!! These outcome goals need to be match/competition related !!!!	
1	Be more effective at creating pressure in a building situation
2	Become more effective gaining control of the point using S1 and B3 patterns and to neutralise effectively using S2.
3	Absorb and use the pace of the incoming ball from both wings to stay in the point more effectively when under time pressure
4	Enhanced identification and use of drive volley and volley
PROCESS: HOW and in which areas will we need to work to achieve your outcome goals	
TACTICAL (linked to technical)	
Refer to outcome goals 1,2,3,4 above, if needed more than once	
1,1	Make contact with the ball at the top of the bounce in baseline xchange
1,2	Cutting the angle in a X court exchange where appropriate
1,3	Understanding tactical options in X court exchange - use of long and short angles, change of tempo / spin / options of when to go line
2,1	Develop understanding and effectiveness of S1, B3 patterns
2,2	Increased % and understanding of 3/4 serve
2,3	Increased consistency, spin and penetration of S2.
4	Looking for the drive volley after building the point - always into

“ Training and competition ratios are optimised because too many competitions will waste valuable training time and conversely not enough competition will inhibit the practice of technical skills and the physical and mental challenges presented during competition.

Bompa (1995)

1. Balance the year - training, competition, rest →
2. Planning the training priority phases →
 - a. Phase
 - b. Week
 - c. Sessions
3. Planning the competitive priority phases →
 - a. Phase
 - b. Week
 - c. Sessions

Summary of balanced player programmes

It is recommended that all players regardless of level or current ranking and/or future ambition aim to progress through the stages in the table below. However, the age ranges in the 2nd column are recommended ages for players aiming for high-level (top 100) success in the professional game.

Stages:

- ↳ Enjoying sport
- ↳ Enjoying tennis
- ↳ Committing to tennis
- ↳ Completing foundations
- ↳ Finalising game style

Age WTA 100 'on track' WTA:
15yrs - 17yrs

Driver:
Competition

Organised:
On the road training schedule of 2 weeks on – 4 weeks off

Balanced year:	Training priority	Competitive priority
15yrs	36	12
17yrs	32	16

Number matches:
15 yrs - 60 (short matches)
17 yrs - 80 (full matches)

[more](#)

Planning the phases - Training priority

Once a year containing an appropriate balance of training priority, competitive priority and rest phases has been scheduled it is possible to start planning the content of the weeks within those phases. The following table sets out how weeks in training priority phases should be planned:

Stages:

- ↳ Enjoying sport
- ↳ Enjoying tennis
- ↳ Committing to tennis
- ↳ Completing foundations
- ↳ Finalising game style

Age WTA 'on track' 15yrs - 17yrs	Volume (Easy medium hard) <input checked="" type="radio"/> Easy <input type="radio"/> Medium <input type="radio"/> Hard
Total hours (increasing through stage) 10-18	Tennis practice (hours) 8
Practice matches or free play (hours) 4	Physical and other sports (hours) 6

Finalising game style	
Age WTA 'on track'	Volume (Easy medium hard)
15yrs - 17yrs	Easy Medium Hard
Total hours (increasing through stage)	Tennis practice (hours)
10-18	8
Practice matches or free play (hours)	Physical and other sports (hours)
4	6

Finalising game style	
Age WTA 'on track'	Volume (Easy medium hard)
15yrs - 17yrs	Easy Medium Hard
Total hours (increasing through stage)	Tennis practice (hours)
20-23	10
Practice matches or free play (hours)	Physical and other sports (hours)
5	8

Finalising game style	
Age WTA 'on track'	Volume (Easy medium hard)
15yrs - 17yrs	Easy Medium Hard
Total hours (increasing through stage)	Tennis practice (hours)
25-28	12
Practice matches or free play (hours)	Physical and other sports (hours)
6	10

**VOLUME
VS
INTENSITY**

5 WEEKS example : HARD - HARD - EASY - MEDIUM - EASY

3 STEP PLANNER - This will help you prioritise, plan and add variety into your sessions.

- Identify player's goals for the training period and decide how much they need to do and when:
- Plan priority goals first
- Remember to schedule lots of points and matchplay near the end of the training period
- 1234... Once you have an overview per day you can decide the order of exercises of the by replacing X with 1 2 3 4
- Organise individual sessions. Add your own notes and detail to plan more specific content of sessions

PLANNING SHEET	DATE / DAY	DAY
CONTENT	nr session 1 or 2	
WARM UP	brief description	TacTac Goalsheet
BASICS (closed, highly repetitive situation - a lot of the basics can be integrated already in the daily warm up)	Organisation people : 1-1 2-1 2-2	Zones : Full Court (fc), Half court (ac or dc), 3/4 court (34ac or 34 dc)
both back		
both at net (v-v)		
net - back		
approach - back		
Serve 1		
Serve 2	more spin	
Return 1		
Return 2		
TECHNICAL (SKILL) (often more closed then open > often basket > early in day when fresh)		
coordination		
SAQ on court		
Tech goal 1	th take back short	
Tech goal 2		
Tech goal 3		
TACTICAL (organisation Drills : DB / LB / R: 1-1 or 1-2 Zones : Full Court (fc), Half court (ac or dc), 3/4 court (34ac or 34 dc)		
Trading / Building / Finishing (Offensive)		
FV 1 FV2		
BV 1 BV2		
Drive Volley !!!		
Smash		

Session Planner step 1 | Session Planner step 2 | **Session Planner step 3** | example | Sheet1

NAME AND FIRST NAME	SERENA WILLIAMS											from	OZ OPEN	to	INDIAN WELLS													
DATE	2001	2101	2201	2301	2401	2501	2601	2701	2801	2901	3001	3101	0102	0202	0302	0402	0502	0602	0702	0802	0902	1002	1102	1202				
SESSION	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24		AVG		
TENNIS VOLUME 1,2,3	3	3	3	2	2	2		3	3	3	2	2		1	1	2	2	2	3	3	3	2	1			2.3		
TENNIS INTENSITY 1,2,3	2	2	1	1	3	3		2	2	1	3	3		2	2	2	3	1	1	2	2	3	3			2.1		
FITNESS VOLUME 1,2,3																										#####		
FITNESS INTENSITY 1,2,3																										#####		
SESSION	8	8	8	7	8	9		5	7	7	7	7		8	8	7	3	7	9	9	9	8	9			7.5		
PLAYER FIT SCORE 1-10	5	5	4	3	5	6		7	7	7	8	4		9	6	8	9	6	7	8	9	5	8			6.5		
COACH TENNIS SCORE 1-10																										#####		
COACH FIT SCORE 1-10																										#####		
SPECIFIC GOALS																									CNT	MIN		
TACTICAL (play smart)																									45	1025		
FH BH stay close							x																			17	500	
FH pace same down the line shots	30				20		x		30	30	30	30		x	30	30	30	30	30	30	30	30	30	30	30	30	3	80
FH 80 /100		20					x				20				x	20										3	60	
FH higher contact in the court (dropping too low)							x								x	15		15		15		15		15		4	60	
BH same pace at higher pace		20			20		x		20						x	20				20		20		20		9	180	
S variation instead of pace (introduce slice)					10		x		10			15			x	15		20		20		20		20		9	145	
TECHNICAL (tool to achieve tactics)																									36	600		
FH open hip (load) without stepping back	30	10		10	10		x		10	10																6	80	
FH keep rackethead bit higher up		10		10			x		10	10					x											4	40	
FH fire elbow first	15	15		15			x								x											4	60	
FH 80 /100 same shape	20						x								x	20		20		20		20		20		6	120	
BH racket first then hip	15	15		15	15		x								x											4	60	
Stoof position in relation to power and confi	20	20		20	20		x		20	20					x	20		20		20		20		20		12	240	
GEN technique consistence different surfaces ??							x								x											0	0	
PHYSICAL (is your body ready ??)																									47	505		
develop on the road programme							x								x												0	0
pulsukuk for endurance and interval training			45		45	x			45		30				x	30		30	15	15							7	225
FH right side lunge stronger for wide fh	5	5		5	x	5	5	5	5	5	5	5			5	5		5		5		5		5		8	40	
S AND FH stronger upperbody	15	15		15	x	15	15	15	15	15	15	15			x	15		15		15		15		15		8	120	
S shoulder stabilisation ok (every day !!!!)	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	24	120
MENTALLY (how to be on the court)																									0	0		
hewitt attitude (champion of the locker room)							x								x												0	0
i do not miss !							x								x												0	0

SPECIFIC GOALS																														
TACTICAL (play smart)																										CNT	MIN			
TACTICAL (play smart)																										45	1025			
FH BH stay close																													17	500
FH pace same down the line shots	30																											3	80	
FH 80 /100		20																										3	60	
FH higher contact in the court (dropping too low)																												4	60	
BH same pace at higher pace		20																										9	180	
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FH fire elbow first	15	15																										4	60	
FH 80 /100 same shape	20																											6	120	
BH racket first then hip	15	15																										4	60	
Stoof position in relation to power and confi	20	20																										12	240	
GEN technique consistence different surfaces ??																												0	0	
PHYSICAL (is your body ready ??)																									47	505				
develop on the road programme																													0	0
pulsukuk for endurance and interval training			45		45	x			45		30				x	30		30	15	15								7	225	
FH right side lunge stronger for wide fh	5	5		5	x	5	5	5	5	5	5	5			5	5		5		5		5		5			8	40		
S AND FH stronger upperbody	15	15		15	x	15	15	15	15	15	15	15			x	15		15		15		15		15			8	120		
S shoulder stabilisation ok (every day !!!!)	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	24	120	
MENTALLY (how to be on the court)																									0	0				
hewitt attitude (champion of the locker room)							x								x													0	0	
i do not miss !							x								x													0	0	

Planning the phases - Competitive priority

Flexibility and adaptability are required in competitive phases and weeks. However, planning is still required; players should still be meeting their needs in terms of tennis hours and matches played. So a plan as a starting point from which to adapt is beneficial.

An immediate issue is that competitions may either be full week competitions or weekend events.

The following tables set out how the 2 different types of weeks should be structured.

Full week competitions Competitive weeks – with weekend competition

Stages (full week competition) :

- ▾ Enjoying sport
- ▾ Enjoying tennis
- ▾ Committing to tennis
- ▾ Completing foundations
- ▾ Finalising game style

Age WTA 'on track' 15yrs - 17yrs	Total tennis hours 25 to 28
-------------------------------------	--------------------------------

Ideal breakdown of the week

Match hours 12	Practice hours 7 to 8 (inc. Practice matches)	Physical hours 6 to 8 (inc. Recovery)
--------------------------	--	--

Plan the session content - Competitive priority

Target tennis hours for week 20

	M	T	W	T	F	S	S
Hours competed plus practice before and after	2	3	3 x				
Total hours competed until out of singles	8						

Hours left to fit in after singles loss 12

	M	T	W	T	F	S	S
Schedule for rest of week			1	4	4	travel	3

Training priorities for rest of week

- Count doubles matches after singles loss as training hours

- Session planner ?
- Weak > strong ?
- Home or tour ?
- Opponent vs sparring ?
- Individual preference

ON TOUR COUNTDOWN CHART

5D	4D	3D	2D	1D
REST ?	X	X	X	X
END	REST ?	X	X	X
POW	POW	REST ?	X	X
INT	INT	INT	REST ?	X
SAQ	SAQ	SAQ	SAQ	SAQ

Name Jess Ren Team Aegon Sport Tennis Program Type travel programme Keyword travel programme

Week 1 09/02/2009 Notes	TRAVEL PROGRAMME PLAN 1 = training week on the road 2 = early exit during competition 3 = In competition		
Monday	1. Strength Core Band Run - 30mins steady	2. Strength Core	3. Core 20 mins recovery jog
Tuesday	1. Plyo/sprint On court movement drills	2. On court movement Band Run - 30 mins steady	3. Band Plyo/sprint
Wednesday	1. Core Band Run - 30 mins steady	2. Strength Band	3. Core 20 mins recovery jog
Thursday	1. Strength	2. plyo/sprints Core	3. Band
Friday	1. plyo/sprint Band	2. Strength Core + band	3. Core
Saturday	1. Core on court movement drills Run - easy 25	2. run - 30 steady	3. Band

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.