

## Improving technical skills during the tour Girls 15-17 years old

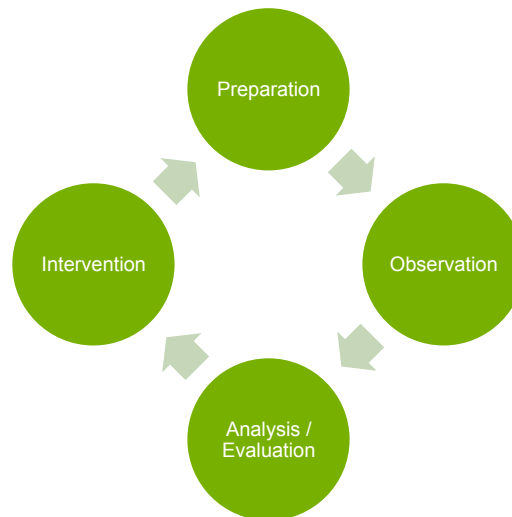


### GUIDING PRINCIPLES

- How well do you know the player?
- Learning styles and coaching styles?
- Players taking ownership
- Communication and building confidence
- Long term development vs short term results
- Performance vs outcome
- Integration vs isolation?
- Variability practice vs blocked practice



## THE PROCESS.....



## IMPORTANT CONSIDERATION WHEN TAKING THE EXAM.....

Technical skills worked on at this stage must effectively support the outlined tactical priorities

## CASE STUDY – LESEDI JACOBS



- Namibia
- Date of birth 01/01/97
- Junior world ranking at filming - 152

## MENTAL

- Develop a comprehensive understanding of your gamestyle and how to win matches.
- Be confident in your abilities
- Winning vs performance goals
- Develop a more “go for it” attitude



## TACTICAL

- The ability to reduce time and space by playing early with quick recognition and proper positioning
- Ability to play aggressively down the middle in order to earn a weak ball before opening up the court
- Taking control of the point after serves and returns
- Ability to finish points at the net (primarily through the use of drive volleys and big targets)



## TECHNICAL

- Ability to hit on the rise (all reception skills, perception skills and footwork skills needed)
- Power developed through more efficient use of ground (forward) and increased rotational forces
- Adaptation skills to counterattack
- Use of open stance and ability to transfer the weight through the ball especially on returns



## PHYSICAL

- Balance and posture
- Split step and first initial step
- Lower and wider base on wide balls
- More proactive with physical abilities rather than reactive
- Strength a priority at this age



## CONCLUSION

- The coaching process never sleeps
- Think about the big picture

