



## 2023 HTS Coaches Conference

Daruvar, Croatia



[tennistalents.net](https://tennistalents.net)



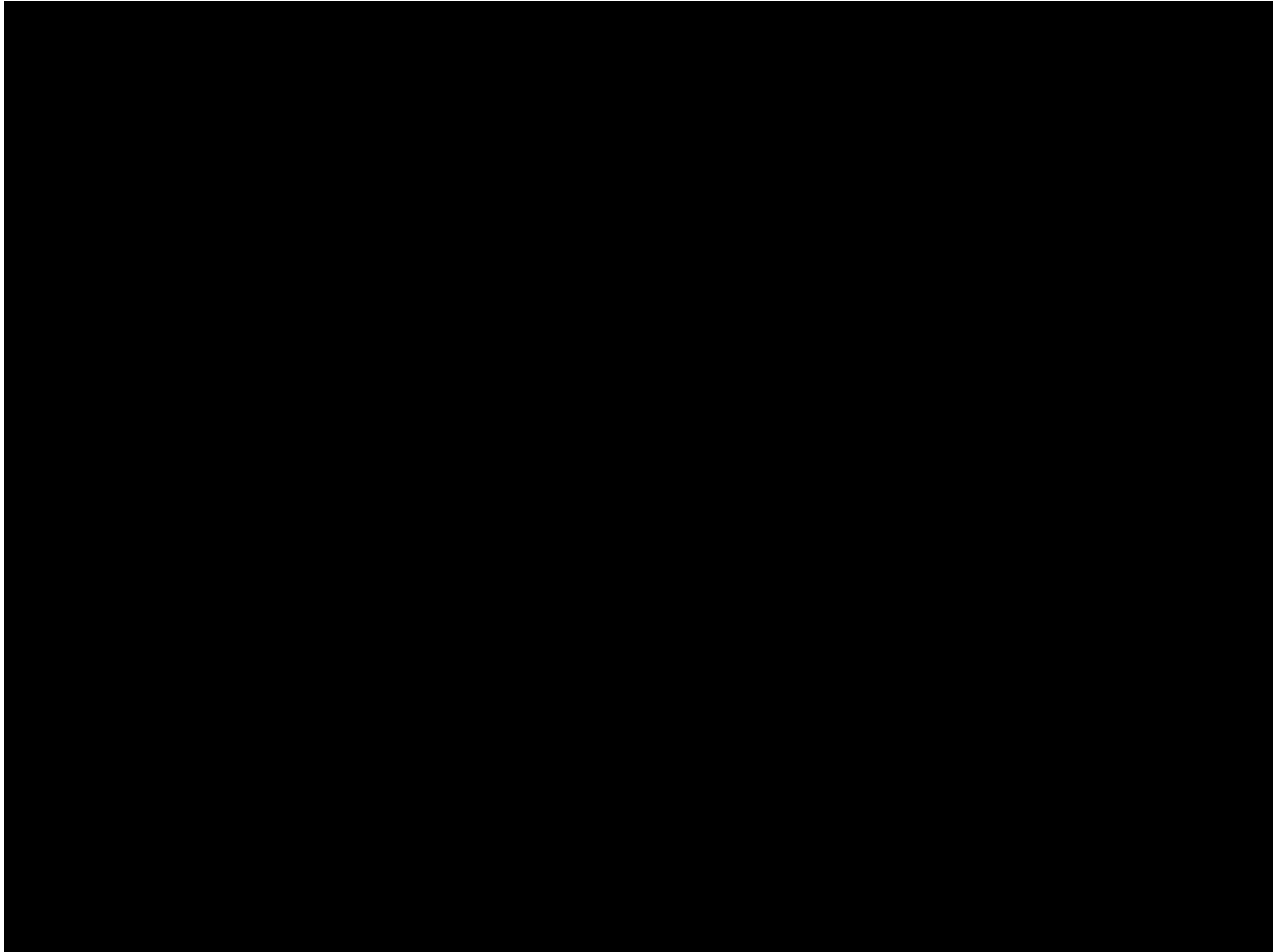
# “THE USE OF REVERSED PEDAGOGY IN TENNIS TEACHING AND COACHING”

according to the

## TENNIS TALENTS METHOD

by Luca Appino

LET'S START  
FROM THE OUTCOME



# REVERSED PEDAGOGY

start from outcome vs movement

“art” and science of teaching, educate

proposes to develop the technique,  
guiding each player, to accomplish a  
desired outcome (task) instead of  
teaching standard, one fits all,  
movement.

a way to enhance individual's skill-  
learning by manipulating tasks and  
constraints within representative  
situations



# TECHNIQUE (tennis)

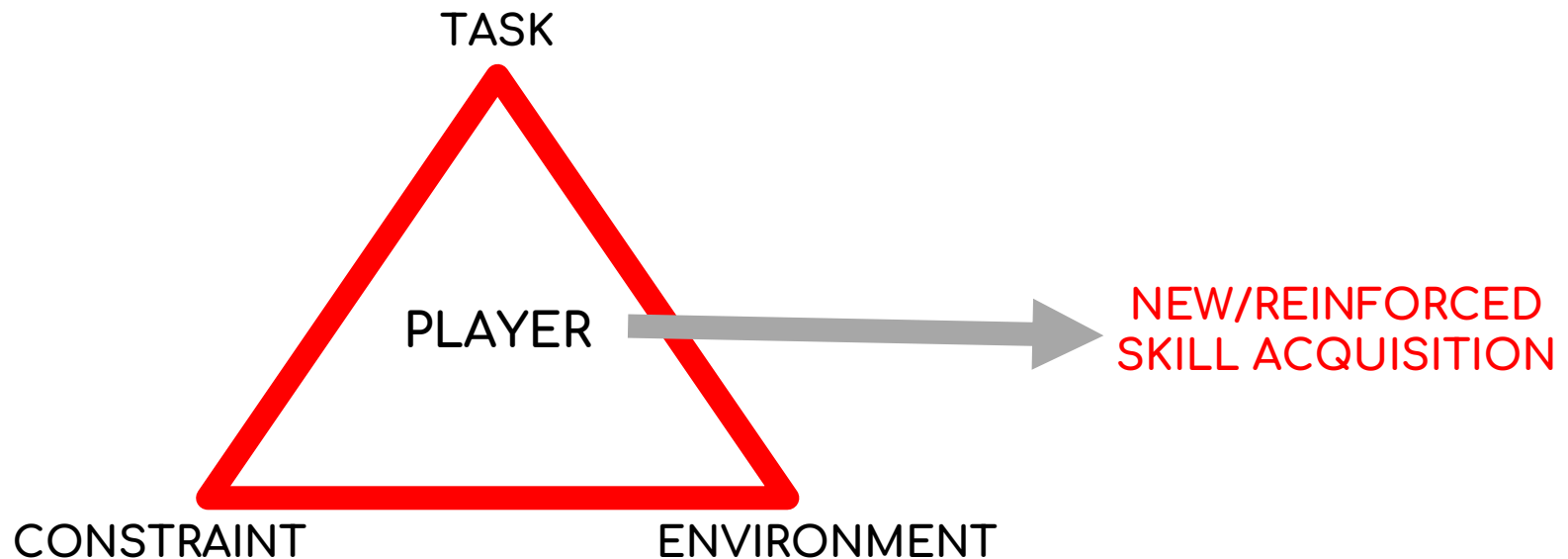
Ability to learn, develop and stabilize sequences of movements, functional to perform effective and efficient strokes

## STYLE

Personal interpretation/adjustment to express technical skills (form, size, timing, etc.)

# REVERSED (non-linear) PEDAGOGY

a practical application of the  
Dynamic Systems Motor Learning Theory



# DYNAMIC SYSTEMS MOTOR LEARNING THEORY

sport movements are performed in reason of the interaction of complex internal systems, led by the CNS, within a given environment.

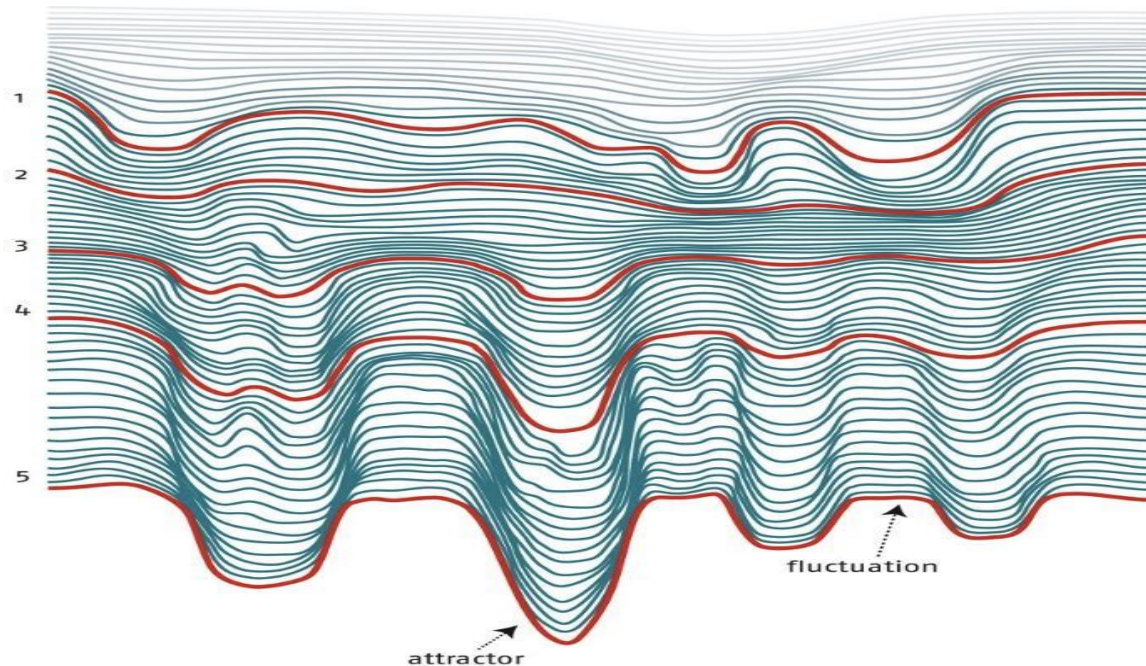
the human body better organizes “personal” motoric actions, according to the situation, having a precise task and relevant constraint(s) to guide its execution!



# DYNAMIC SYSTEMS MOTOR LEARNING THEORY

training = repetition

leads to the development of “attractors”  
(functional, or dysfunctional,  
sequences/patterns of movement)



teaching

# GOAL

is to master the shots in order  
to control where and how the  
ball goes in the opponent's  
court

HOW TO GET CLOSER TO  
THE DESIRED OUTCOME?

# OUTCOME

- ❑ PLAYER (individuality)
- ❑ SITUATION/ENVIRONMENT
- ❑ INTENTION

## ALL HAPPENS WHEN HITTING THE BALL

- ❑ DIRECTION OF THE SWING
- ❑ SPEED OF THE SWING
- ❑ RACQUET HEAD INCLINATION
- ❑ PERSONAL TOUCH/BALL FEEL







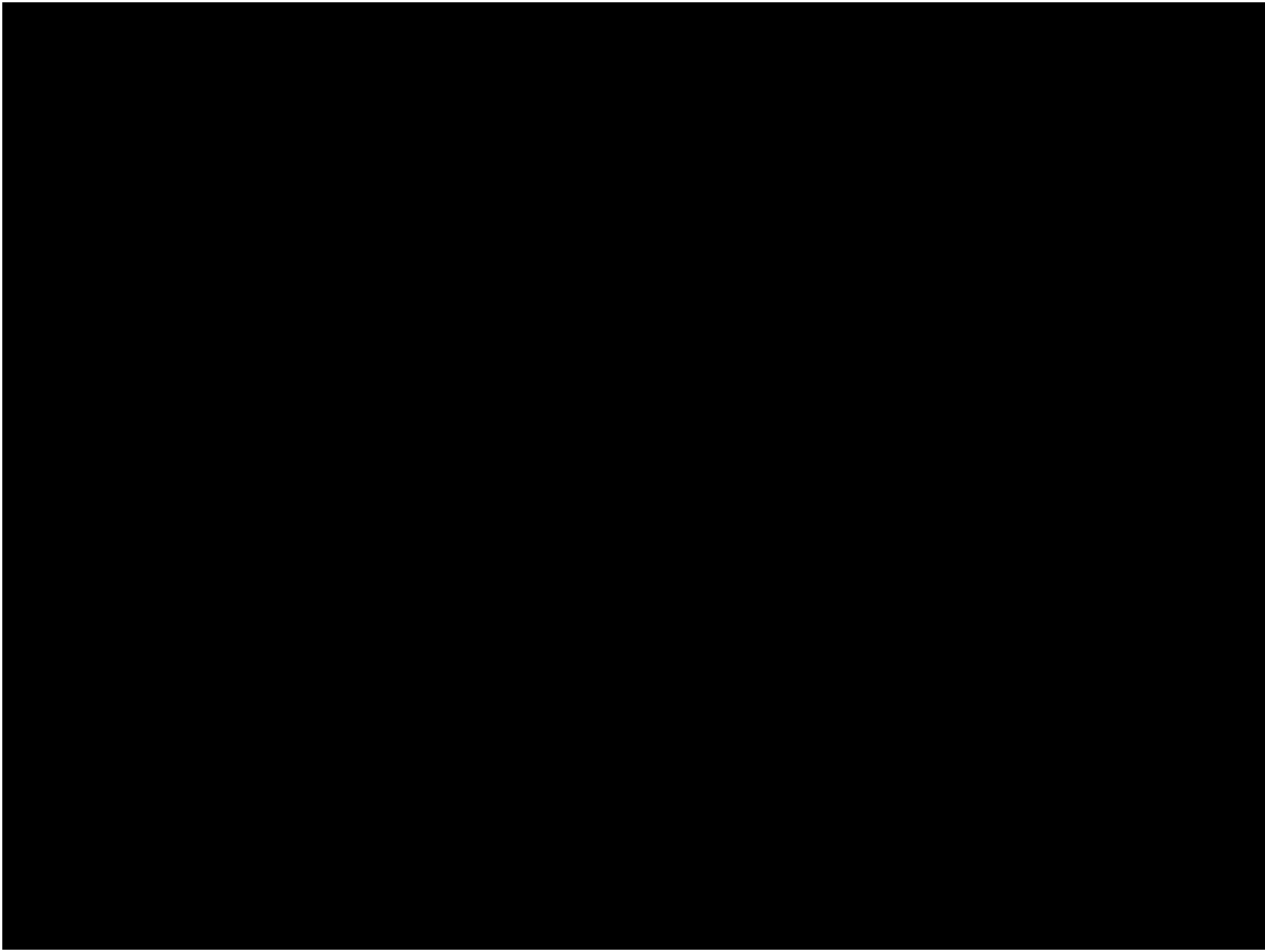


# PRECISION

A key factor to be precise is the stability of the racquet head at the impact with the ball.

The application of Reversed Pedagogy in training helps to stabilize the movements by creating situations that stimulate body and mind interaction.









- ❑ 100 km/h forehand top spin
- ❑ contact time approximately 3 ms
- ❑ contact length approximately 3.8 cm

# ON COURT APPLICATION

## □ Pedagogical approach to drills:

- DECIDE A TASK
- CREATE A SCENARIO WITH THE HELP OF CONSTRAINT(S)
- EXPLAIN AND/OR SHOW IT
- EVALUATE THE AVERAGE OUTCOME
- SIMPLIFY OR COMPLICATE THE TASK ACCORDING TO THE LEVEL OF PERFORMANCE

\*Use tests to monitor the evolution

# 2023 WIMBLEDON

Ladies & Gents  
¼ FINALIST

HOW MANY OF THEM  
WON MORE POINTS WITH  
the 1st vs the 2nd SERVE?

# ONLY 3 GENTLEMEN !

## 2023 WIMBLEDON GENTLEMEN - 1/4 FINALISTS - SERVE STATISTICS

	Total 1st serves played	1st serves won out of the total played	% 1st serve points won out of the total played	Total 2nd serves played	2nd serve points won	% 2nd serve won
C. Alcaraz	759	367	48	277	159	57
N. Djokovic	794	398	50	281	171	61
D. Medvedev 1	563	296	53	185	86	46
J. Sinner	505	236	47	219	140	64
H. Rune 2	491	285	58	224	120	54
A. Rublev	627	310	49	237	128	54
C. Eubanks 3	644	355	55	191	99	52
I. Safiullin	562	266	47	199	115	58

# ONLY 2 LADIES

## 2023 WIMBLEDON LADIES - 1/4 FINALISTS - AGGRESSIVE MARGIN

	Total 1st serves played	1st serves won out of the total played	% 1st serve points won out of the total played	Total 2nd serves played	2nd serve points won	% 2nd serve won
<b>M. Vondrousova</b> 1	457	198	43	169	187	30
<b>O. Jabeur</b>	346	189	55	211	140	66
<b>E. Svitolina</b>	477	206	43	181	82	45
<b>A. Sabalenka</b>	417	195	47	135	69	51
<b>J. Pegula</b>	309	122	39	119	67	56
<b>E. Rybakina</b>	286	140	49	112	57	51
<b>I. Swiatek</b>	355	172	48	113	59	52
<b>M. Keys</b> 2	347	177	51	102	43	42

Q&A

# ON COURT APPLICATION

## ❑ Drills:

A

TASK: RALLY WITH MARGIN (OVER NETS)

CONSTRAINTS: 1 HIGH NET + 1 MINI NET (ball over both, but bouncing in between them)

SCENARIO: 3rd SET, 5-6 DEUCE: 4 BALLS SURELY IN

B

TASK: KICK SERVE, HIGH BOUNCE

CONSTRAINT: HIGH NET ON THE BASELINE (ball over it)

SCENARIO: 1st GAME, 30-15: DO IT AS 1st SERVE

C

TASK: FEED 10 BALLS PRECISION DRILL

CONSTRAINT: WITHOUT THEN WITH

SCENARIO: TRACK THE FIRST RESULT AND CHECK IF WITH CONSTRAINTS IT IMPROVES

# HVALA VAMA!

[info@tennistalents.net](mailto:info@tennistalents.net)

[www.tennistalents.net](http://www.tennistalents.net)

