



2023 HTS Coaches Conference

Daruvar, Croatia



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**“HOW TO WORK ON
SENSES & SENSATIONS
TO IMPROVE PLAYERS’ SKILLS”**

according to the

TENNIS TALENTS METHOD

by Luca Appino

WHY?

- because we learn and act through our senses and sensations
- the more they are developed, the better individual potential can be expressed

**THIS IS VALID FOR PLAYERS
OF ALL LEVELS**

SENSES

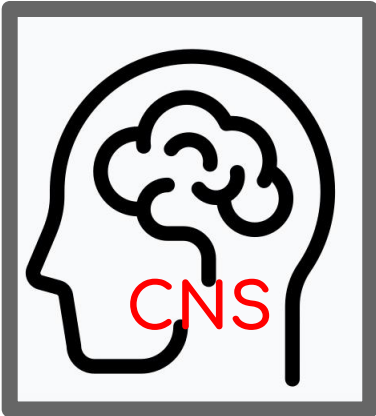
VISUAL



AUDITORY



TACTITION



BALANCE



MOVEMENT



INTEROCEPTION

SENSATIONS

SENSES

faculties by which
the body perceives
external stimuli

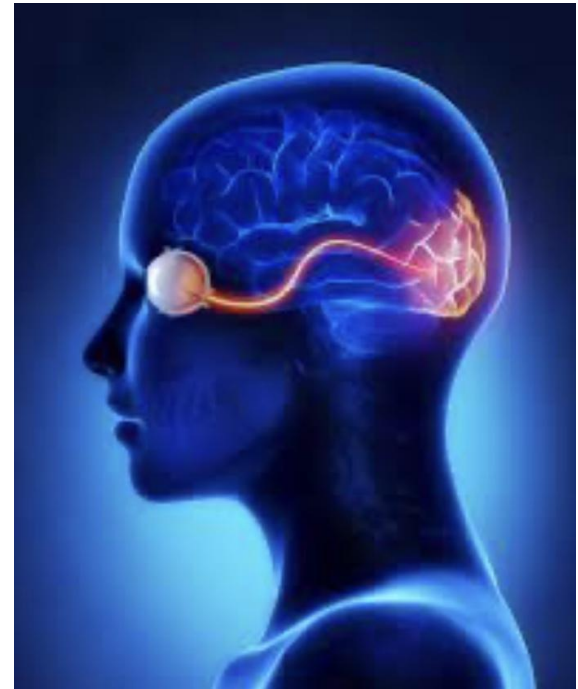
VISUAL

SIGHT

faculty of seeing, visual acuity

VISION

ability to
elaborate what
we see

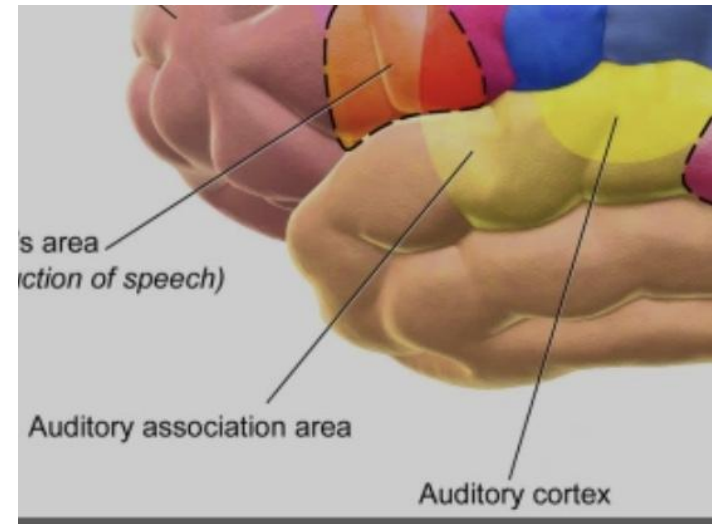


HEARING

faculty of perceiving sounds

LISTENING

ability to
elaborate what
we hear



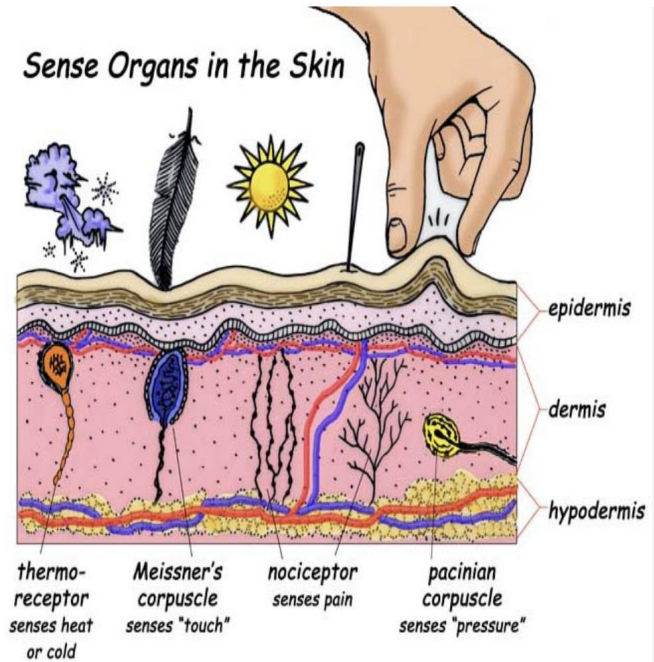
TACTITION

FEEL

faculty of perceiving what comes in contact with the skin

TOUCH

ability to transform what we feel into an action

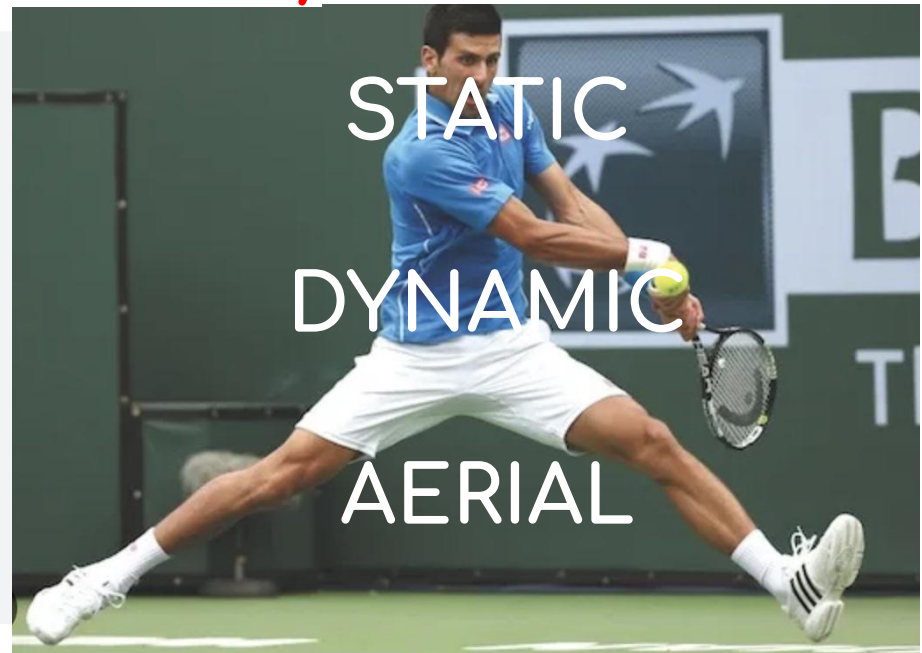
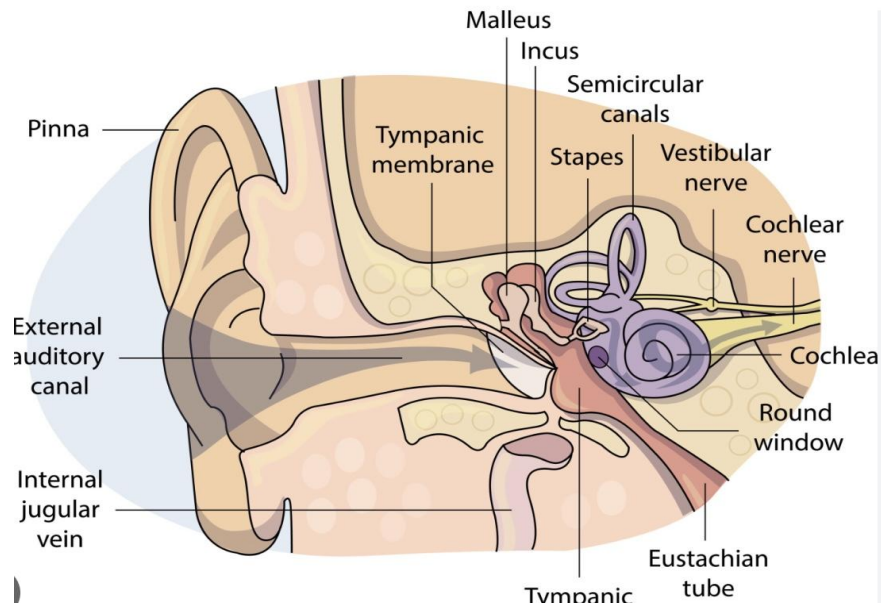


SENSATIONS

faculties to
perceive, what
internally, what
happens to the
body

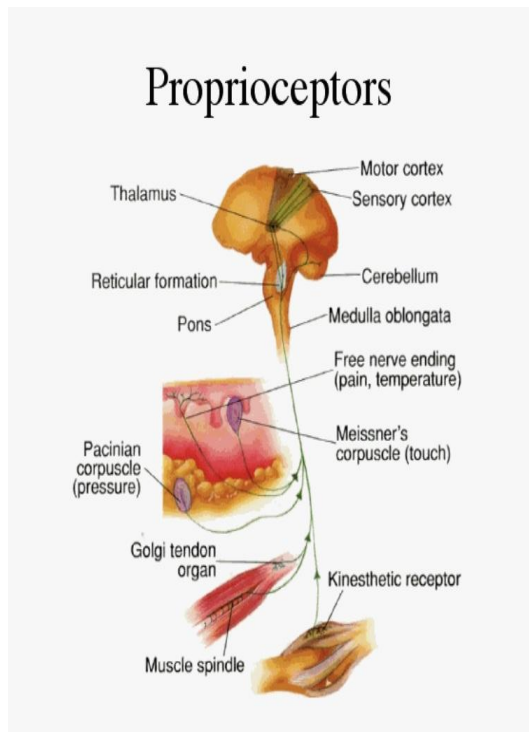
BALANCE

ability to perceive a distribution of weight enabling to keep the body in equilibrium (when moving and/or striking the ball)



PROPRIOCEPTION

ability to sense: position and movement of our limbs and trunk, effort, force, and heaviness.



MUSCLE TENSION
(low/high)

SPEED OF MOVEMENT
(slow/fast)

DIRECTION/ACTION
(flexion, extension, deviation,
rotation, pronation, supination, etc.)

INTEROCEPTION

ability to perceive the internal feelings of the body

POSITIVE FLOW / WELL BEING

CALM / STRESS

MUSCLE SORENESS

STOMACH ACHE

BODY CONTROL / LACK OF IT

THINKING (CNS)

faculty and ability of processing information and reasoning about something



PURPOSE? (why to compete/train)

GAME AWARENESS (aim situations and outcomes)

SHOT SELECTION (logic/effective solutions)

EMOTIONAL CONTROL (activation, resetting)

VISION

Anticipation, identification and relevant response:

1

BALL TRAJECTORY - IN/OUT

8 POINTS

2

OPP. POSITION
MOVEMENT
POSTURE
HABITS

WHERE OPP. IS
WHERE MOVES TO
BODY LANGUAGE
PATTERNS

3

TACTICAL SITUATION

NEUTRAL
OFFENSIVE
DEFENSIVE

- ★ A good player UNDERSTAND the game
- ★ A very good player SEES the game
- ★ A great player SENSES-FEELS the game

Q&A

STATS SERVE, 2023 WIMBLEDON

VISION

AB. TESTS
AC. PERCENTAGES
AD. AGGRESSIVE MARGIN

❑ Drills:

1

RALLY IDENTIFYING AND CALLING OUT LOUD 3 POINTS (OUT OF THE 10) OF THE IN/OUT TRAJECTORY OF THE BALL. THEN JUST SAY YES WHEN HITTING THE BALL AT THE PEAK

2

RALLY, AND BASED ON THE SITUATION, DECIDE ASAP IF YOU WILL PLAY F OR B, MOVING ACCORDINGLY

3

RALLY OR PLAY POINTS CALLING OUT LOUD THE SITUATION (neutral-YES, offensive-IN, defensive-OUT)

DIFFERENTIATION

STABILIZATION

one effective way to stimulate the senses is by minimizing/maximizing the action in order to find what fits each player effectively and efficiently

Differentiation-Stabilization

❑ Drills on sensations:

T

thinking

SERVE + 1, DECIDE WHERE TO PLAY THE FIRST 2 SHOTS

P

proprio
ception

RALLY HITTING AT VERY SLOW, VERY FAST AND "IN BETWEEN" SPEED

I

intero
ception

PLAY A GAME AS THE SCORE IS 15/15 IN THE 1st GAME OF A MATCH. PLAY A GAME BEING 5-6 30/30 IN THE 3rd SET OF A FINAL, KNOWING YOU WERE LEADING 5-1

B

balance

FROM THE BASKET/RALLY CHECK YOUR PRECISION WHEN HITTING FOREHAND BEING STABLE AND UNBALANCED

*Hit keeping the body weight on the non-dominant leg then turn the whole body; on the dominant leg turning around it, etc.

Q&A

HVALA VAM!

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