

“Sheeps react. Players read. Coaches teach the difference.”





BNP PARIBAS
FORTIS

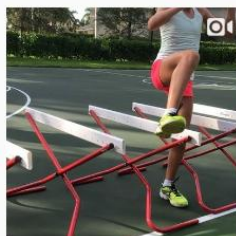
TRAINERS
by Tennis Vlaanderen



ruben.neyens

599 berichten 4.718 volgers 761 volgend

Ruben Neyens
Physical Coach | Development U12
KidsTennis Expert
Coach Education
ITF Tennis iCoach Expert
Mechelen, Belgium
Next Tennis China cn



LTA National Conference 2015:
Ruben Neyens - Drill 1

2,2 duizend weergaven · 3 jaar geleden
YouTube · Tennis Coach Ireland



Creative Training 2

2,9 duizend weergaven · 2 jaar geleden
YouTube · Tennis Coach Ireland



Creative Training 4



LTA National Conference 2015:
Ruben Neyens - Drill 3



GEMEENTELIJKE TENNISCLUB
TESSENDERLO



My personal coaching method



FUN

FIT

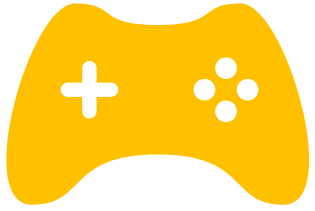
4f

FOCUS

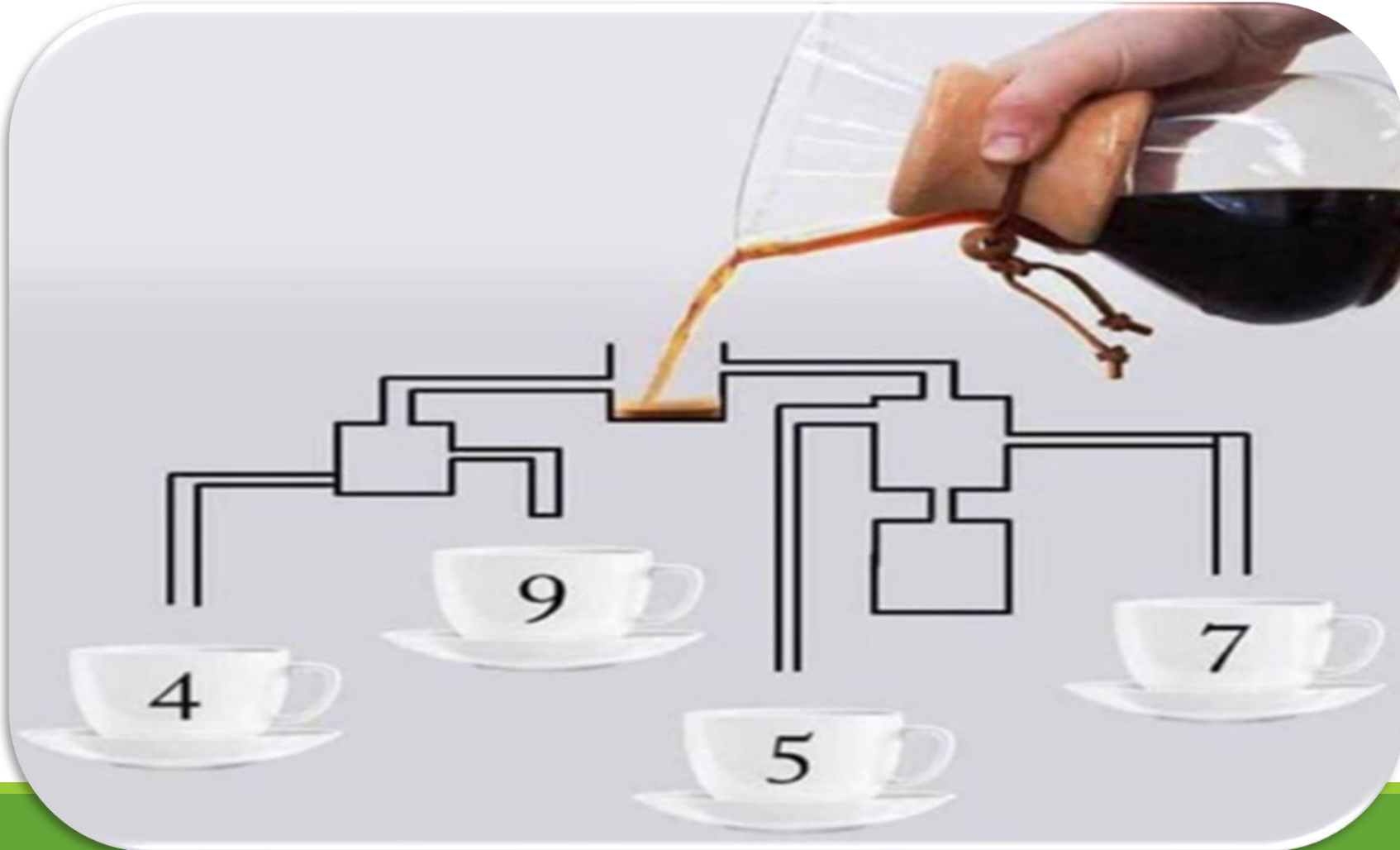
FUNCT

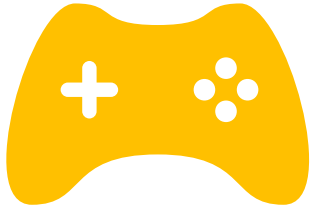
Physical conditioning - overview



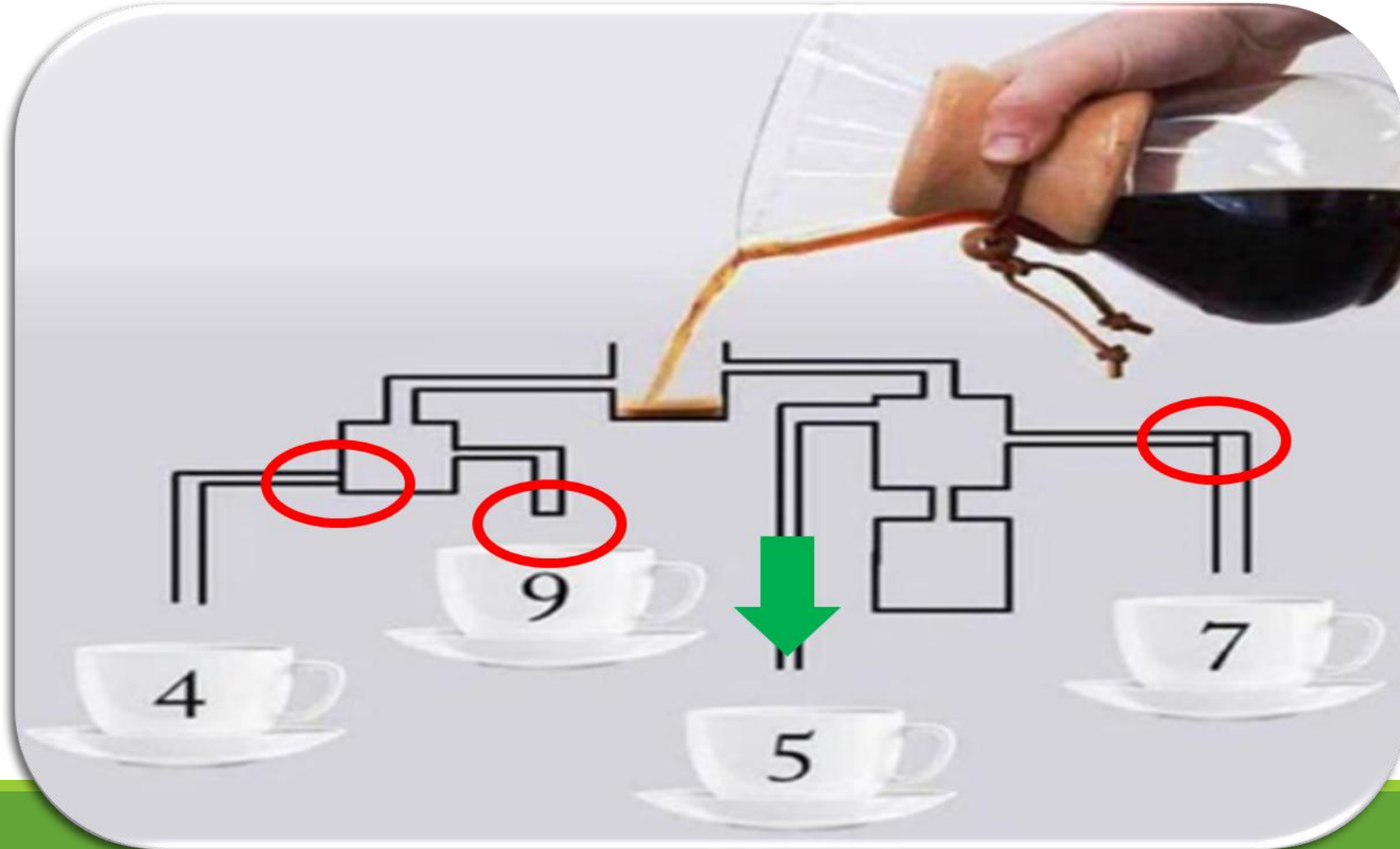


“Faster Than Your Coffee Kicks In”





“Faster Than Your Coffee Kicks In”





U12 - Motor skills training



Lets start with a slide ...

Session goals



DEFINE AGILITY IN
TENNIS CONTEXT



BREAK DOWN
FOUNDATIONAL SKILLS



SHOW HOW EXTERNAL
STIMULI SHAPE AGILITY



PROVIDE ON-COURT
ACTIVITIES



Agility



“Agility is not just (fancy) movement –
it’s movement with purpose”

“Faster, Sharper, Stronger”

*PHYSICAL DEVELOPMENT AND TRAINING FOR TENNIS ATHLETES
FOCUSED ON ON-COURT MOVEMENT & AGILITY*



“Think-Pair-Share”

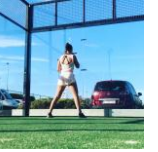
The **Think-Pair-Share** method is a collaborative learning strategy.

Faster



Refers to **physical speed** & ability to **react** instantly to external cues

- *Tennisball*
- *Opponent position*



Sharper

Means executing movements with ...

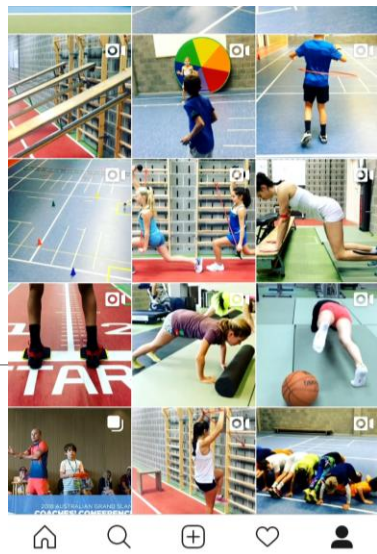
- *Precision*
- *Rhythm*
- *Awareness*

“Mentally alert & Physically efficient”

Stronger

It's about **applying force** in tennis-specific movements

- *Maintaining control*
- *Preventing injury*



Conceptual Framework:

| Pillar | Meaning in Tennis Context | Linked Presentation Sections |
|------------------------|---|--|
| <i>FASTER</i> | Quicker Acceleration, Reaction Time & Agility (to cues) | Movement demands & Reactive activities |
| <i>SHARPER</i> | More Precise, Coordinated & Intentional Movement | Coordination & Decision-making |
| <i>STRONGER</i> | Functional strength for <ul style="list-style-type: none">• Explosive Power• Controlled Deceleration | Strength & Balance activities |

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PROVIDE ON-COURT
ACTIVITIES

Agility in tennis

- Reacting to opponent's shot or movement
- Adjusting footwork based on ball trajectory
- Executing explosive movement with precision

Agility = Rapid whole-body movement with change of velocity and/or direction in response to a stimulus

Stimuli:

- *Visual: ball, opponent*
- *Auditory: sound contact ball*
- *Tactical: anticipating patterns*



- ✓ Individual sport
- ✓ No coaching during match play
- ✓ Continuous game
- ✓ Open-skilled sport: 800-1.000 decisions/match
- ✓ The “stop-and-go” nature: lots of dead time
- ✓ Silent game
- ✓ Match length dictated by score
- ✓ ...

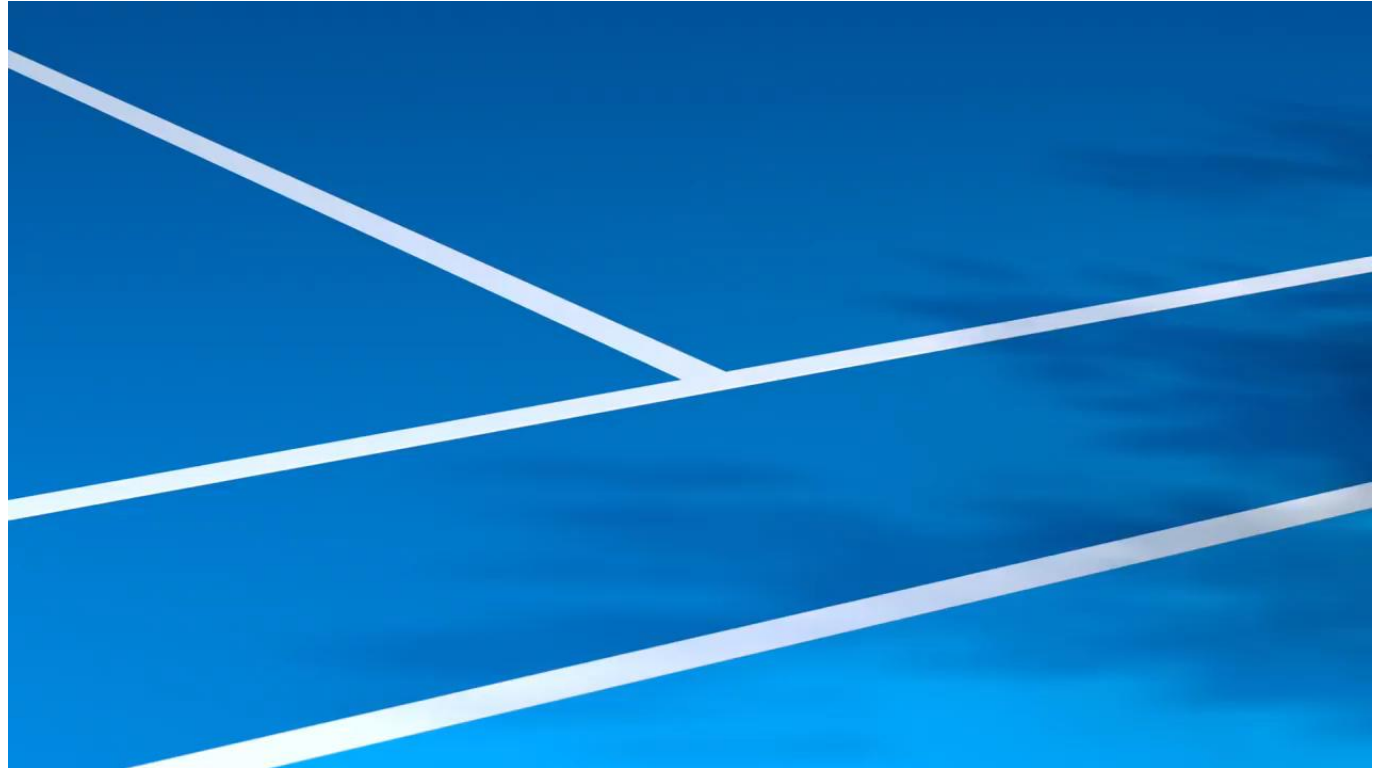


Characteristics of the tennis game?

Know your sport

Sources:

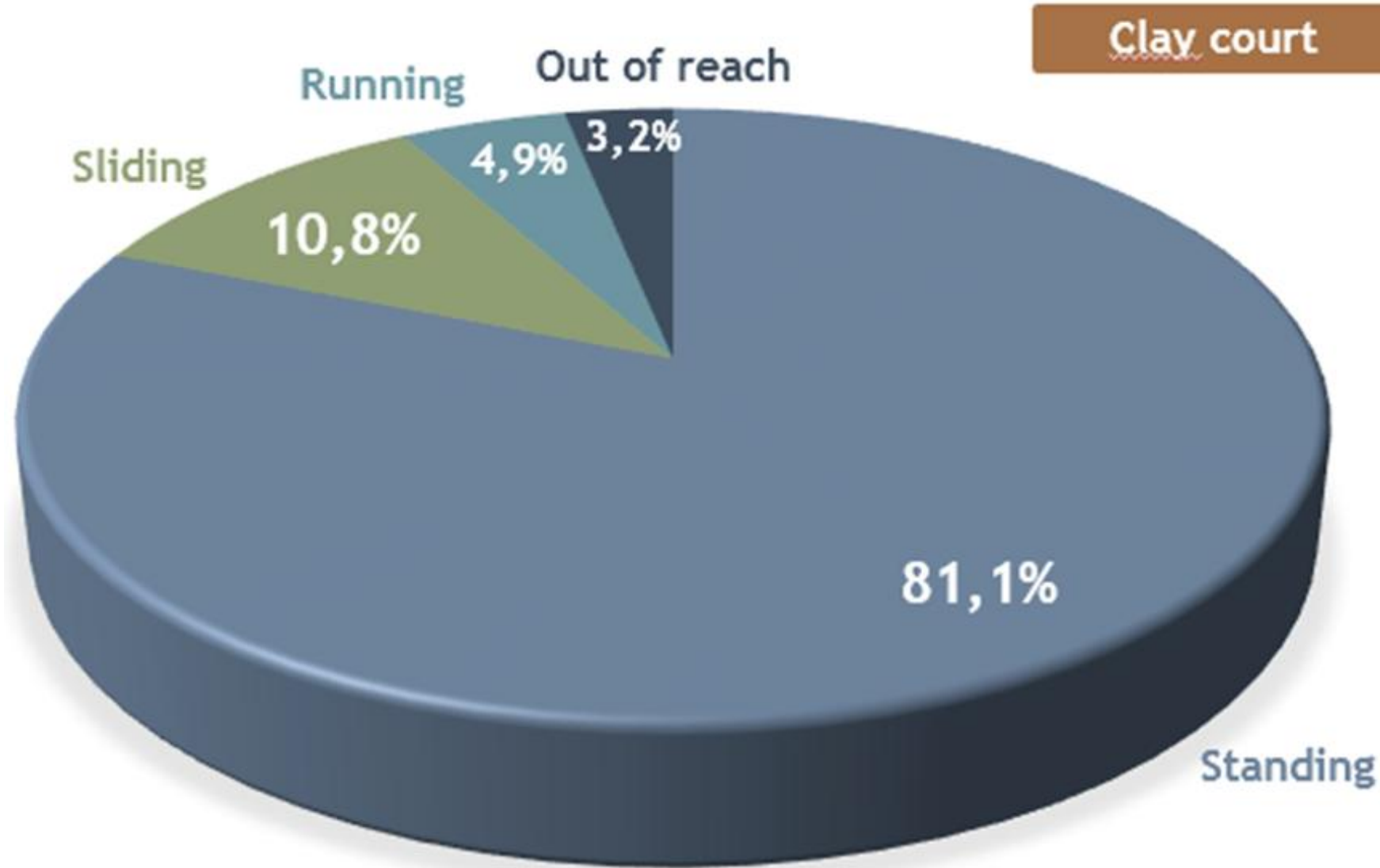
- Clustering Movement Patterns in Men's Tennis – Australian Open Study (2024)
- Machine Learning Applications in Tennis Performance – MDPI (2024)
- TennisRatio – ATP/WTA Movement Dashboards





Demands on the ability of the player

- ❑ Move quickly in all directions
- ❑ Change of direction often: 3-5x
- ❑ Stop & start – with high quality orientation
- ❑ Maintaining balance at all time
- ❑ Work intermittent 5-10" – Rest: 15-25"
- ❑ Complexity: control to hit the ball effectively
- ❑



Clay court

Tennis

5% > 4.5m

Running

10% = 2.5 - 4.5m

Sliding

80% < 2.5m

Standing

Ferrauti & Weber, 2001

“Agility is not just about moving fast –

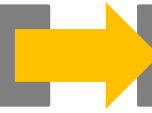
Reality of the game

vs. Reality of practice

Sources:

- Clustering Movement Patterns in Men's Tennis – Australian Open Study (2024)
- Machine Learning Applications in Tennis Performance – MDPI (2024)
- TennisRatio – ATP/WTA Movement Dashboards

MATCH REALITY



TRAINING INTEGRATION

Reactive pressure

Visual/auditory cues: ball, opponent, ... to simulate real match reactions

Time pressure

Spatial pressure

Combine movement with tactical decision-making (under mental load)

Fatigue

Surfaces

Vary footwork per surface type (surface specific movement)

Session goals



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PROVIDE ON-COURT
ACTIVITIES

Endurance of Speed
Endurance of Strength speed
Endurance of reaction

Smart movements
Precision
Harmony
Lightness

AGILITY
"Faster"

PHYSICAL
"Stronger"

COORDINATION
"Sharper"

Responding to
unpredictable
stimuli

Maintaining
posture during
dynamic
movement

COD

Applying force
with precision

Harmonizing
limbs in complex
patterns

BASIC TOOLS



Players often perform actions without knowing the terminology, and coaches must bridge that gap

*The importance of **movement literacy***

— the ability to name, understand, and coach movement with clarity —



“Agility Charades”

Movement Vocabulary Game

- *One coach draws a card and silently acts out the movement*
- *The rest of the group guesses the term based on the physical demonstration*

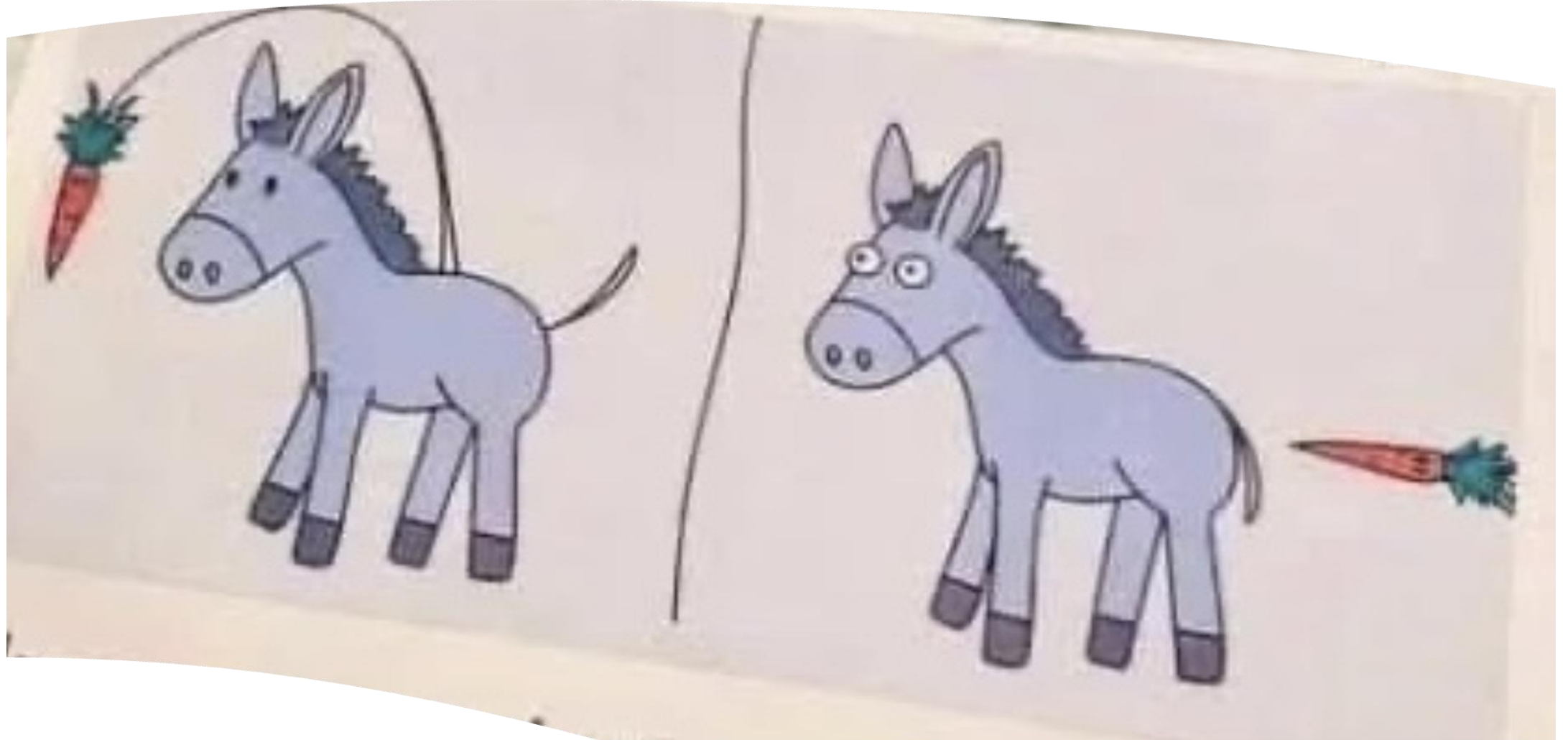
Ready position

Change of direction

Crossover step(s)

Split step: Gravity step

Axis rotation



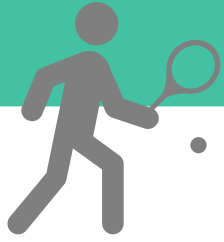
“THERE ARE TWO WAYS OF COACHING”

Kids - Playground



Play the game



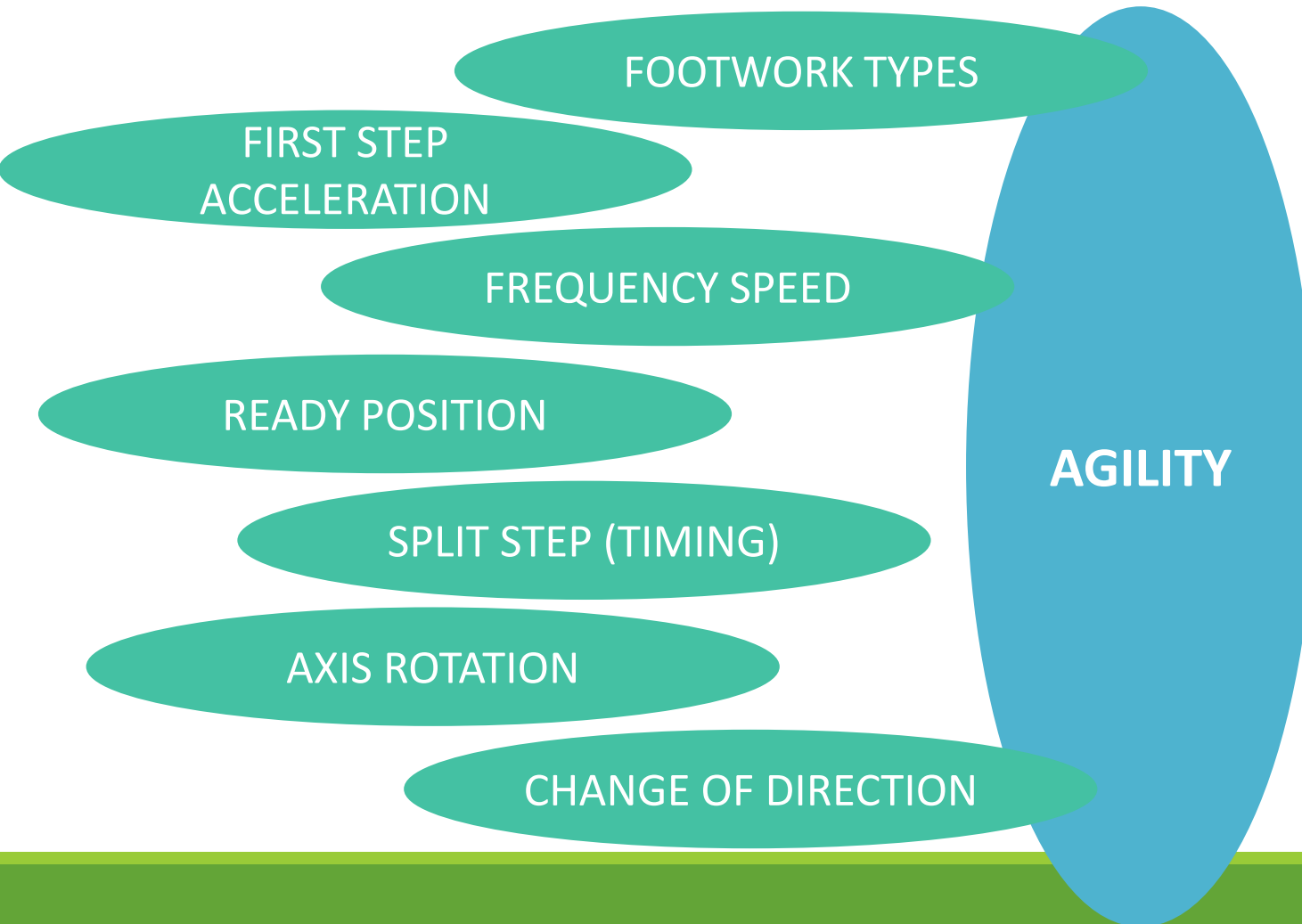


SKILL

QUALITY



“Family members of Agility”



QUALITY

AGILITY

HIP LEVEL CONTROL

TRUNK STABILITY

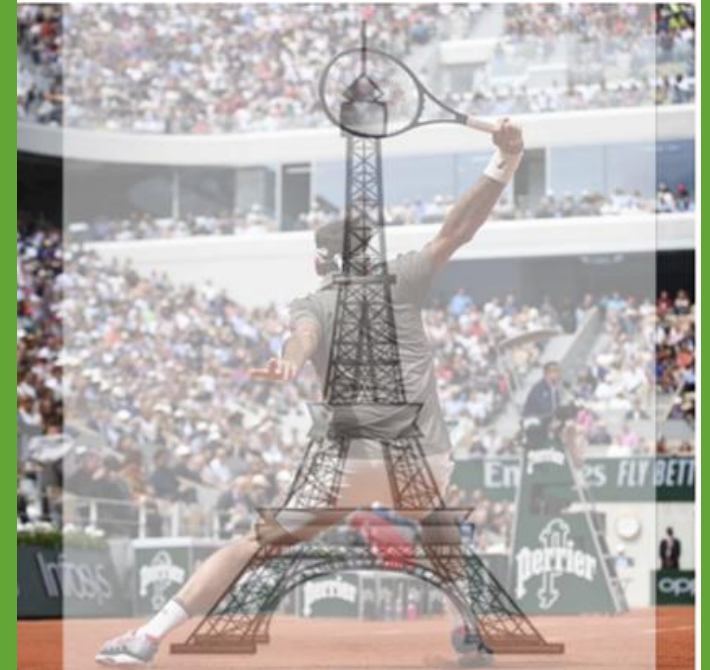
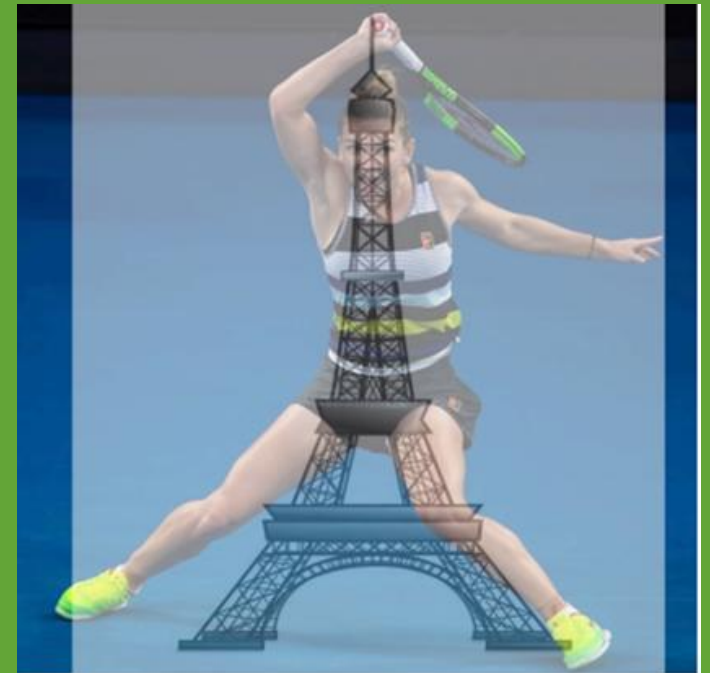
FOOTWORK RHYTHM
& LIGHTNESS

GROUND EFFICIENCY

ENERGY ECONOMY

MOVEMENT FLOW

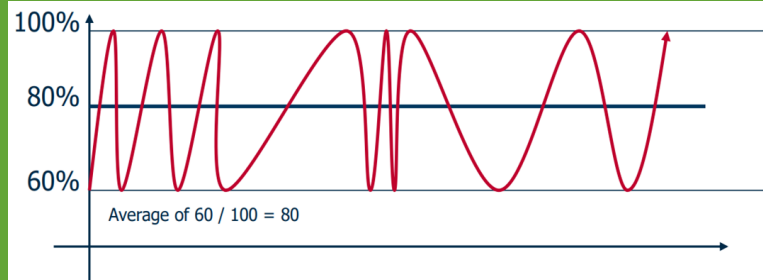
DECELERATION
CONTROL



60% / 100% runners



carmodel.com



80% runners



INTENSITY

GROUND CONTACT >
PUSH OFF

EXPLOSIVENESS

SPEED ENDURANCE

ENERGY ECONOMY

ENDURANCE OF
REACTION (SPEED)

MAXIMUM SPEED

ACCELERATION SPEED

AGILITY

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PROVIDE ON-COURT
ACTIVITIES

In tennis agility, what does 'Sharper' refer to?

- A) Explosive power
- B) Maximum sprint speed
- C) Footwork frequency
- D) Movement precision and cognitive clarity

Correct: D

Explanation: 'Sharper' relates to precise, intentional movement and decision-making under pressure.

Why is agility training under fatigue important?

Correct: A

Explanation: Training under fatigue mimics real match conditions and challenges decision quality.

- A) It simulates match rhythm and decision-making under pressure
- B) It reduces reaction time permanently
- C) It increases muscle size
- D) It improves flexibility

What does 'movement literacy' refer to?

Correct: B

Explanation: Movement literacy is the ability to recognize and teach movement with clarity and purpose.

- A) Reading tennis books
- B) Knowing how to name, understand, and coach movement
- C) Memorizing footwork drills
- D) Watching professional matches

Which combination best reflects match-relevant agility under pressure?

Correct: B

Explanation: True match-relevant agility combines explosive movement, cue recognition, and decision-making under pressure.

- A) High footwork frequency + long rallies
- B) Explosive sprint + visual cue recognition + tactical decision
- C) Static balance + repetition of drills
- D) Maximum speed + crowd engagement

“Sheeps react. Players read. Coaches teach the difference.”



THANK YOU