

CRITERIA FOR THE DEFINITION OF TENNIS TRAINING SESSIONS

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1) INTRODUCTION: THE TRAINING SESSION

a) Importance

b) The player

- i) Age
- ii) Playing level / experience
- iii) Gender
- iv) Other aspects

c) The goal: The 5 game situations

- i) Learning
- ii) Correction
- iii) Stabilisation

d) The content

- i) **Tactical – strategical:** Patterns, points, surfaces, opponents...
- ii) **Technical – biomechanical:** Power – acceleration - speed, control - touch...
- iii) **Psychological – mental:** Motivation, concentration, emotional control, confidence...
- iv) **Physical – conditioning:** Co-ordination, speed, agility, endurance, strength/power, flexibility...

e) The environment

- i) Training
- ii) Competition

2) CRITERIA FOR THE DEFINITION OF TRAINING SESSIONS

a) Tactics – strategy

- i) A key question: What do you want to do?
- ii) The decision making process, the game options, the “conditions” in the drills
- iii) The progression open – closed – open with rally and basket

b) Technique – biomechanics

- i) A key question: How do you want to do it?
- ii) Analysis: Preparation – Observation – Diagnosis – Intervention
- iii) The technical “tip”

c) Psychological – mental

- i) A key question: What do you want to be?
- ii) The behaviour, the attitude both on and off court
- iii) Psychological contents and training strategies

d) Physical – conditioning

- i) A key question: How do you want to be?
- ii) Theo on-court training
- iii) Drill progression: general – special - specific

3) CONCLUSIONS

a) Clarity in the goals

b) Player is the priority