

Speaker Biography

Miguel is the Head of Participation and Coaching of the Tennis Integrity and Development Department, at the International Tennis Federation. He creates programmes, conducts courses, organises conferences, and coordinates research applied to tennis participation and coaching. He has been involved in the writing and editing of many of the ITF's coach education publications. A former captain of Spanish National Junior Teams and Director of the Spanish Tennis Federation Coaching School, Miguel holds a Ph.D. in Law, another Ph.D. in Sports Psychology, and a B.A. in Philology.

He is a member of both the ITF Coaches Commission and the ITF Sport Science and Medical Commission. He is the Editor of the ITF Coaching and Sport Science Review, the official coaching publication of the ITF, which is published in English, French and Spanish. He is also Treasurer of the International Council of Coaching Excellence and Board Member of the European Coaching Council.

Presentation Summaries

Full presentation title:	Learning the defensive game		
Theme (e.g. high performance, tactics, psychology):	Tactics		
Linked to <u>female tennis</u> or <u>participation</u> (select one):		<u>on-court / breakout</u> lecture (select one):	On court
Equipment:	Balls, cones, line markers, basket	Players required or any other considerations:	2-4
SUMMARY OF PRESENTATION (Please provide about 50-100 words for each of the following sections)			
Introduction/ Background	This presentation is about tactics and strategy. It will cover one of the neglected aspects in this field: the defensive game. Everyone focuses on the great shots, the winners, the aces and the power of the game. However, few people draw their attention to one of the key characteristics of the modern tactics: the ability of the player to recover the initiative in the point by playing the defensive game in an efficient manner.		
Main content (drills or main content explanation)	A definition of defensive game patterns will be provided. As well as different examples on how the coach could help their players understand the need to practice the defensive game in order to master the main features of this crucial aspect of tennis tactics. Drills will be presented in a structured way by including them in the 5 game situations. Different teaching methodologies will be used: basket, coach rally and player rally.		
Summary (main conclusion or takeaway bullet points)	The main conclusion of this presentation is that the defensive game is a must in the tactics bag of very sound tennis player. Coaches should make players aware of the need of not only being good in advantage situations, but more importantly, being efficient when in under pressure situations.		

ITF North African Regional Coaches Conference

Miguel Crespo

Cairo (Egypt), October 2018

Full presentation title:	The future of tennis coaching		
Theme (e.g. high performance, tactics, psychology):	Coach education		
Linked to <u>female tennis</u> or <u>participation</u> (select one):	Participation and coaching	<u>on-court / breakout</u> lecture (select one):	Lecture room
Equipment:	None	Players required or any other considerations:	None
SUMMARY OF PRESENTATION (Please provide about 50-100 words for each of the following sections)			
Introduction/ Background	Tennis coaching as a discipline is continuously evolving. In this presentation, the main trends on the modern tennis coaching will be discussed. As per the game of tennis, the following aspects will be covered: increased globalization of tennis, power game, athleticism, toughness, tactical automaticity, specialisation, results, expensive, change, adapting the game, and the values of tennis		
Main content (drills or main content explanation)	An overview on the main characteristics of the players will include the following: pathway, surfaces, birth, age, transition, injury prevention, intangibles (coachability, ability to learn fast, ability to constantly improve, ability to adapt), entourage. regarding the training, the topics will be: player centred approach, individualisation, teaching for understanding, accelerating learning, training and instruction, practice variability, teaching methods, feedback, knowledge, periodisation, PAT in tennis, clubs, and the coaching team		
Summary (main conclusion or takeaway bullet points)	The main conclusions will be geared around the role of the coaches and Long-term coach development, the coach as a facilitator, social support, complex nature of coaching, unpredictability, instinct, dynamism, experience, team work and passion. This presentation hopes to contribute in the reflection on how coaches can provide a better delivery of their coaching in order to benefit a larger number of players no matter their playing level and gender.		

Full presentation title:	Fun games for large groups of beginner players pre-red and red stages		
Theme (e.g. high performance, tactics, psychology):	Beginner tennis		
Linked to <u>female tennis</u> or <u>participation</u> (select one):	Participation	<u>on-court / breakout</u> lecture (select one):	On-court
Equipment:	Cones, red, orange balls, rackets, line markers	Players required or any other considerations:	10
SUMMARY OF PRESENTATION (Please provide about 50-100 words for each of the following sections)			
Introduction/ Background	Dealing with large groups of beginners is always a challenge for coaches willing to engage players and motivate them to keep involved in tennis play. The main goals of beginner tennis are enjoyment and learning. In order to achieve them, the coaches should put together different strategies that will include activities implemented with the adequate methodology.		
Main content (drills or main content explanation)	This presentation will include several fun games for large groups of beginners while emphasising in the development of the fundamental motor skills for pre-red and red stages. The main aspects of the modern teaching methodology have impacted on the structure of the lesson (Traditional vs Modern), but also on the organization of the students (Lines vs. Groups and Co-operation, opposition), the equipment (Different types of balls and Progressive use), and the courts and nets (different court types, combination court – balls – racket).		
Summary (main conclusion or takeaway bullet points)	As per the contents in beginner tennis, it is important to emphasise: Tactical (1. Consistency, 2. Depth, 3. Direction, 4. Height), Technical (Trajectory – reception, impact, position, movement), Physical (Mobility, co-ordination and feeding), and Mental (Motivation and co-operation). Besides, Competition should be organized from the first day and needs to be combined with cooperation drills. Coaches should be creative, innovative, and willing to use all resources available to provide the best playing experience to beginner players. They should organise active lessons that facilitate learning by playing in order to retain the beginner players.		