Retos en el trabajo con los tenistas del futuro

Miguel Crespo (ITF)

OBJETIVO DE LA PRESENTACIÓN:

REFLEXIÓN

EL TENIS

LOS JUGADORES

Wilson
MORE WIN.
EL ENTRENAMIENTO

LOS ENTRENADORES

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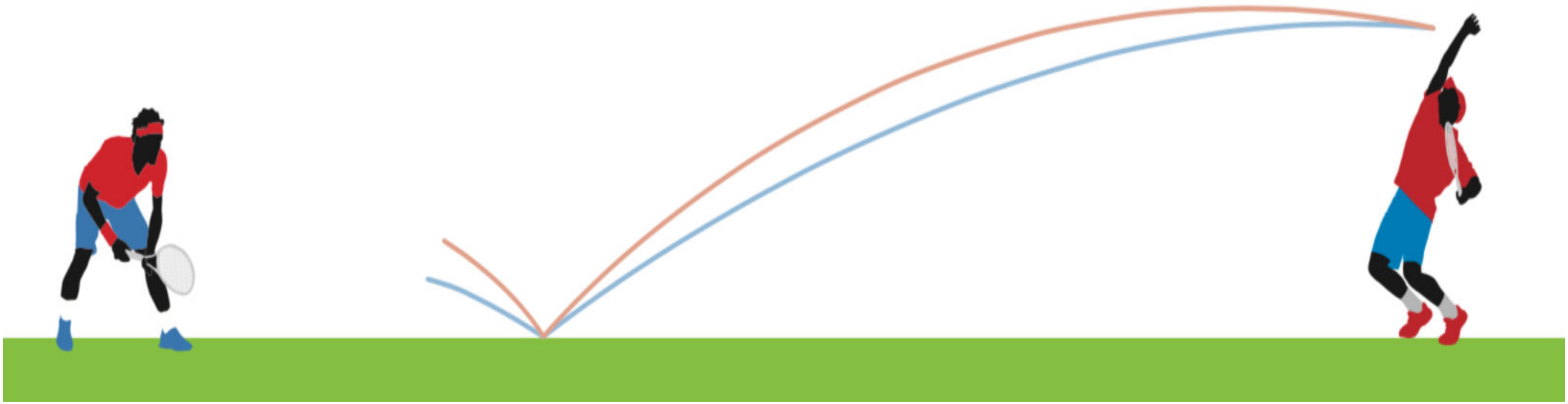
EL TENIS



MAYOR GLOBALIZACIÓN DEL TENIS

GILBERT & RANGEON (2011)

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JUEGO DE POTENCIA

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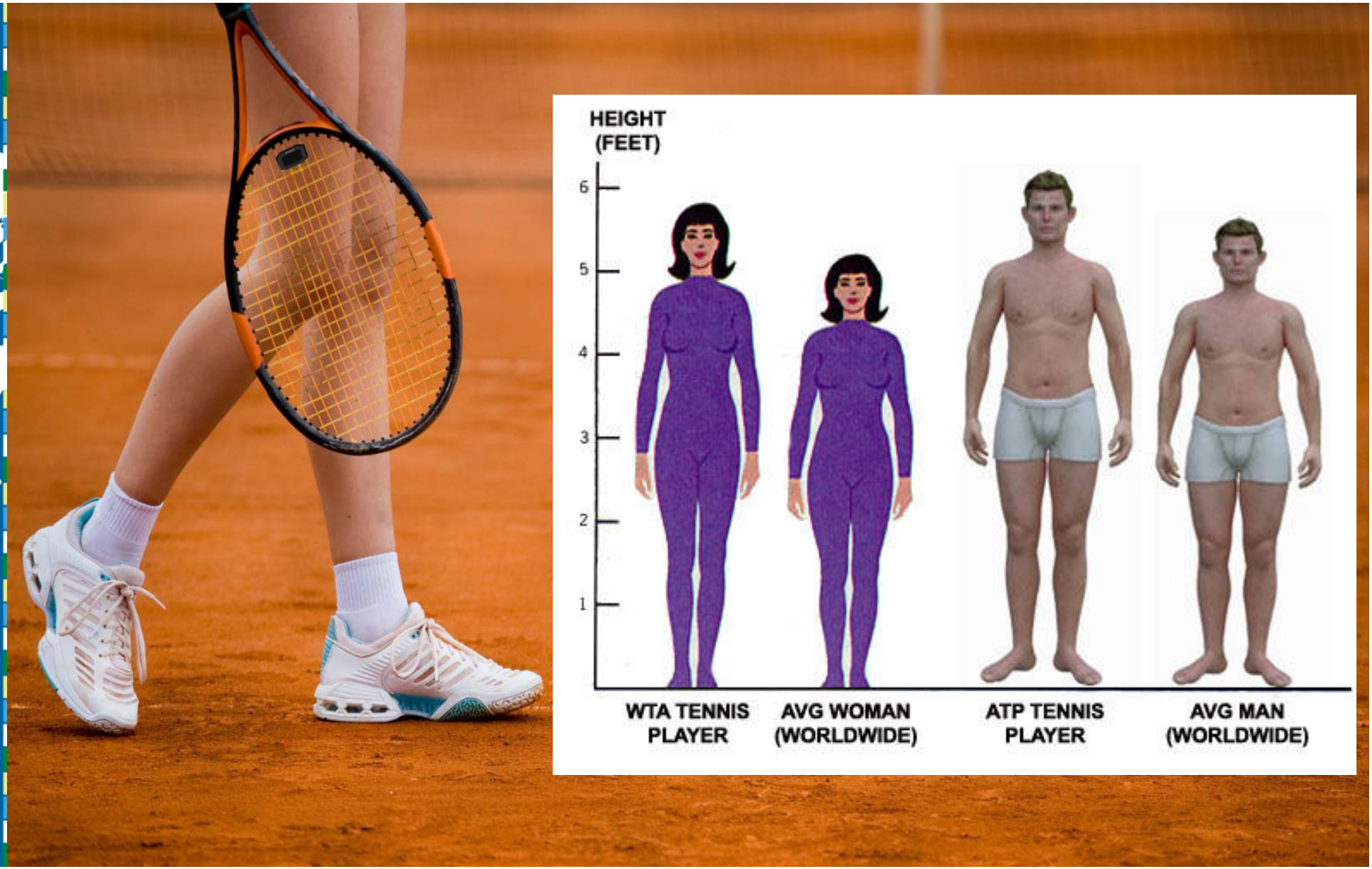

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ATLÉTICO

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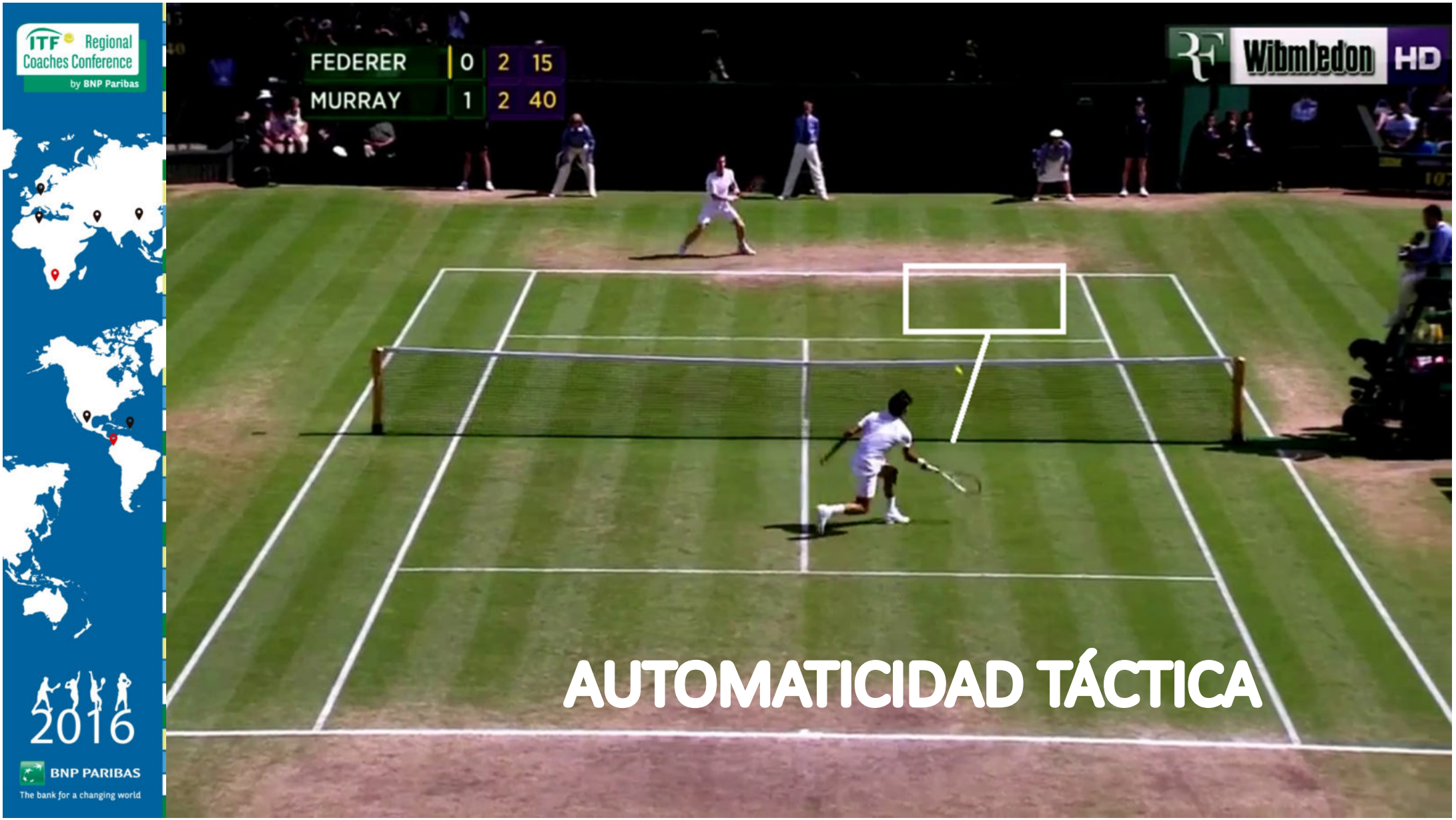
FORTALEZA MENTAL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FEDERER 0 2 15
MURRAY 1 2 40
Wibmledon HD
AUTOMATICIDAD TÁCTICA
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ESPECIALIZACIÓN

RESULTADOS

#1 APPAREL UNIQLO RACQUET
#2
#3
#4
#5
#6
#7
#8
#9
#10
#11
#12
#13
#14
#15
#16
#17
#18
#19 UNIQLO
#20
#21
#22
#23
#24
#25
#26
#27
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#29
#30
#31
#32
#33
#34
#35
#36
#37
#38
#39
#40
WORLD TENNIS
SPONSORSHIP RANKINGS
The Footy Almanac .com.au
Sponsorship deals and equipment use are likely to change regularly, and this would alter the data and results
Pro tennis has long been an ideal and popular sport for crowds and television, thus making player sponsorship increasingly valuable to companies wanting to best promote their brand. Competition within the tennis racquet and apparel market is, and will always be fierce. Here, we have a look at what brands have sponsored players within the ATP top 100 Men's singles rankings.
RACQUET USED
29
27
20
10
Another Sports infographic by @CobbaStevens
ATP Men's Singles rankings correct as of 1st January 2013
#41
#42
#43
#44
#45
#46
#47
#48
#49
#50
#51
#52
#53
#54
#55
#56
#57
#58
#59
#60
^APPAREL SPONSORSHIP IN TOP 100^
#61
#62
#63
#64
#65
#66
#67
#68
#69
#70
#71
#72
#73
#74
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#99
#100

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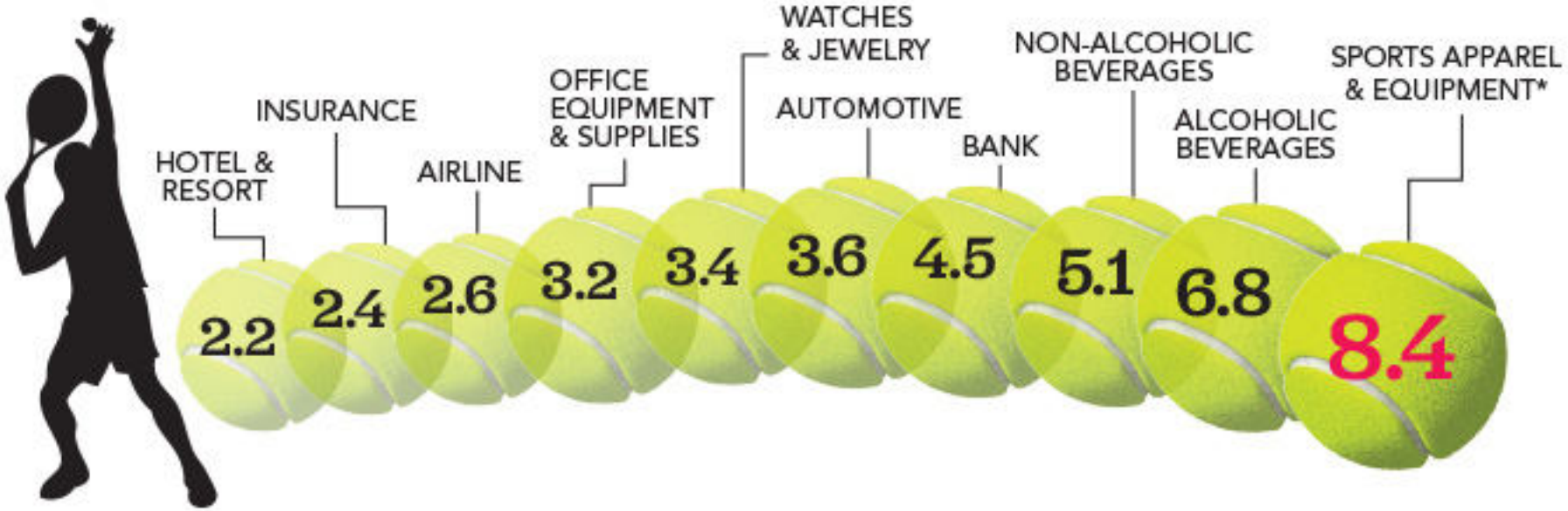

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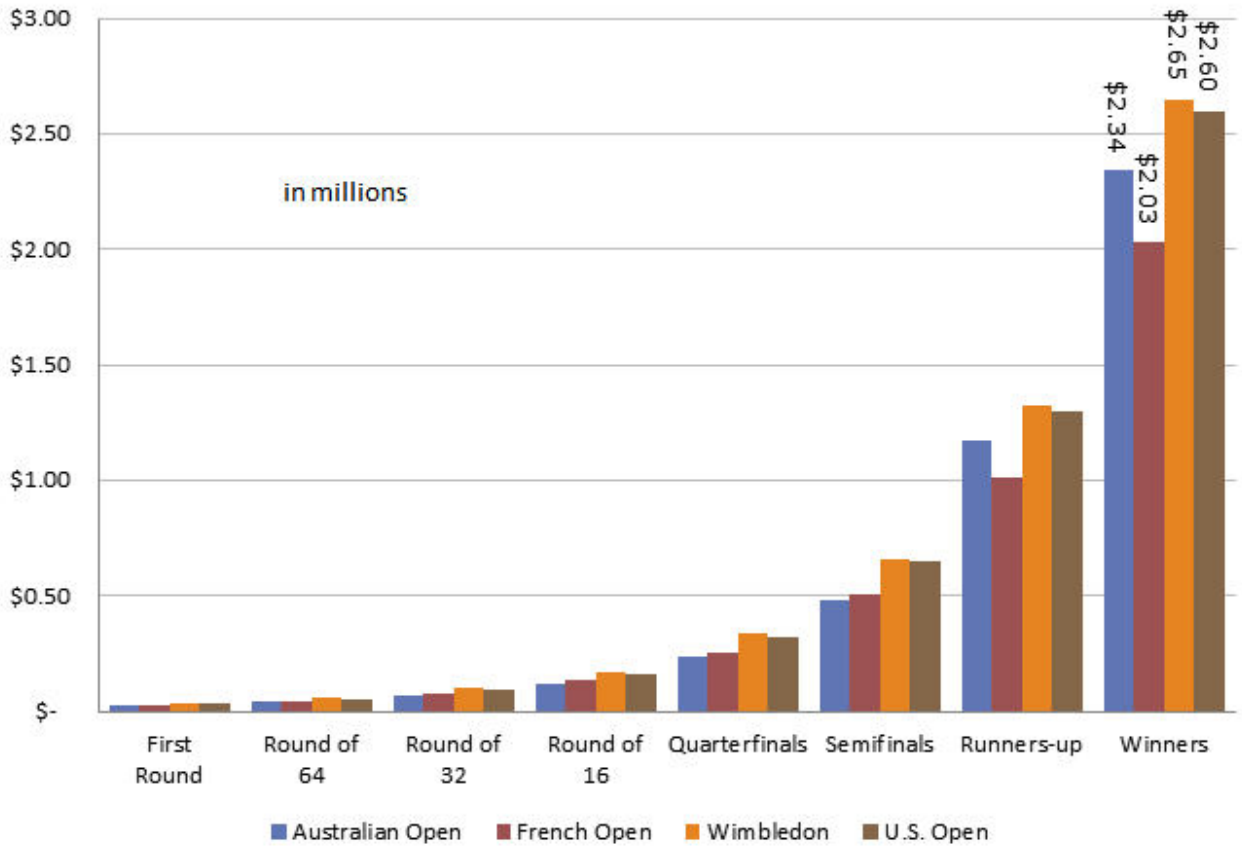
Sports Chart of the Day

Prize Money at Grand Slam Tennis Tournaments



BUSINESS INSIDER

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CAMBIO

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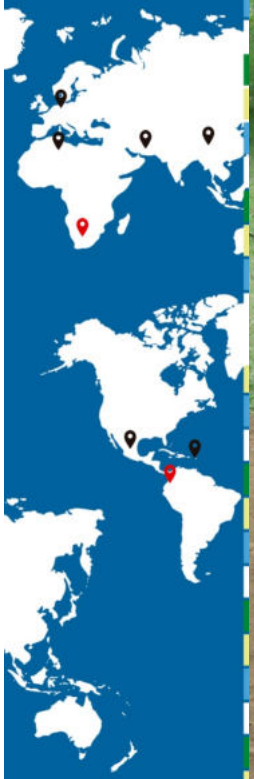

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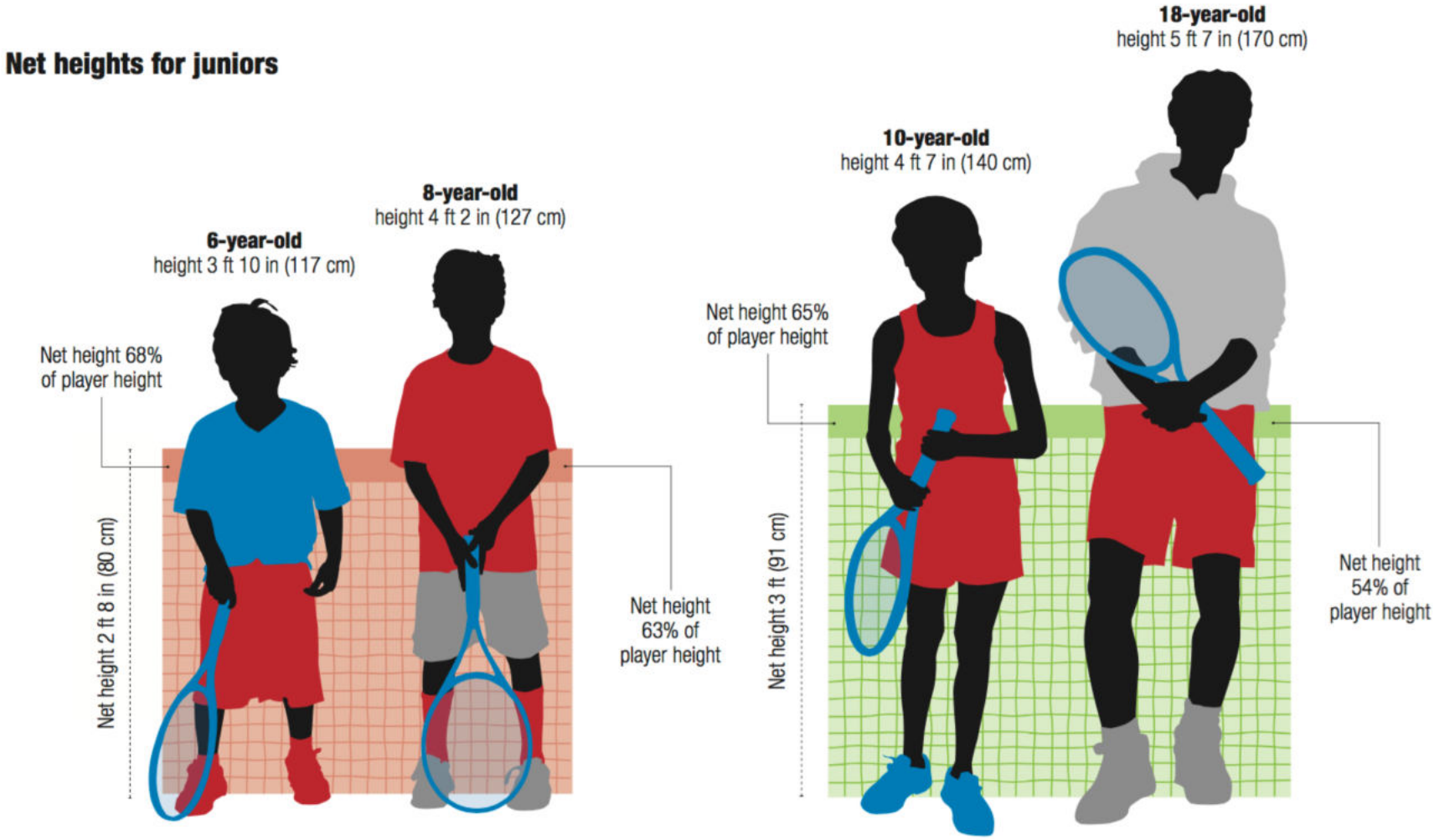
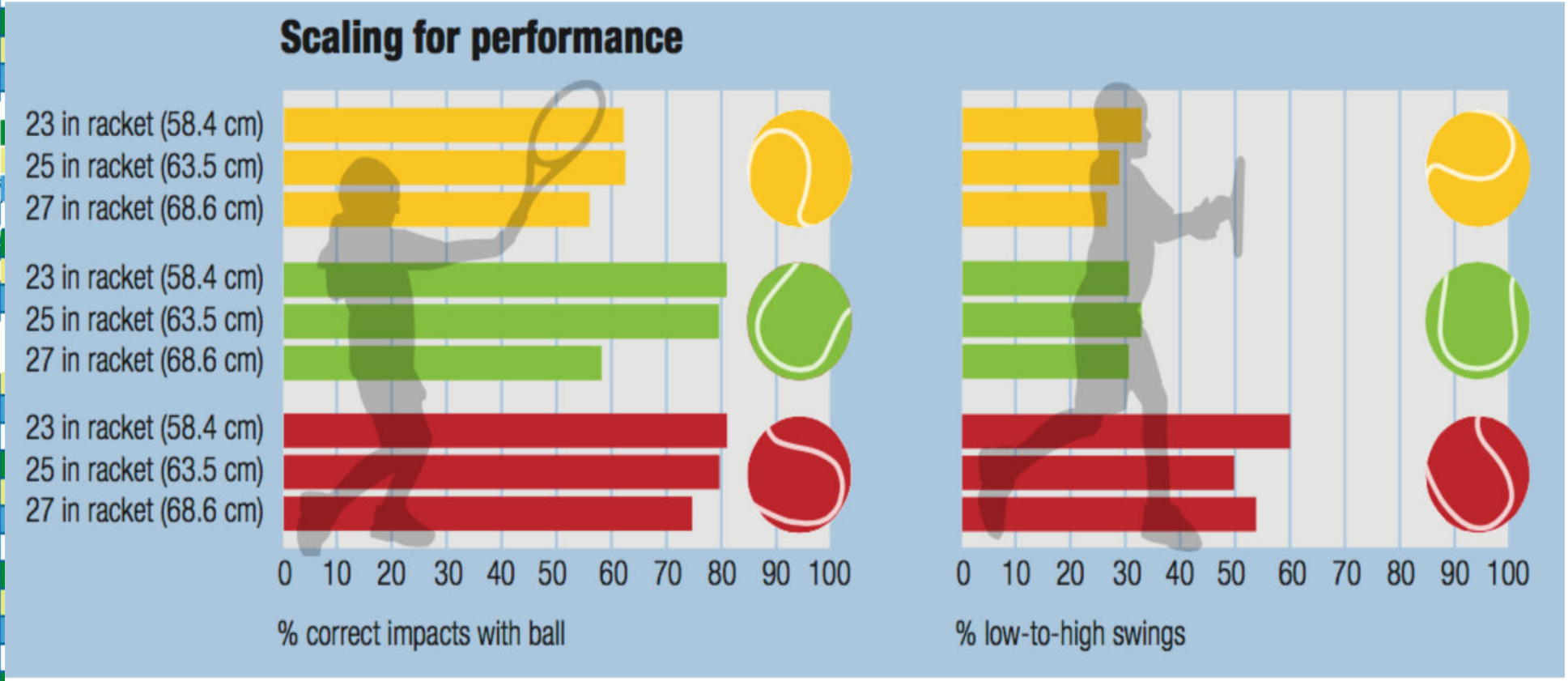
MÁS Y MEJORES JUGADORES

AUMENTAR LA PARTICIPACIÓN

PLAY+STAY
SERVE·RALLY·SCORE

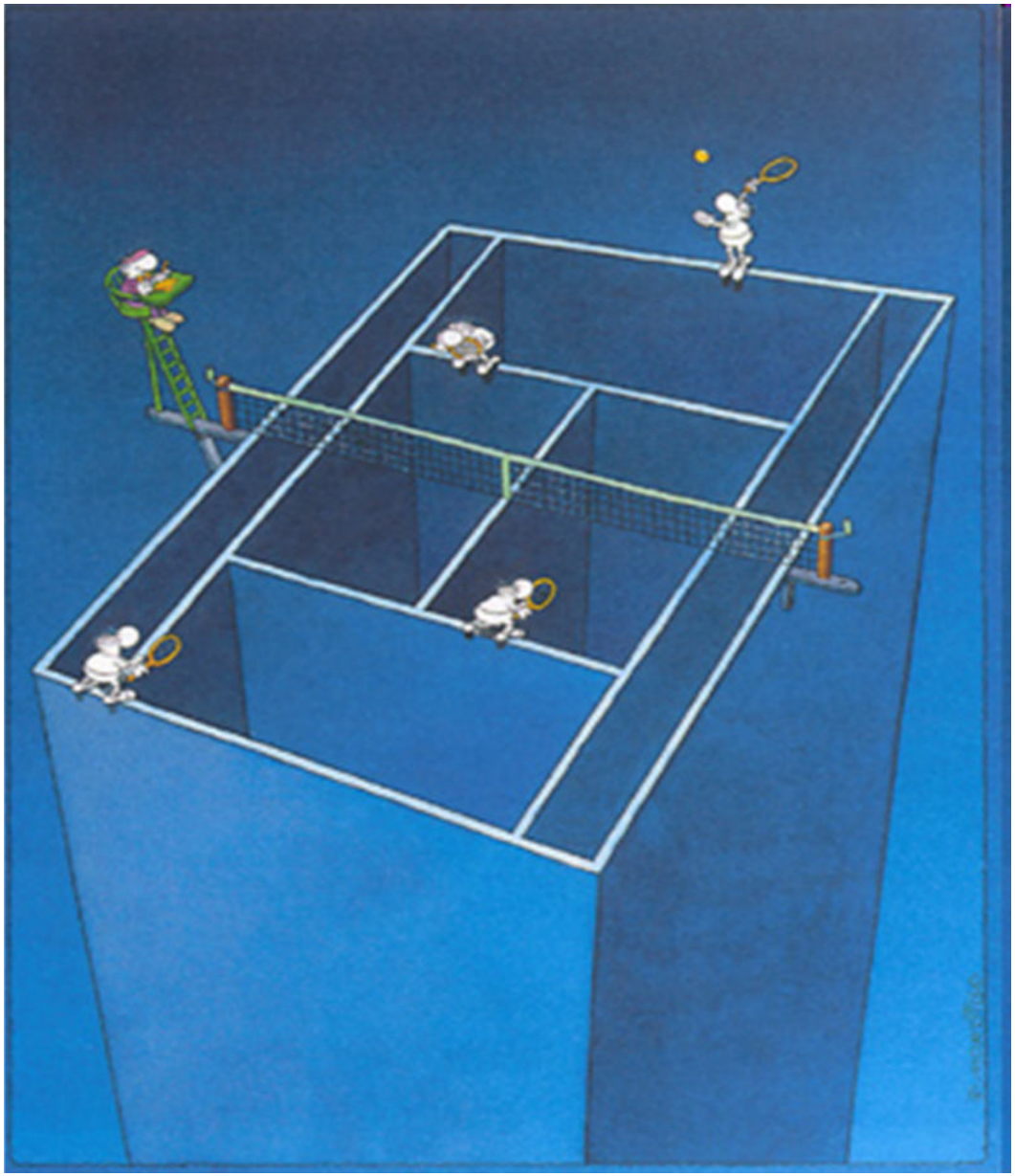


ADAPTAR EL JUEGO



ADAPTAR EL JUEGO

HACERLO MÁS FÁCIL



LOS VALORES DEL TENIS

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LOS JUGADORES

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TRAYECTORIA

French Open junior champions

Year won	Player Male	Senior ranking
1980	Henri Leconte	5
1981	Mats Wilander	1
1982	Tarik Benhabiles	22
1983	Stefan Edberg	1
1984	Kent Carlsson	6
1985	Jaime Yzaga	18
1986	Guillermo Pérez Roldán	31
1987	Guillermo Pérez Roldán	13
1988	Nicholas Pereira	74
1989	Fabrice Santoro	17
1990	Andrea Gaudenzi	18
1991	Andriy Medvedev	4
1992	Andrei Pavel	13
1993	Roberto Carretero	58
1994	Jacobo Díaz	68
1995	Mariano Zabaleta	21
1996	Alberto Martín	34
1997	Daniel Elsner	92
1998	Fernando González	5
1999	Guillermo Coria	3
2000	Paul-Henri Mathieu	12

Year won	Player Female	Senior ranking
1980	Kathy Horvath	10
1981	Bonnie Gadusek	8
1982	Manuela Maleeva	3
1983	Pascale Paradis	20
1984	Gabriela Sabatini	3
1985	Laura Garrone	32
1986	Patricia Tarabini	12
1987	Natasha Zvereva	5
1988	Julie Halard	7
1989	Jennifer Capriati	1
1990	Magdalena Maleeva	4
1991	Anna Smashnova	15
1992	Rossana de los Ríos	51
1993	Martina Hingis	1
1994	Martina Hingis	1
1995	Amélie Cocheteux	55
1996	Amélie Mauresmo	1
1997	Justine Henin	1
1998	Nadia Petrova	3
1999	Lourdes Domínguez Lino	40
2000	Virginie Razzano	16

SUPERFICIES

Developmental surfaces of junior Grand Slam winners

Year	BOYS' US OPEN Winner	Country	Surface
1990	Andrea Gaudenzi	Italy	Clay
1991	Leander Paes	India	Hard
1992	Brian Dunn	USA	Hard
1993	Marcelo Ríos	Chile	Clay
1994	Sjeng Schalken	Netherlands	Clay/Hard
1995	Nicolas Kiefer	Germany	Clay/Hard
1996	Daniel Elsner	Germany	Clay/Hard
1997	Arnaud di Pasquale	France	Clay/Hard
1998	David Nalbandian	Argentina	Clay
1999	Jarkko Nieminen	Finland	Hard
2000	Andy Roddick	USA	Hard

Year	GIRLS' US OPEN Winner	Country	Surface
1990	Magdalena Maleeva	Bulgaria	Hard
1991	Karina Habšudová	Czechoslovakia	Clay
1992	Lindsay Davenport	USA	Hard
1993	Maria Bentivoglio	Italy	Clay
1994	Meilen Tu	USA	Hard
1995	Tara Snyder	USA	Hard
1996	Mirjana Lučić	Croatia	Clay
1997	Cara Black	Zimbabwe	Hard
1998	Jelena Dokić	Australia	Hard
1999	Lina Krasnoroutskaya	Russia	Clay
2000	María Emilia Salerni	Argentina	Clay

Year	BOYS' WIMBLEDON Winner	Country	Surface
1990	Leander Paes	India	Hard
1991	Thomas Enqvist	Sweden	Clay/Hard
1992	David Škoch	Czechoslovakia	Clay
1993	Răzvan Sabău	Romania	Clay/Hard
1994	Scott Humphries	USA	Hard
1995	Olivier Mutis	France	Clay/Hard
1996	Vladimir Voltchkov	Russia	Clay
1997	Wesley Whitehouse	South Africa	Hard
1998	Roger Federer	Switzerland	Clay/Hard
1999	Jürgen Melzer	Austria	Clay
2000	Nicolas Mahut	France	Clay/Hard

Year	GIRLS' WIMBLEDON Winner	Country	Surface
1990	Andrea Strnadová	Czechoslovakia	Clay
1991	Barbara Rittner	Germany	Clay/Hard
1992	Chanda Rubin	USA	Hard
1993	Nancy Feber	Belgium	Clay
1994	Martina Hingis	Switzerland	Clay/Hard
1995	Aleksandra Olsza	Poland	Clay
1996	Amélie Mauresmo	France	Clay/Hard
1997	Cara Black	Zimbabwe	Hard
1998	Katarina Srebotnik	Slovenia	Clay
1999	Iroda Tulyaganova	Uzbekistan	Clay
2000	María Emilia Salerni	Argentina	Clay

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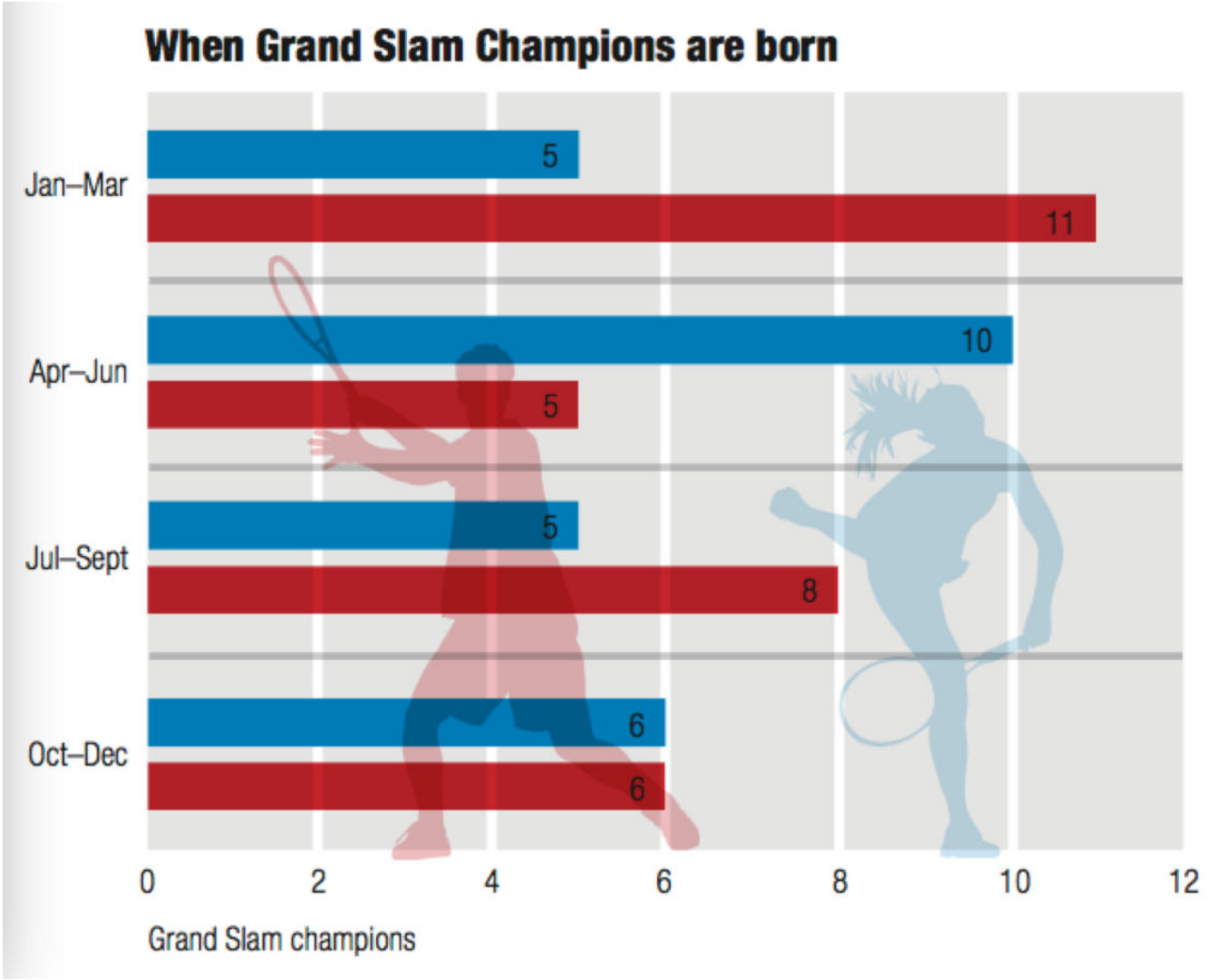
When Grand Slam Champions are born
Jan–Mar
5
11
Apr–Jun
10
5
Jul–Sept
5
8
Oct–Dec
6
6
0
2
4
6
8
10
12
Grand Slam champions

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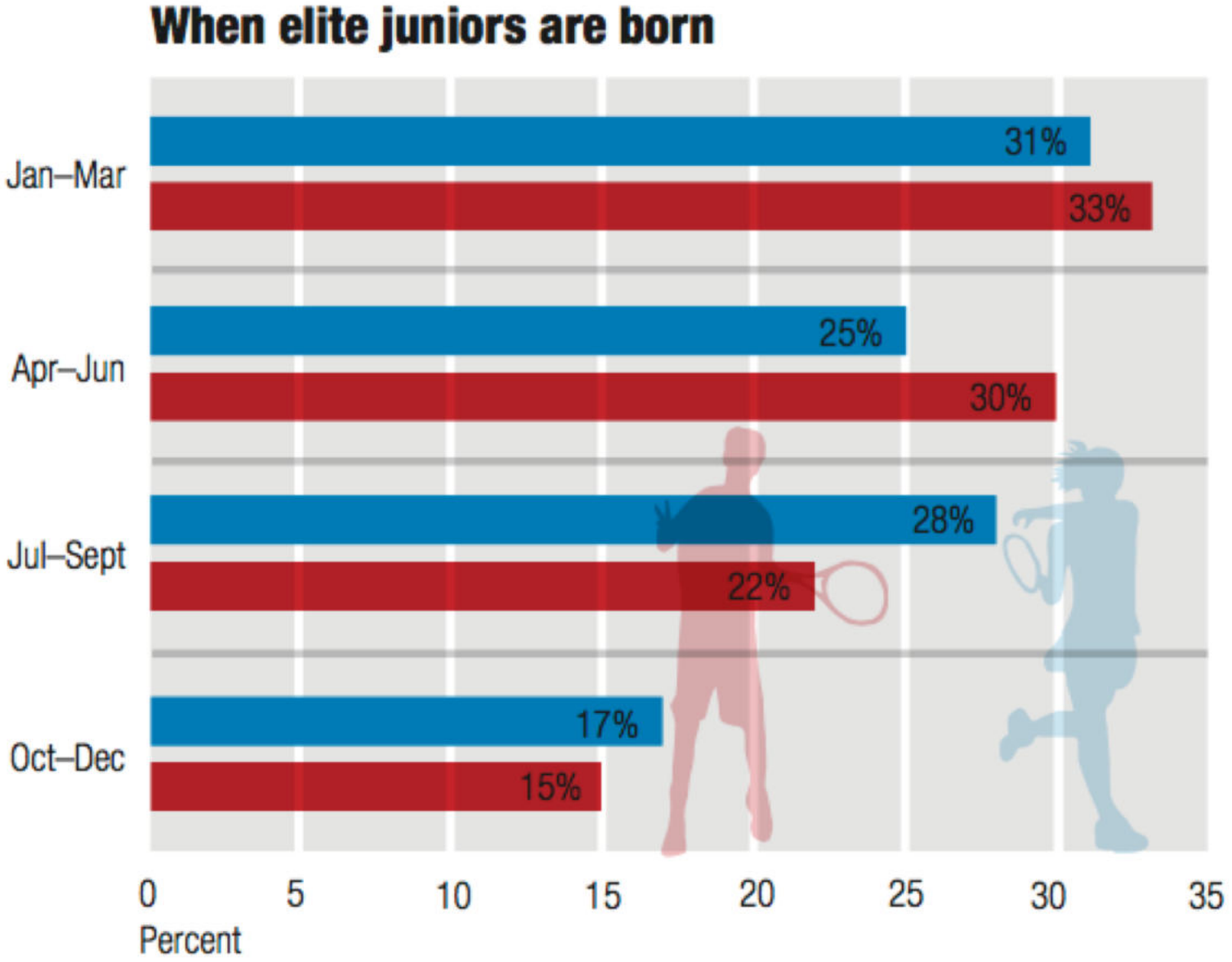
When elite juniors are born
Jan–Mar
31%
33%
Apr–Jun
25%
30%
Jul–Sept
28%
22%
Oct–Dec
17%
15%
0
5
10
15
20
25
30
35
Percent

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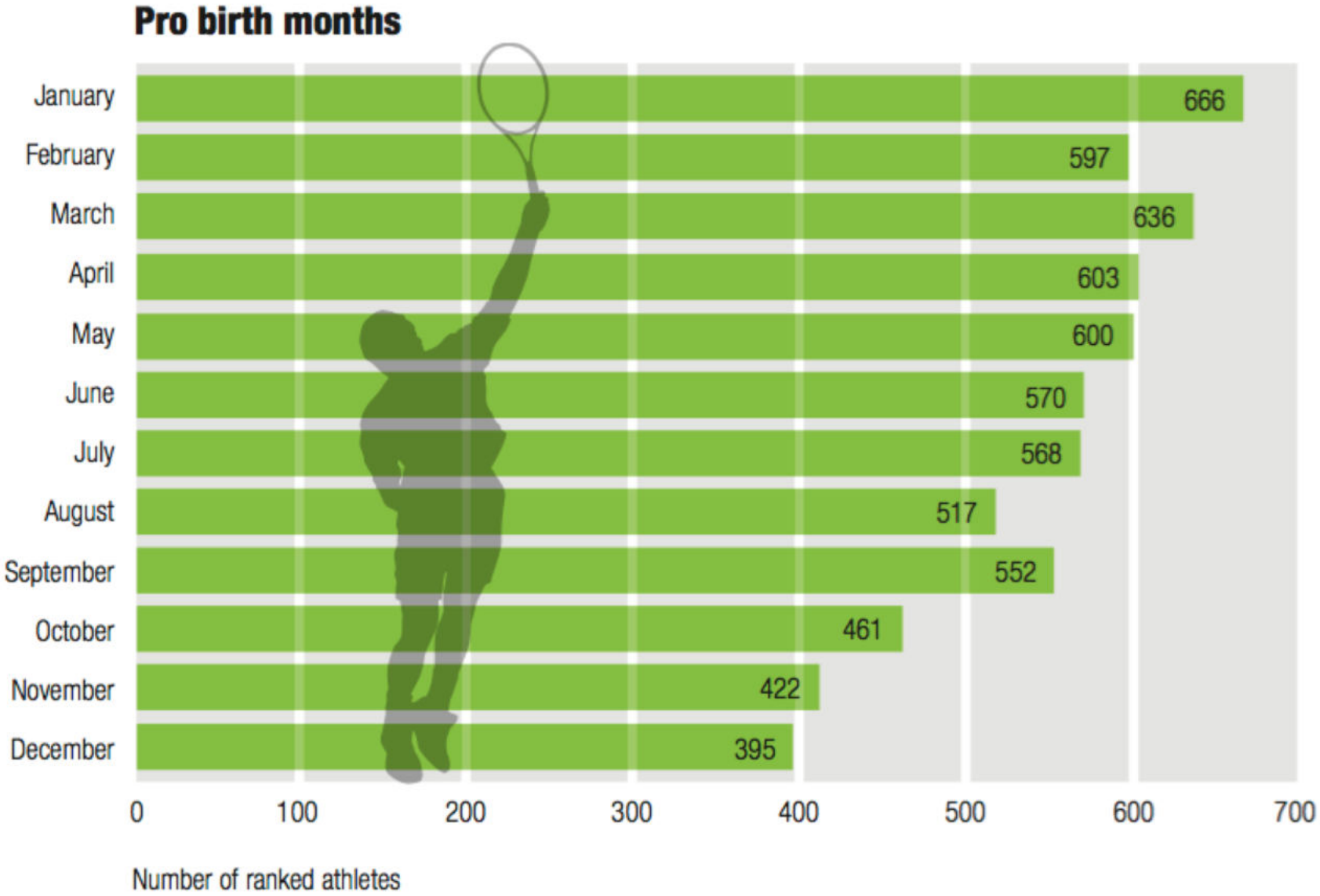
Pro birth months
January 666
February 597
March 636
April 603
May 600
June 570
July 568
August 517
September 552
October 461
November 422
December 395
0
100
200
300
400
500
600
700
Number of ranked athletes

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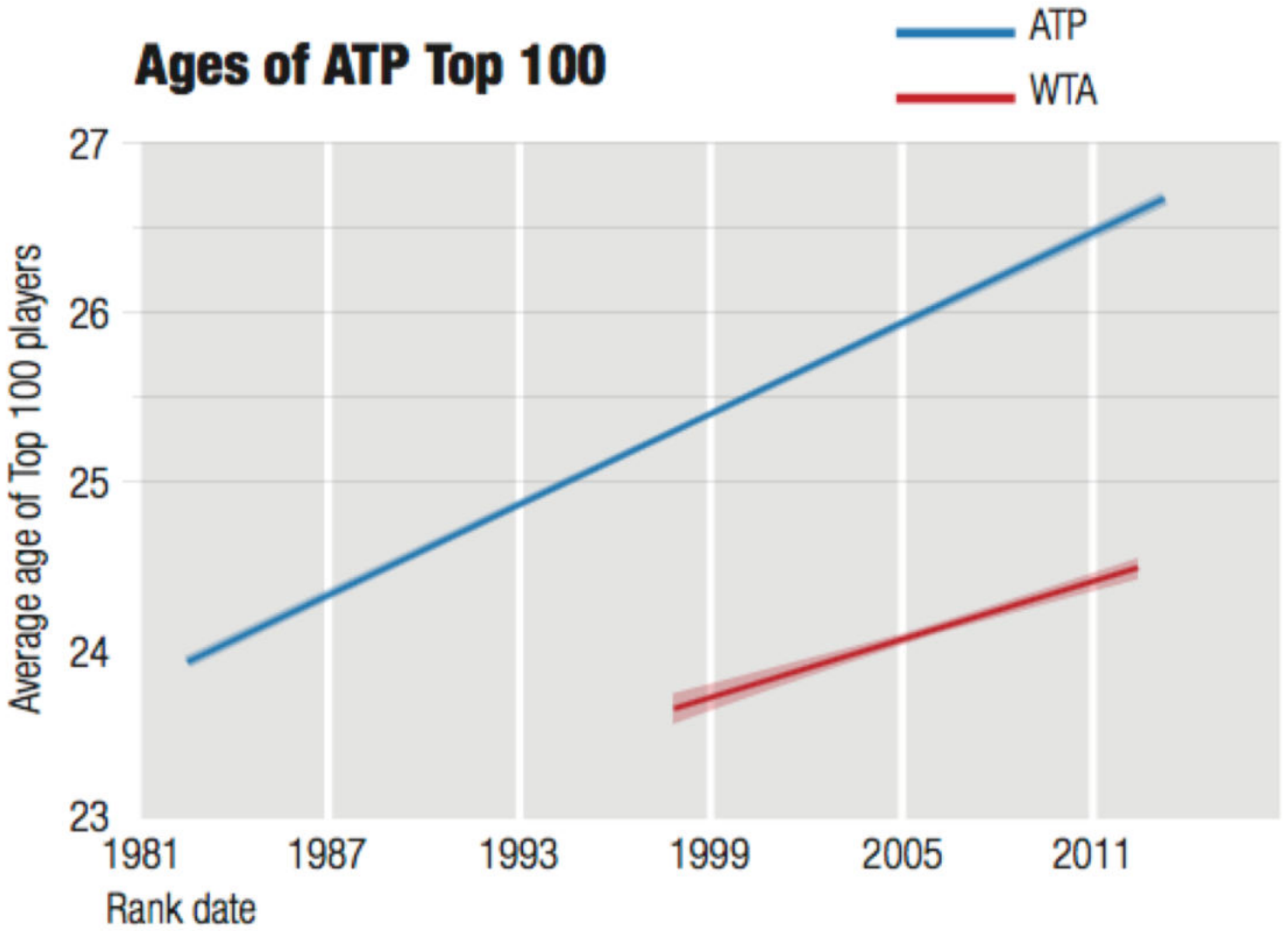
E
D
A
D

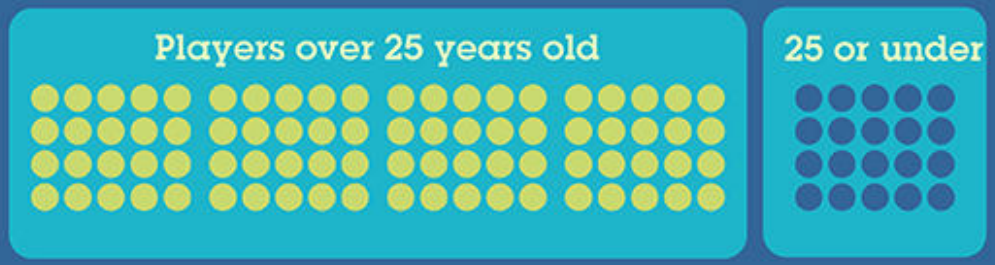

Ages of ATP Top 100
ATP
WTA
Average age of Top 100 players
27
26
25
24
23
1981
1987
1993
1999
2005
2011
Rank date

While the 'usual suspects' might be changing, they are seasoned players.

AVERAGE AGE OF GRAND SLAM CHAMPIONS

2004	23
2014	27.5

2015 ATP Top 100: Average age: **28**



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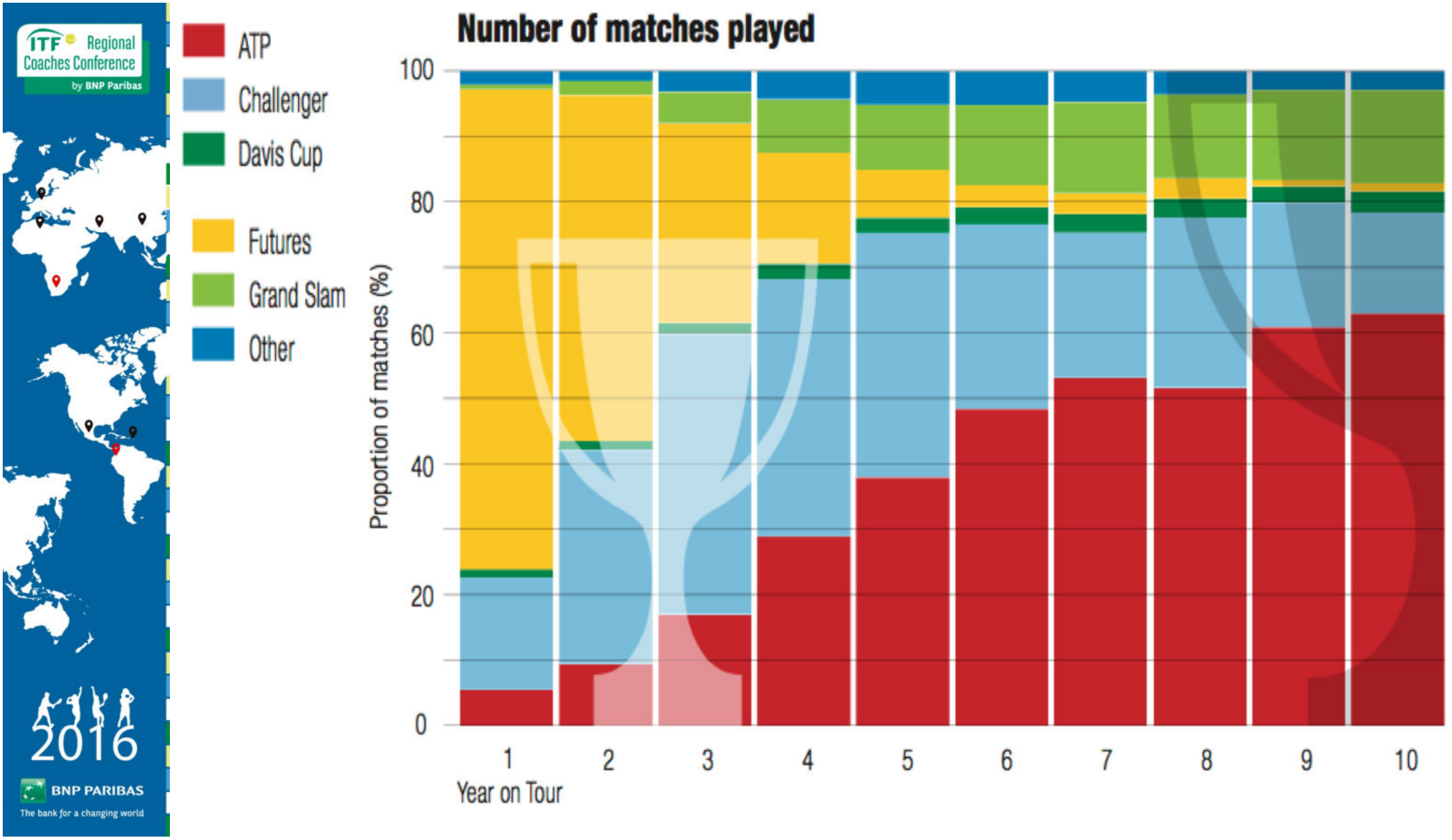
TRANSICIÓN

Men	Djokovic	Nadal	Federer	Wawrinka	Murray	Ferrer
Age when first ranked	16.1	15.3	16.1	16.5	16.2	18.0
Ranking after 4 years on Tour	3	2	12	62	14	67
Time taken to transition to the Top 100 (years)	1.99	1.57	1.99	3.58	2.20	2.30

Women	Ivanovic	Sharapova	Halep	Kvitová	Wozniacki	Na
Age when first ranked	16.0	14.9	16.6	15.6	15.6	18.2
Ranking after 4 years on Tour	4	4	69	31	4	273
Time taken to transition to the Top 100 (years)	1.03	1.24	3.16	1.52	1.36	4.48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ATP
Challenger
Davis Cup
Futures
Grand Slam
Other
Number of matches played
Proportion of matches (%)
100
80
60
40
20
0
1
2
3
4
5
6
7
8
9
10
Year on Tour

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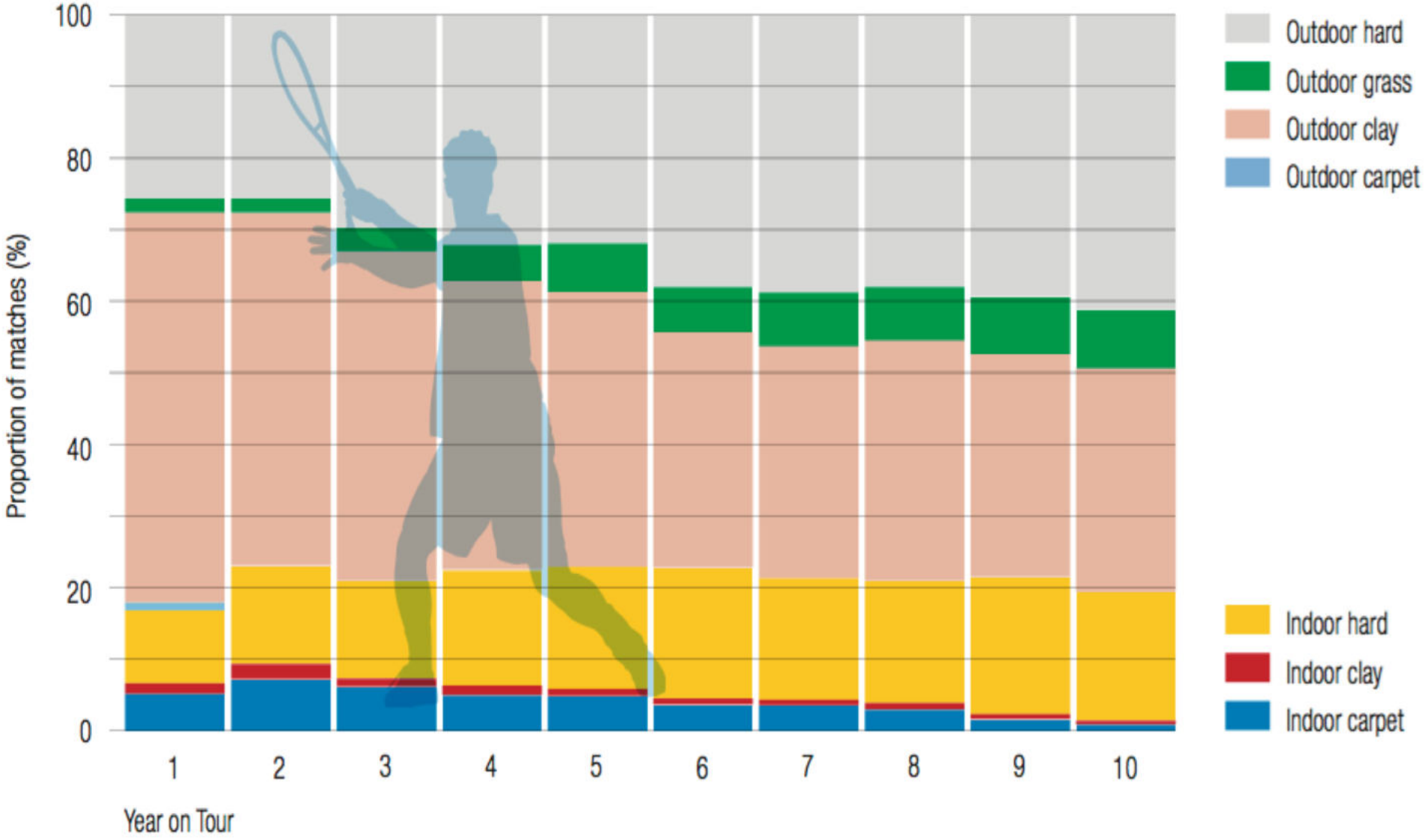
Surface statistics



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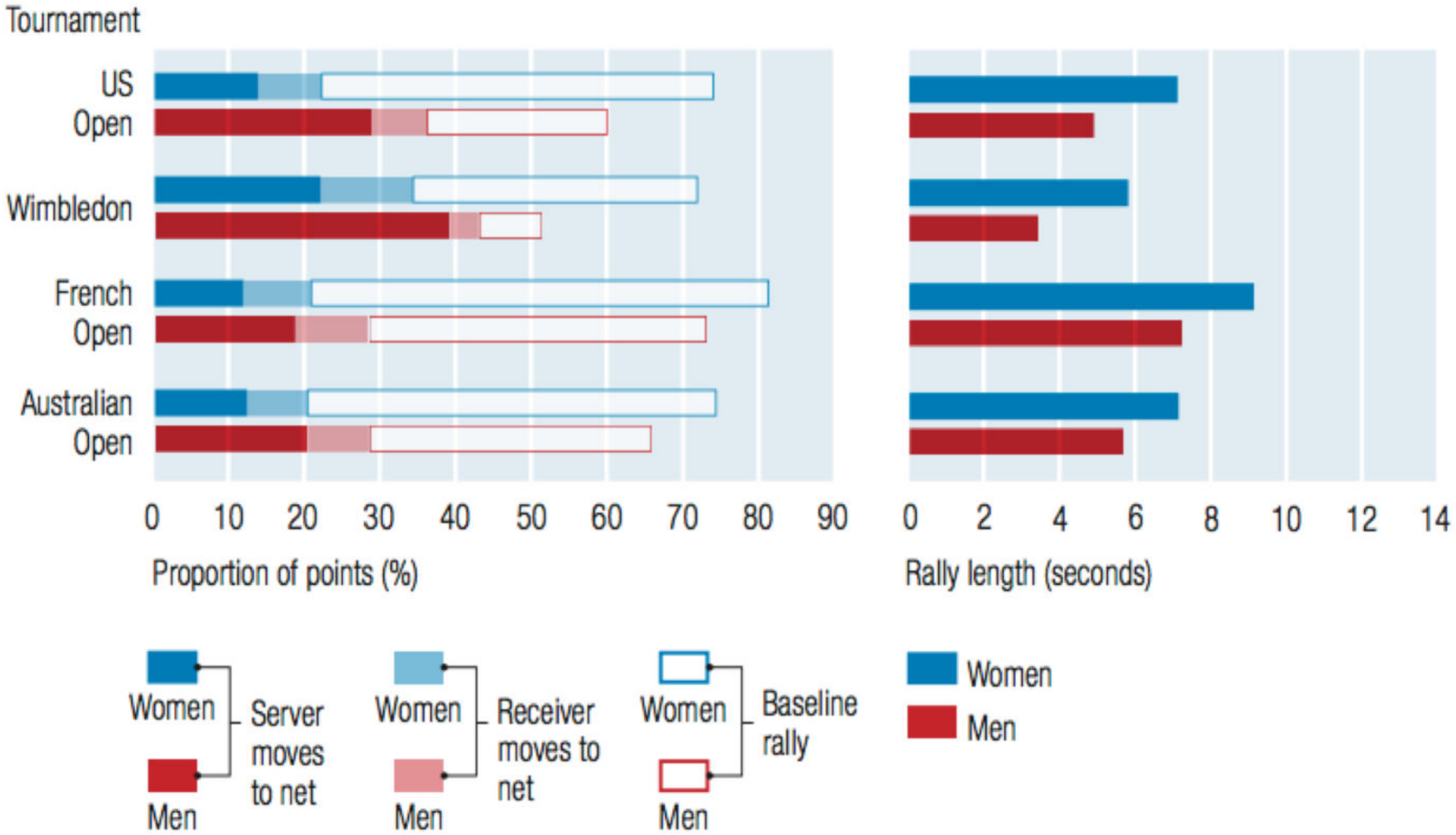
Game statistics



PREVENCIÓN DE LESIONES

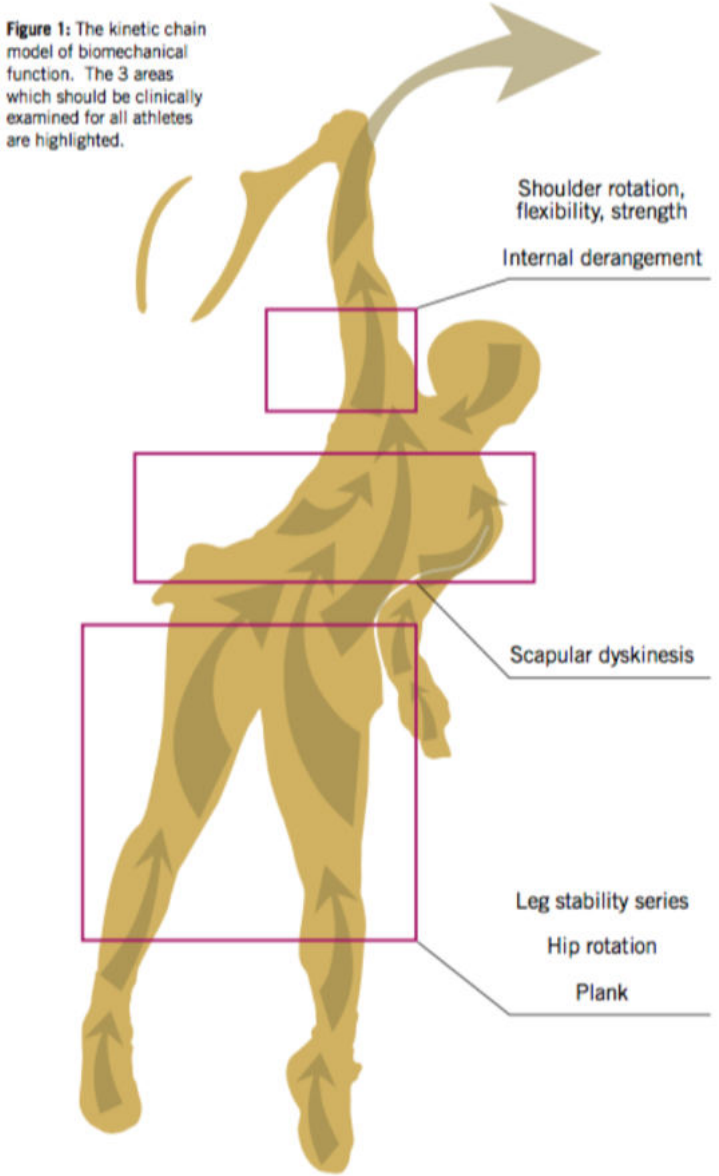


Figure 1: The kinetic chain model of biomechanical function. The 3 areas which should be clinically examined for all athletes are highlighted.

W. Ben Kibler M.D.
Medical Director
Shoulder Center of Kentucky
Kentucky, USA
Contact: wkibler@aol.com

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INTANGIBLES

"ENTRENABILIDAD"

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Habilidad de aprender rápido

HABILIDAD
PARA
MEJORAR
CONSTANTEMENTE
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HABILIDAD PARA ADAPTARSE

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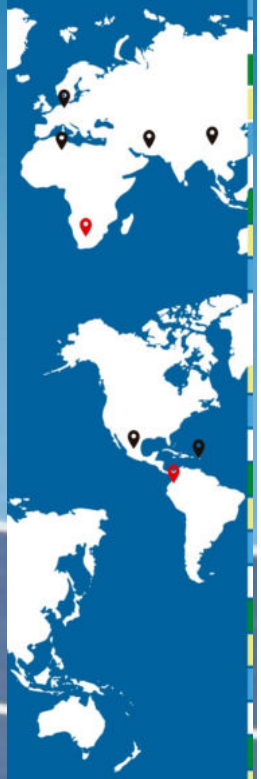

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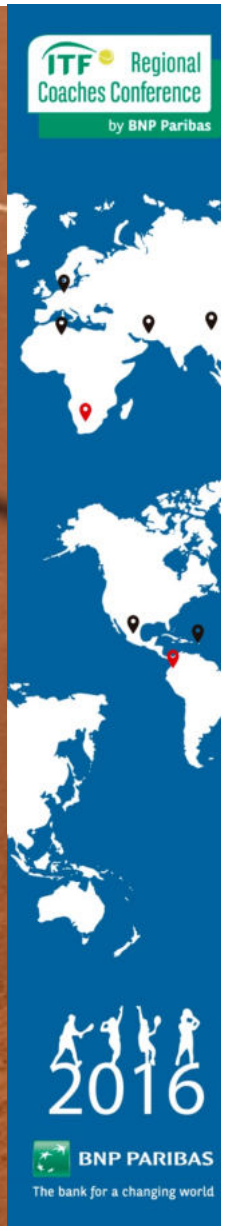
HUMILDAD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EQUIPO

EL ENTRENAMIENTO

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ENFOQUE BASADO EN EL JUGADOR

INDIVIDUALIZACIÓN

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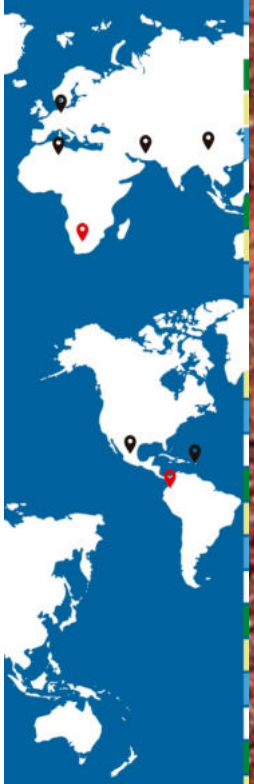

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ENSEÑANZA PARA EL DESCUBRIMIENTO

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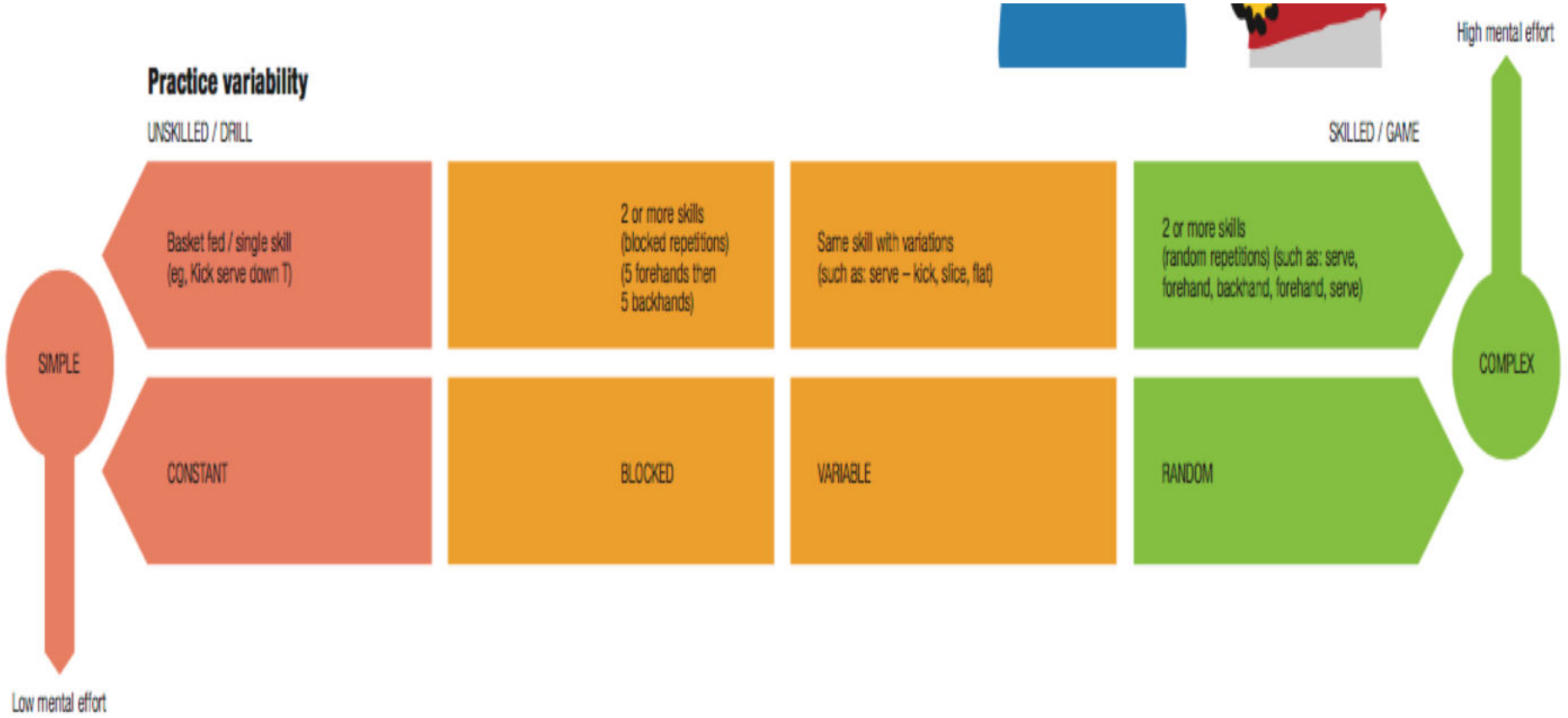
ACELERAR EL APRENDIZAJE

Blocked practice guidelines

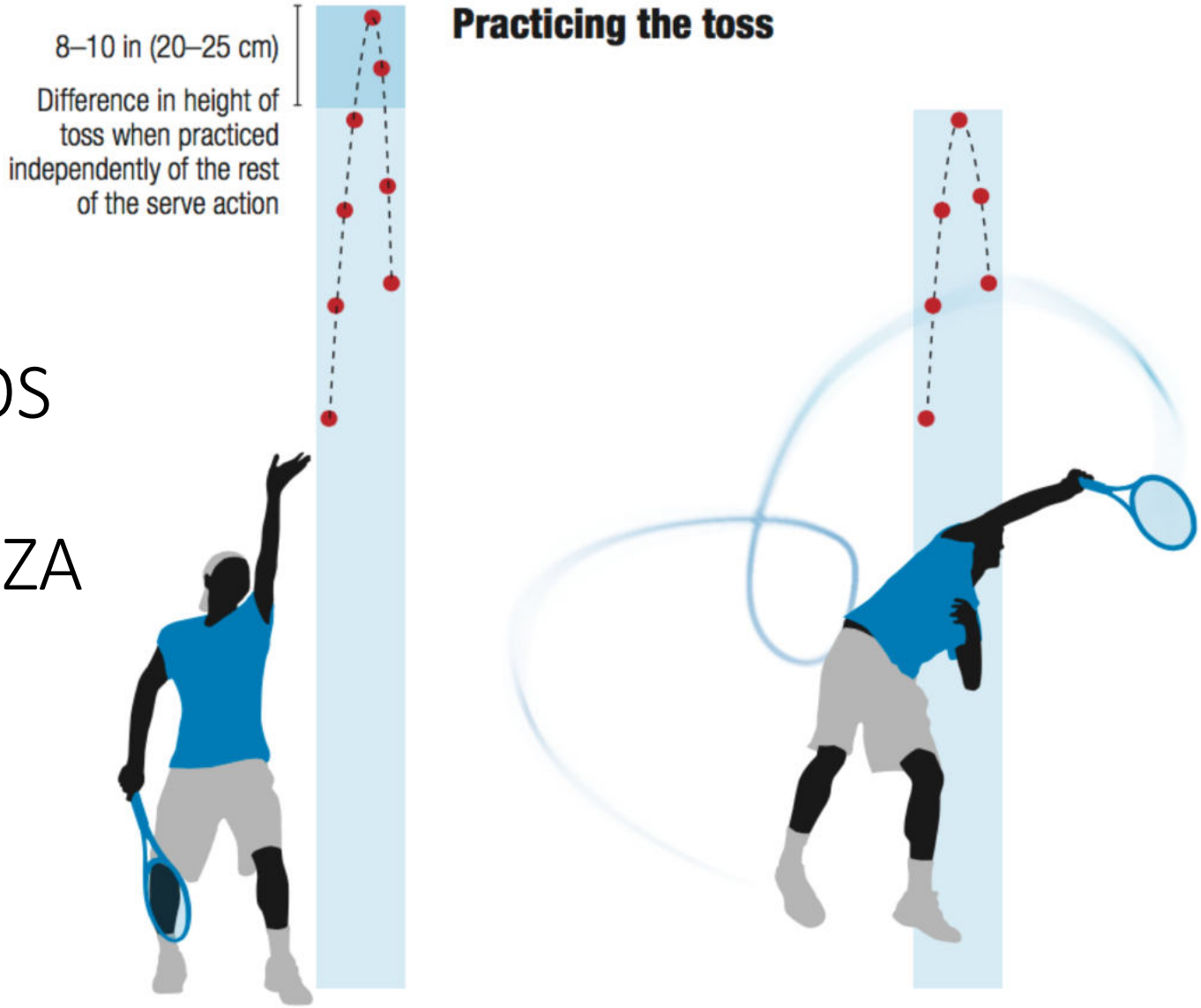
Skill level	BEGINNER	INTERMEDIATE	ADVANCED
Practice	Blocked	Blocked/random	Random
Interference/mental effort	Low	Medium/high	High

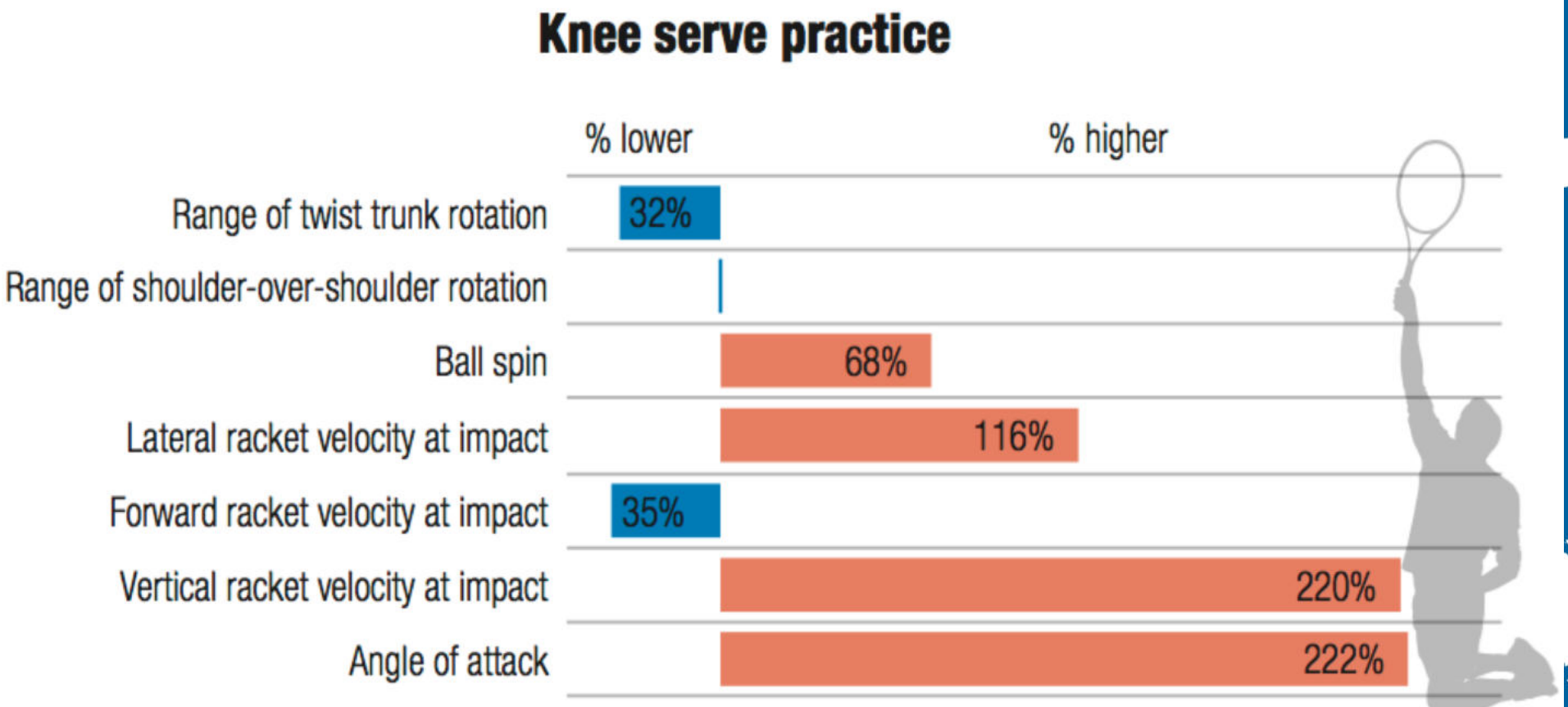
ENTRENAMIENTO E INSTRUCCIÓN



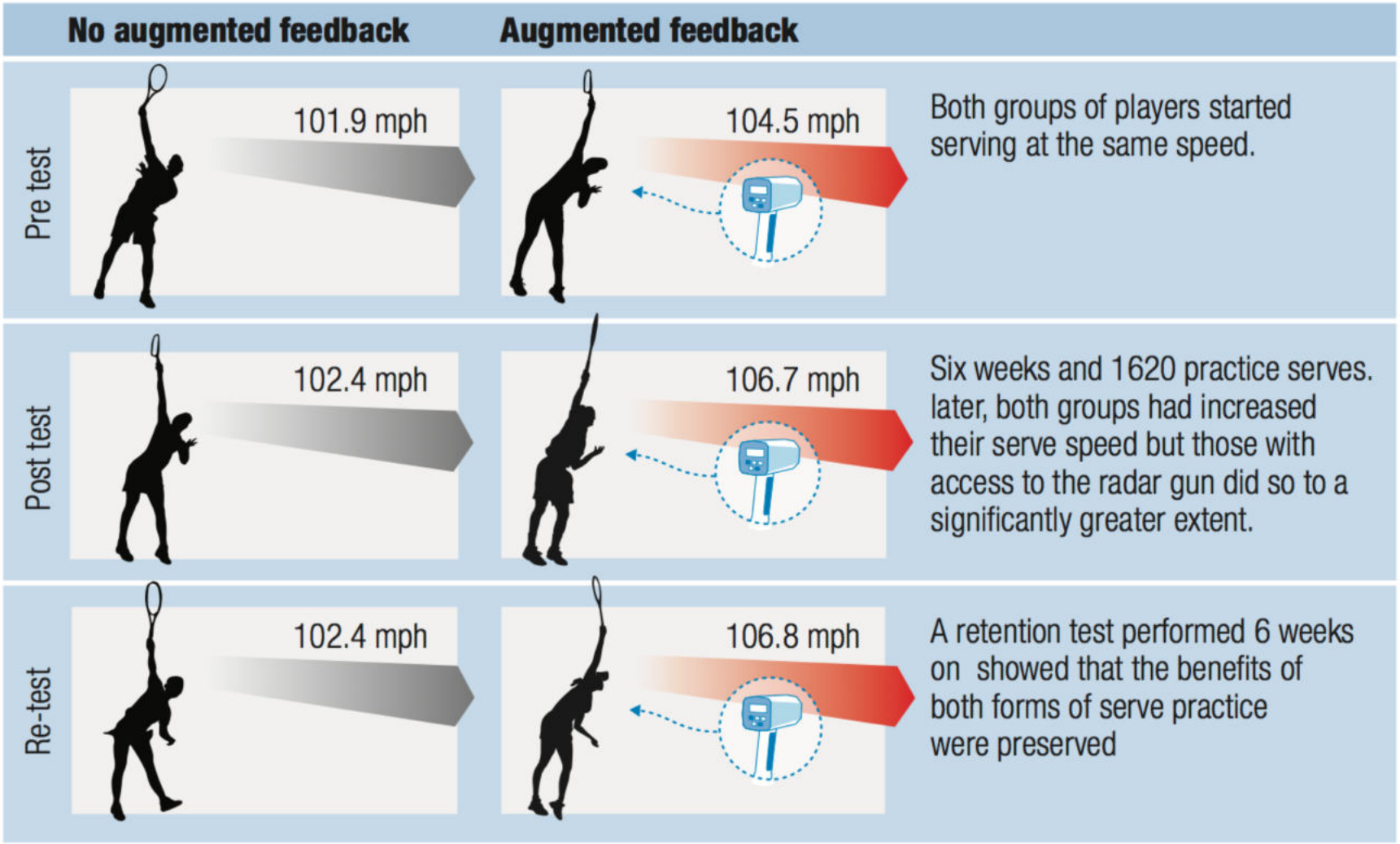
VARIABILIDAD EN LA PRÁCTICA

MÉTODOS DE ENSEÑANZA



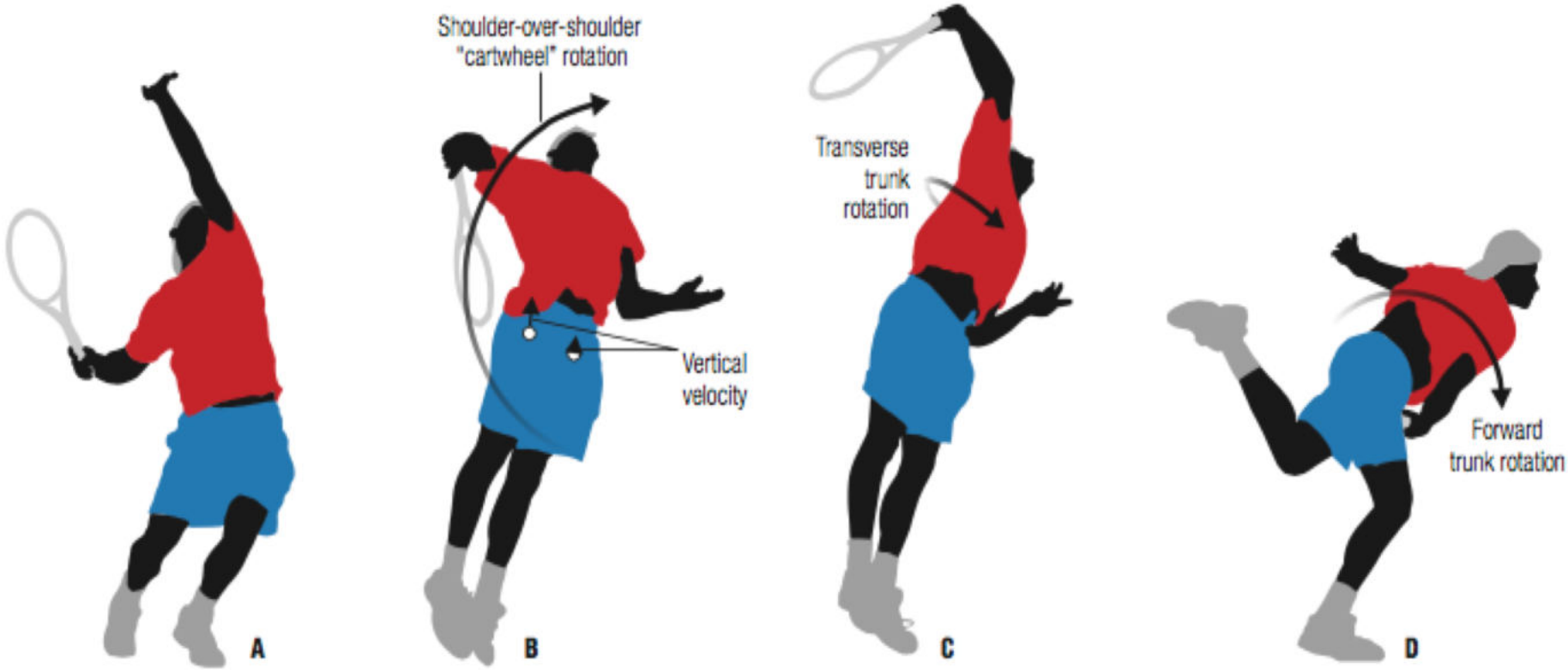


MÉTODOS DE ENSEÑANZA



RETROALIMENTACIÓN

Trunk rotations in the serve



CONOCIMIENTO

PERIODIZACIÓN

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Better Practice

Shifting emphasis from a macro to micro level

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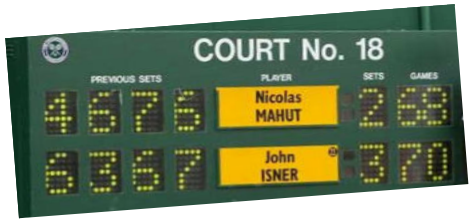
PAT in tennis



IN-STADIUM DISPLAY

COACH

INTEGRATED EQUIPMENT

REMOTE EQUIPMENT

PLAYER

INTERNET

AUXILIARY DEVICE

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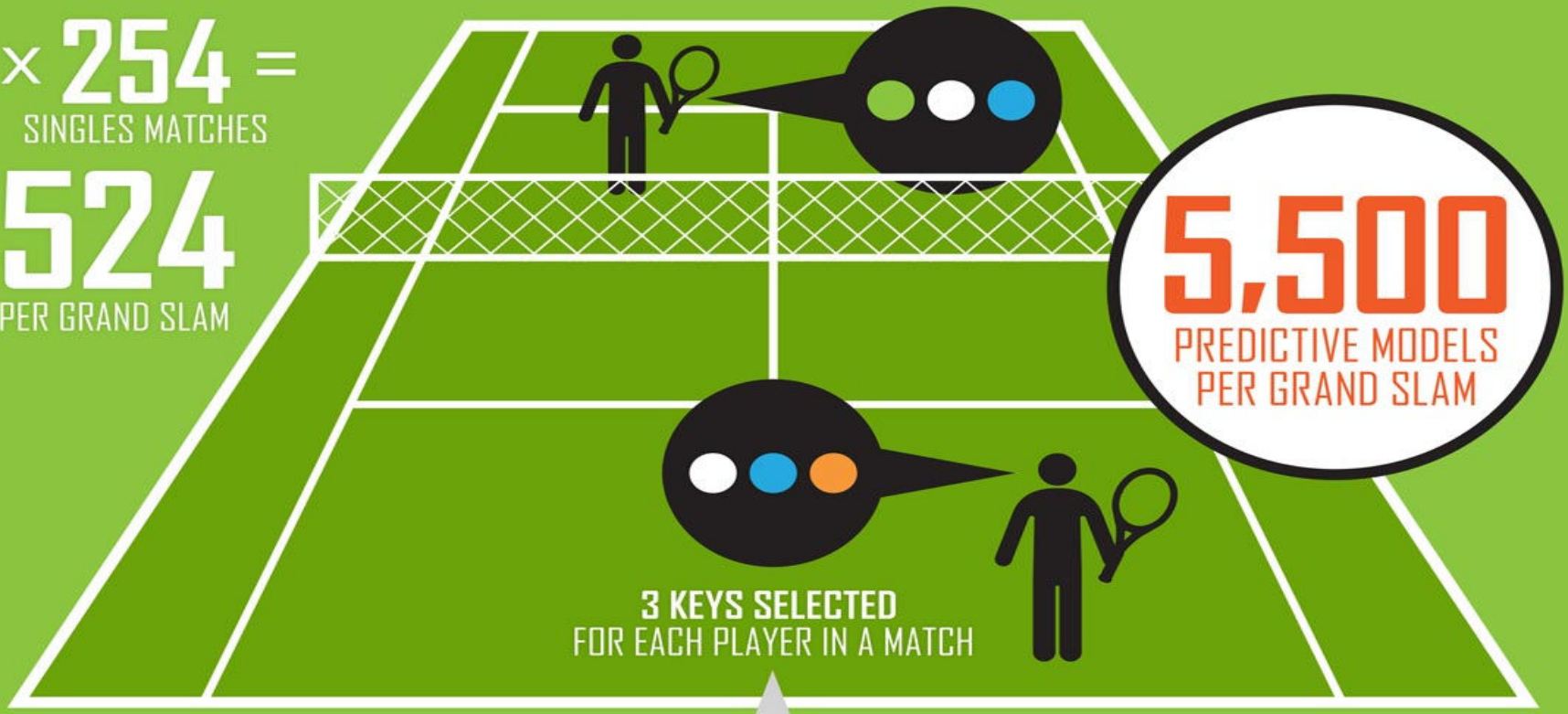
Keys are selected by analyzing 45 potential match dynamics to identify the ones that are most important to each player in a specific match.

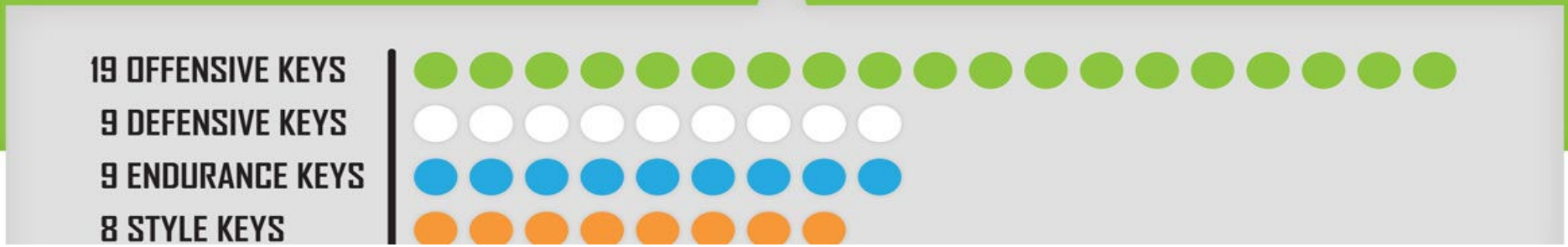
6 × 254 =
KEYS SINGLES MATCHES

1,524
KEYS PER GRAND SLAM



5,500
PREDICTIVE MODELS PER GRAND SLAM

3 KEYS SELECTED
FOR EACH PLAYER IN A MATCH



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¿ESTÁS LISTA PARA PAT?

Tecnología de análisis del jugador

NUEVA REGLA EN 2014
¿Está tu 'PAT' aprobada?

- RELOJ ENTRENADOR PERSONAL
- POD ENTRENADOR PERSONAL
- SENSOR DE FRECUENCIA CARDÍACA
- LAPTOP
- SMARTPHONE
- VIDEO RECORDER
- SENSOR GPS EN EL ZAPATO

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LAS ORGANIZACIONES

CLUBS

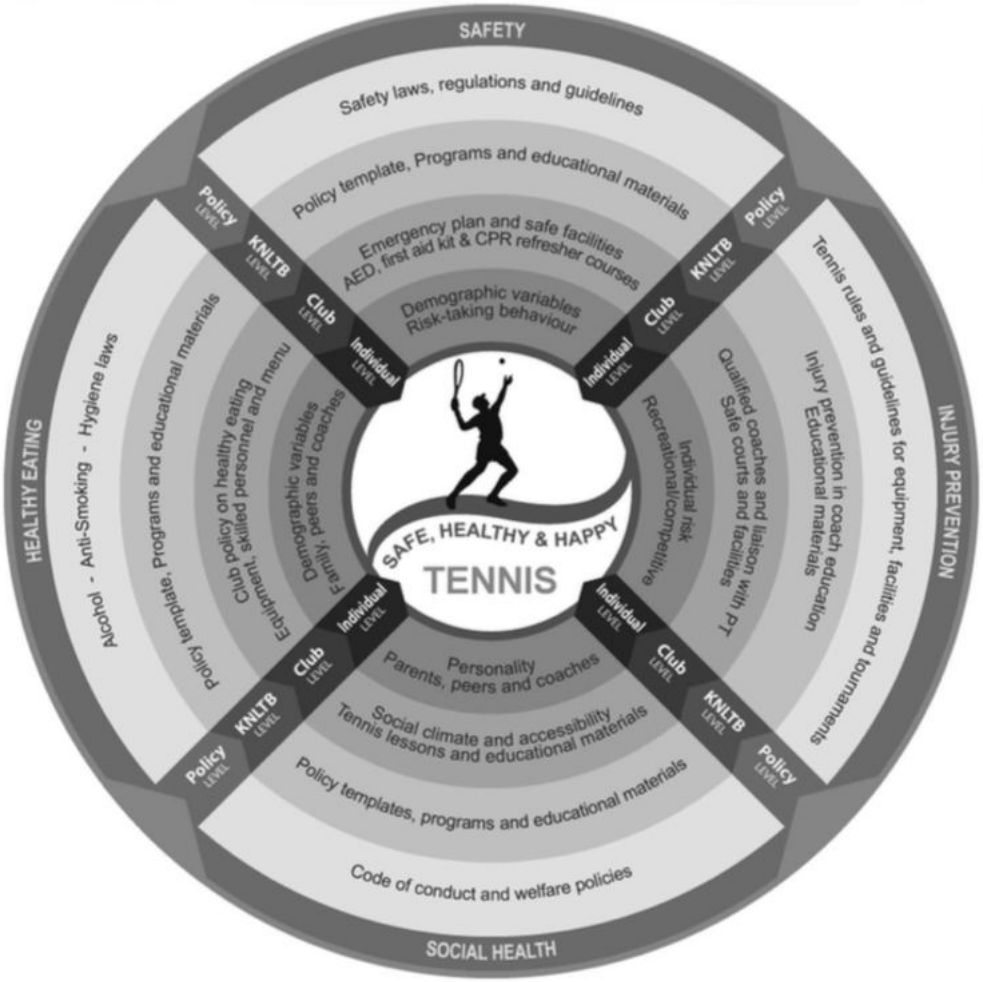

Figure 1 An ecological model of the healthy tennis club. The figure shows the main domains of a healthy tennis club (healthy eating, injury prevention, safety and social health) and the major levels of influence on the club and on the individual tennis player (policies and regulations, KNLTB products and materials, club environment and individual). AED, automatic external defibrillator; CPR, cardiopulmonary resuscitation; PT, physiotherapist.

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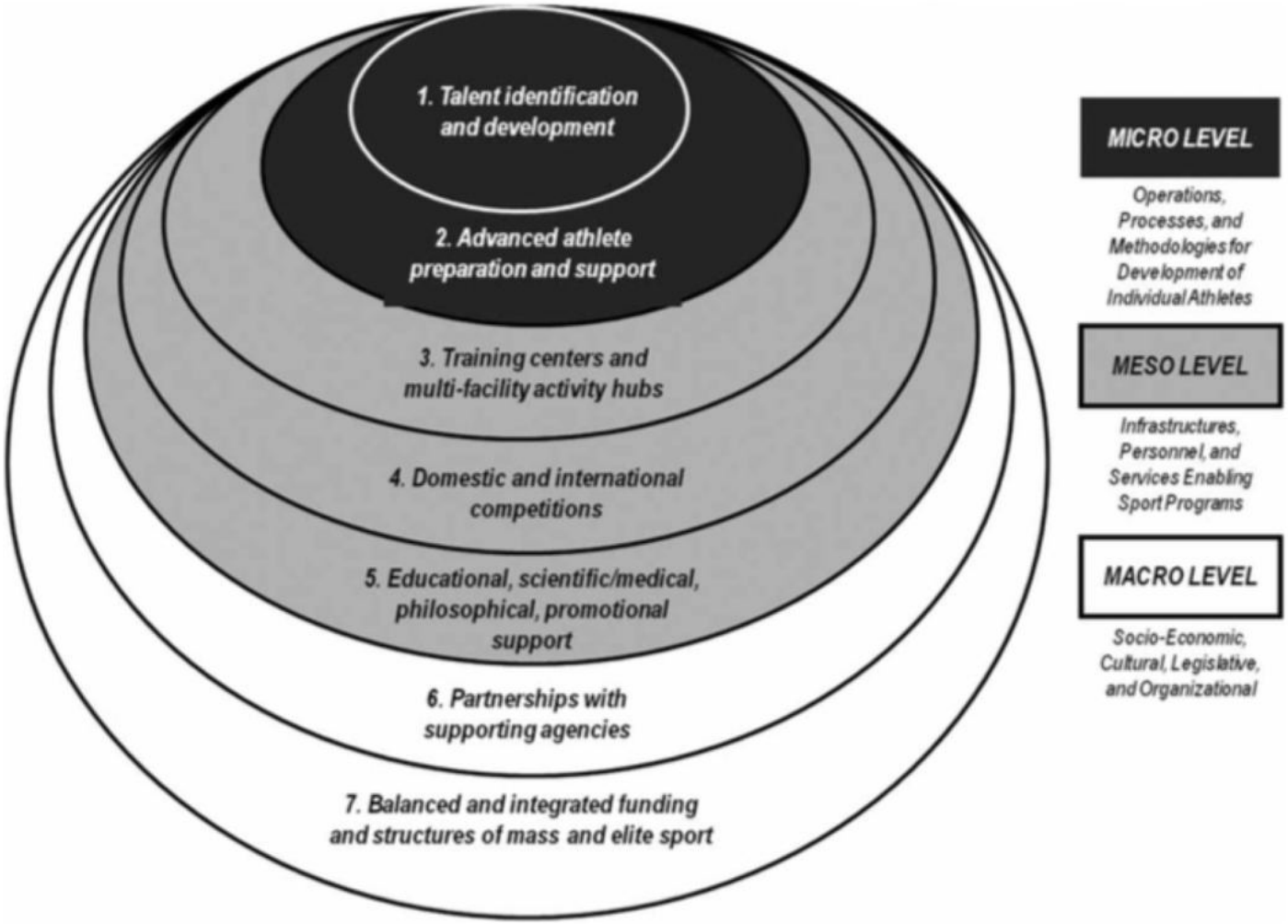

Fig. 1. Model of Integrated HP and Mass Sport Development

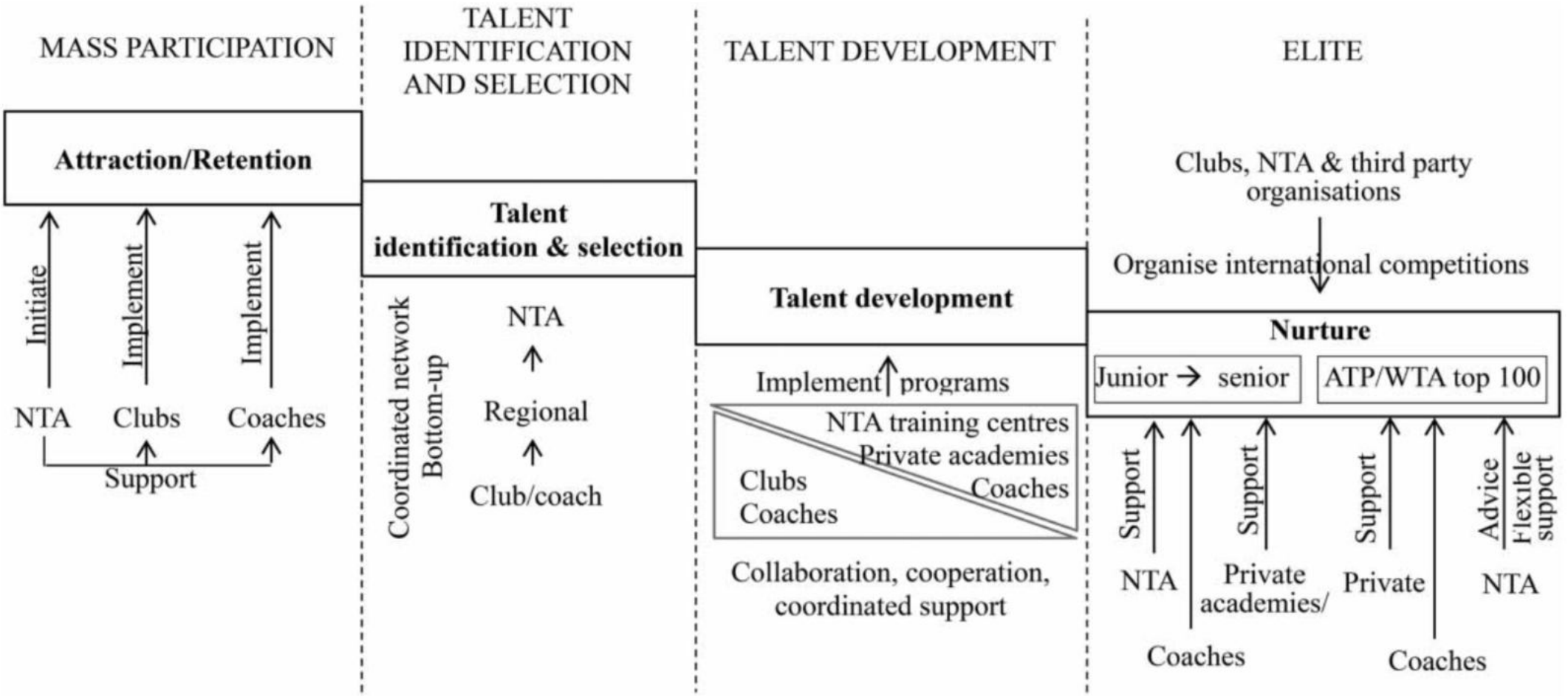

Figure 1. Stakeholder involvement and elite development pathways in tennis.

E
Q
U
I
P
O

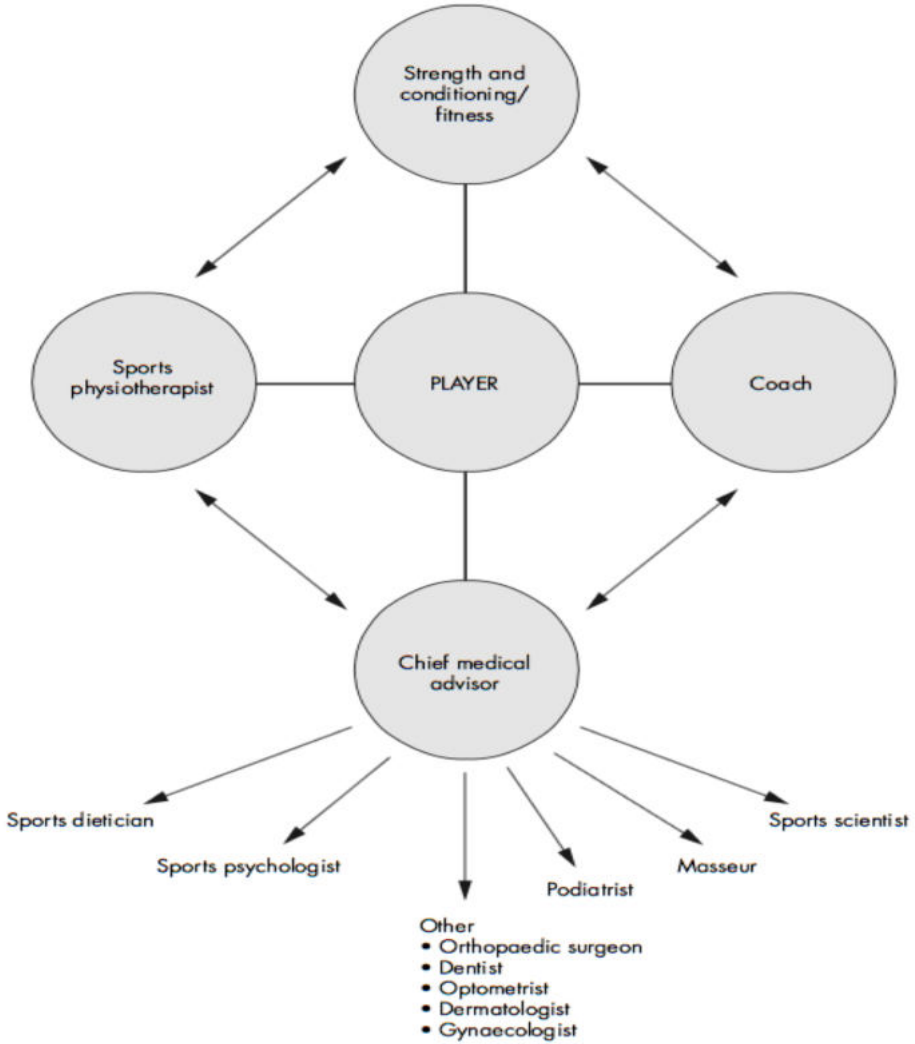

Figure 1 Lines of communication between player, coaching and strength and conditioning staff, and medical team.

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LOS ENTRENADORES

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DESARROLLO DEL TENISTA A LARGO PLAZO

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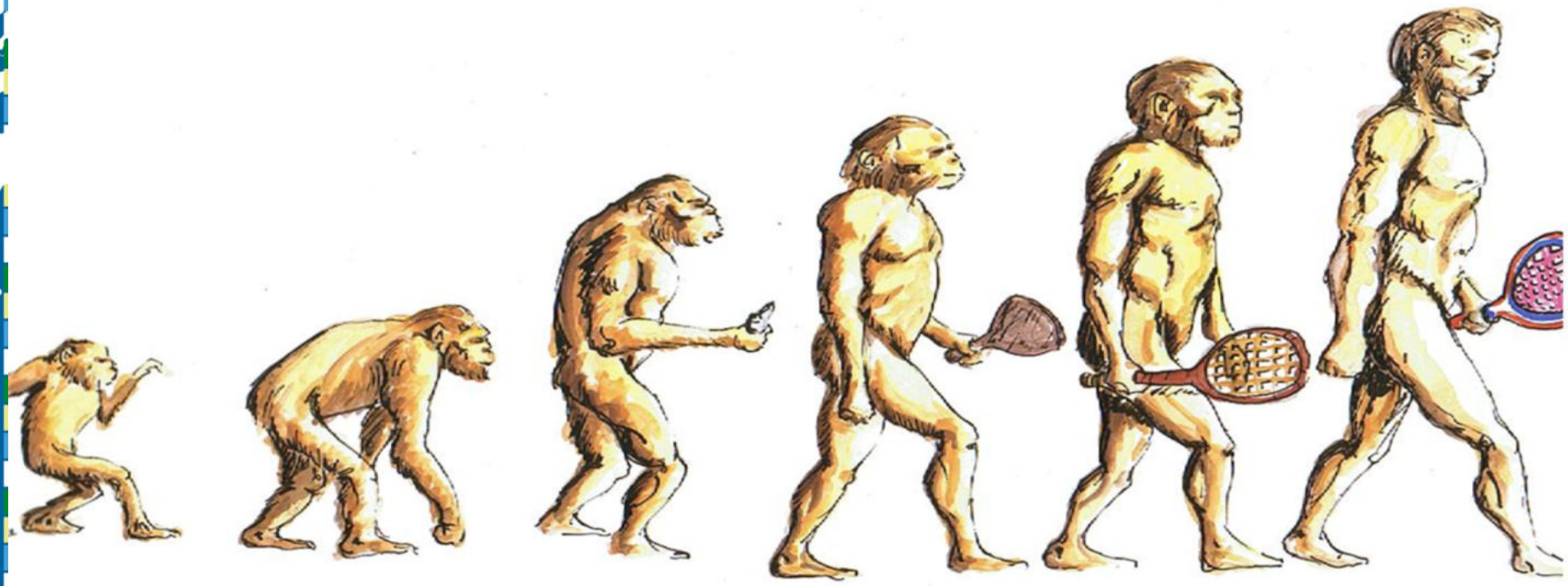
DESARROLLO DEL ENTRENADOR A LARGO PLAZO



EL ENTRENADOR COMO FACILITADOR

APOYO SOCIAL

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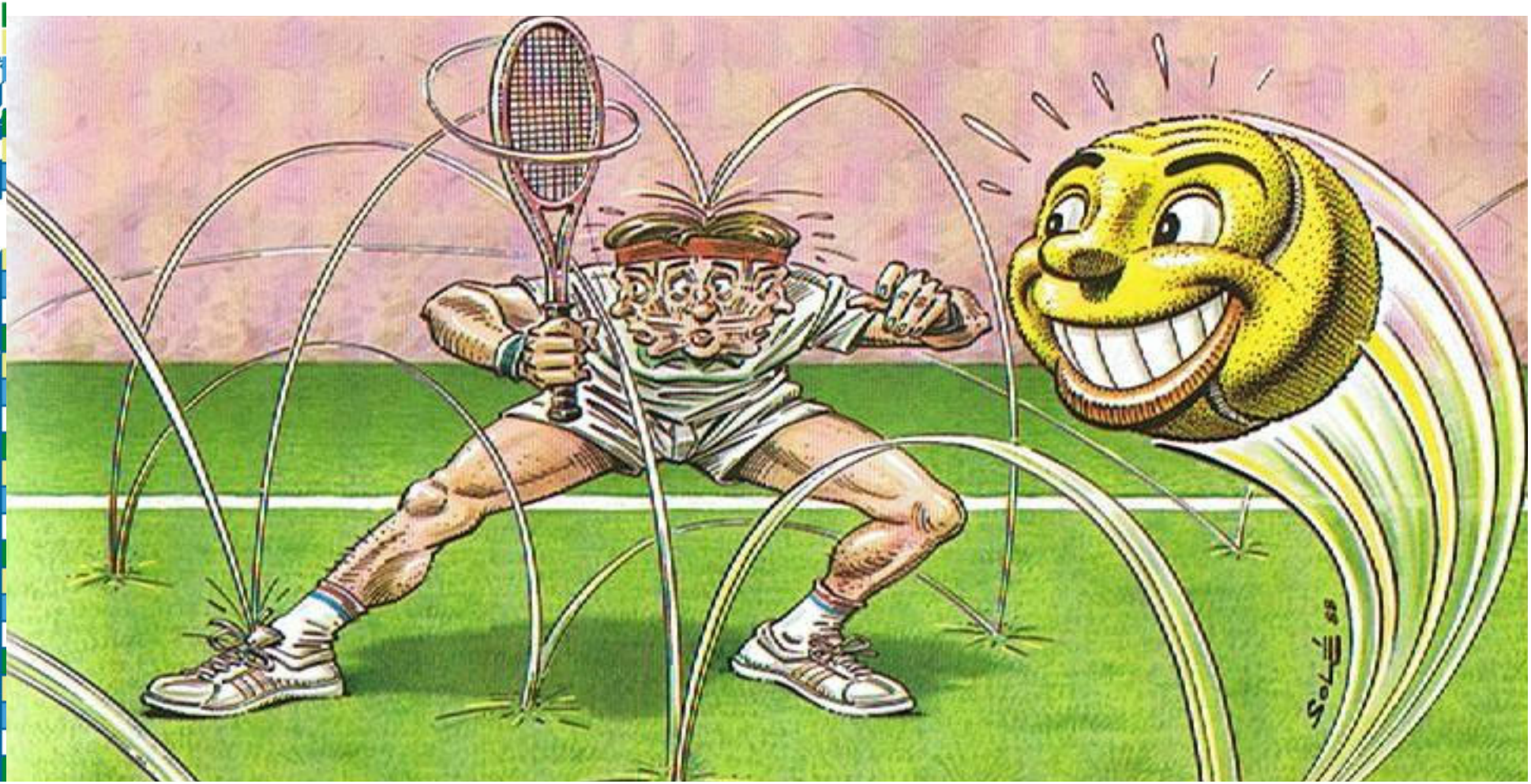
La naturaleza compleja del entrenamiento



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IMPREVISIBILIDAD

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INSTINTO

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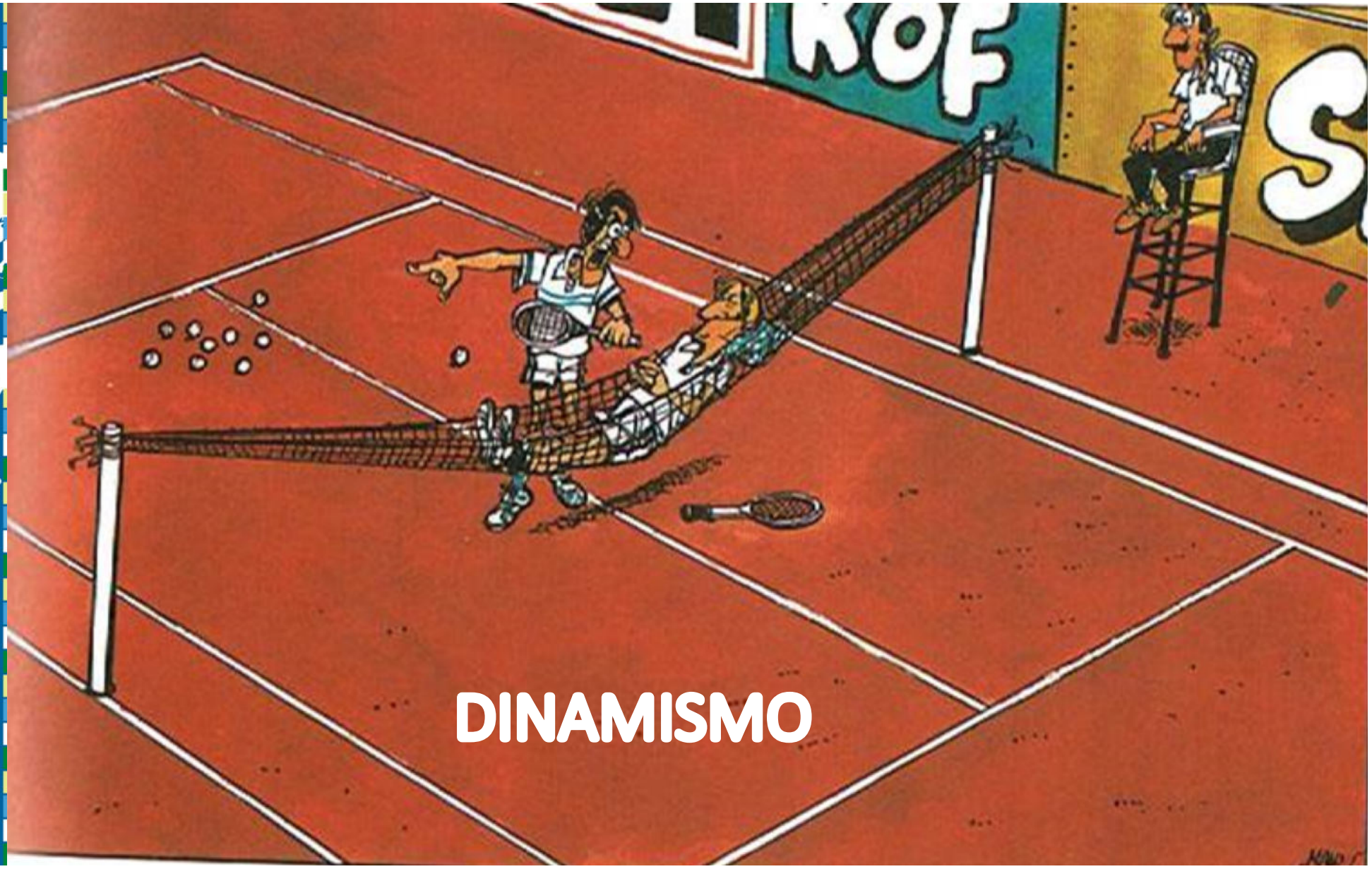

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EXPERIENCIA

TRABAJO EN EQUIPO

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MENTALIDAD

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INNOVACIÓN

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PUTTING QUALITY INTO PRACTICE

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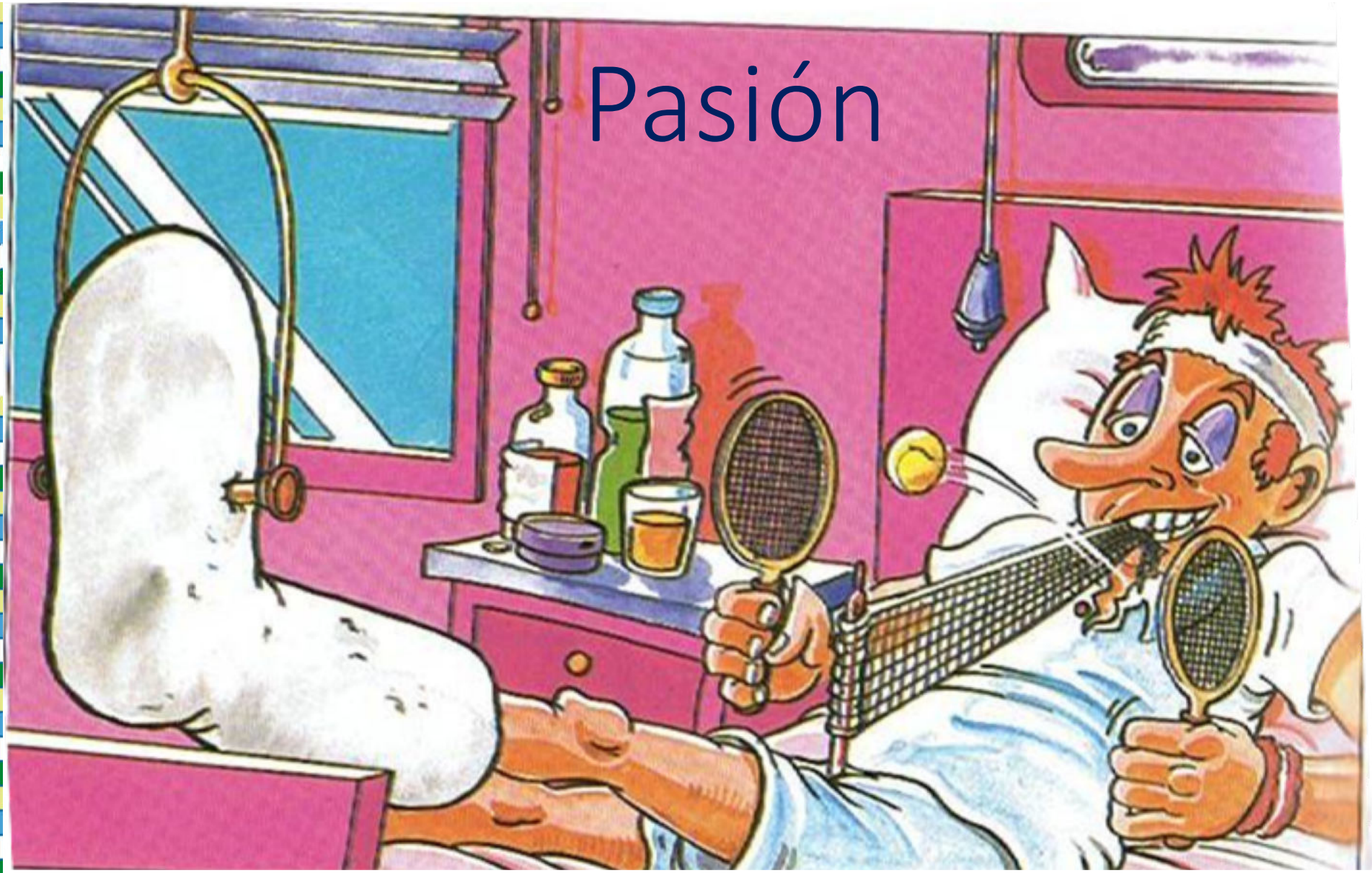
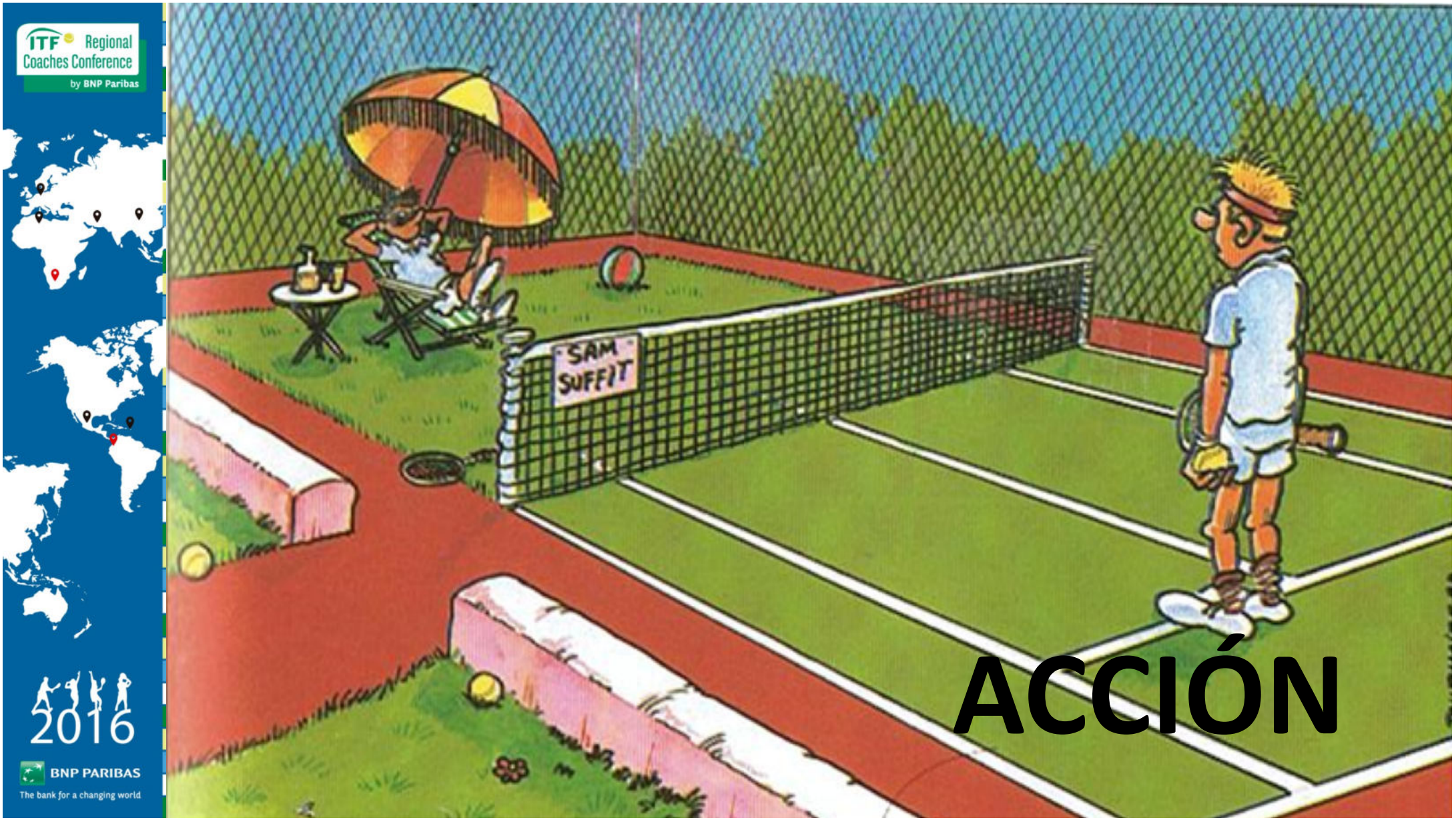
Pasión



Interaction
Learning
PASSION
RESPECT
Process
METHOD
ART
Long-term
A team approach is
key to success!!
Practice
Culture
Science
VALUES - ETHICS
EFFORT
HUMILITY
Performance
Big!!
FIDELITY
People!!
IDENTITY
LOVE
Philosophy
SOLIDARITY
Charter
PROFESSION
Development
complexity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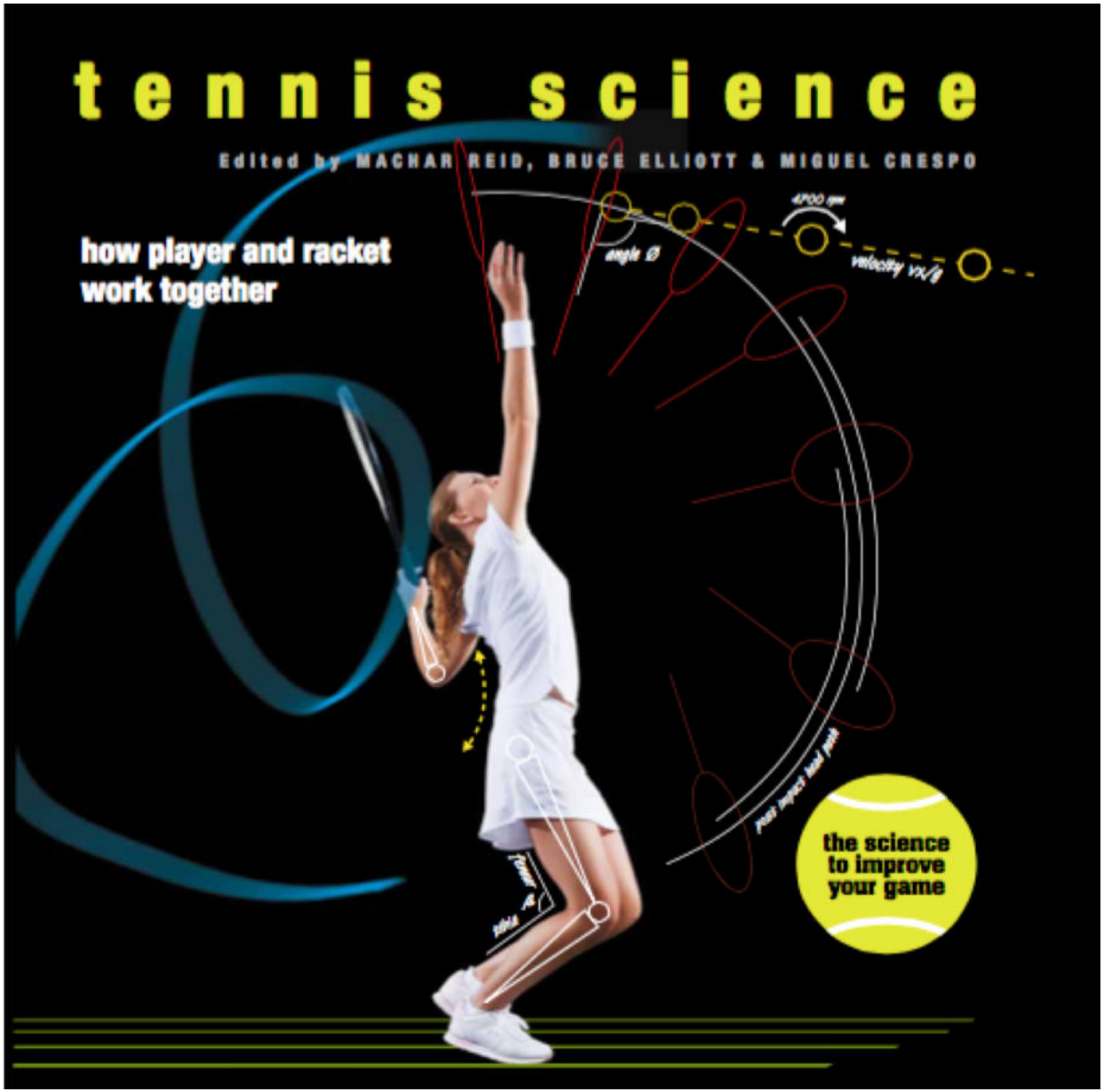
CONCLUSIONES

SI NO ERES TÚ…¿QUIÉN?

SI NO ES AHORA…¿CUÁNDO?

tennis science

Edited by MACHAR REID, BRUCE ELLIOTT & MIGUEL CRESPO

how player and racket work together