



Live Call

Sunday

Mar 14, 2021

Q: if not played for a while and getting back on court everything learnt seems to have gone out the window, what do you suggest to concentrate on first.
e.g. Technical, Mental, Physical . **Janet VC BC**

1. No match Play to start
2. Ball Machine
3. Sparring
4. Point Play
5. Match Play (scoreboard)
6. Carli Story - Spain

Q: What is your structure re individual lessons . Work on 2 areas max ?

- Show Player Vision sheet *tips for coaches*
- Skills by Age Division *report cards course*

Q: Are you going to add Technical courses to TD.tv?

Planned Technique courses

1. Private Lesson (general)
2. Serve technique
3. Forehand technique
4. Backhand technique
5. Volley & Overhead technique

JorgeCapestany.com

Q: I need a drill to keep players looking at the ball through impact, especially on forehands.

I'd use ball machine

Show videos of Fed

Also film them

Q: What is the proper age to introduce **kick serve** to a performance junior?.

Mark Kovacs: Obviously, it depends on technique and development of the player. However, we did a study of 1000 high performance coaches and although it ranged, the average age was 12

Q: #1 Mental Toughness Tip

Inner Voice –Jim Loehr

Q: How to recruit more private lessons

System:

- Identify a student
- Approach the parent
- Let them know (offer)

Q: Tennis plays - do you have them/use them- like football teams?

Yes, like football

How to Run Plays video

Q: Adult Ladies team tryouts - do you have a method of rating players for team selections? **Arthur Wolf**

Clear Challenge match policy **(post it)**

- 25% - challenge matches
- 25% - what I see everyday in practice
- **50%** - against the field