

LIVE CALL

Sunday

Sept 26, 2021

Jorge Capestany





Q 1: Do you have to
be a strong player
to be a good coach
Adam

1) ONE WORD: **No**

2) ONE EXAMPLE:



Nick Bollettieri

Monica Seles

Jim Courier

Andre Agassi

Marcelo Ríos

The Williams sisters

Mary Pierce and

Anna Kournikova

Maria Sharapova

Jelena Janković

Max Mirnyi

My Favorite Quote about Coaching

**Players don't care how much
you know until they know how
much you care**



Q 2: What are the type of coaching I could be doing
Tyler

Types of coaching: (Inside TD.tv)

Parents coaching their kids

HS coaches

College Coaches

Teaching Pros (club)

Adaptive Coaches

Tour Coaches

Former Tour Players

Teaching Pros (need to)

10 & under

USTA teams

Special Events

Jr High Classes

HS Classes

High Performance

New Players (Beginners)

Camps



Q 3: At what ages should you try to implement grip changes?

Tyler

Two Schools of Thought:

- 1. Teach proper technique Day 1**
- 2. Let them succeed first, then worry about technical stuff**

Rationale: It's different now:

Many kids today are athletically illiterate

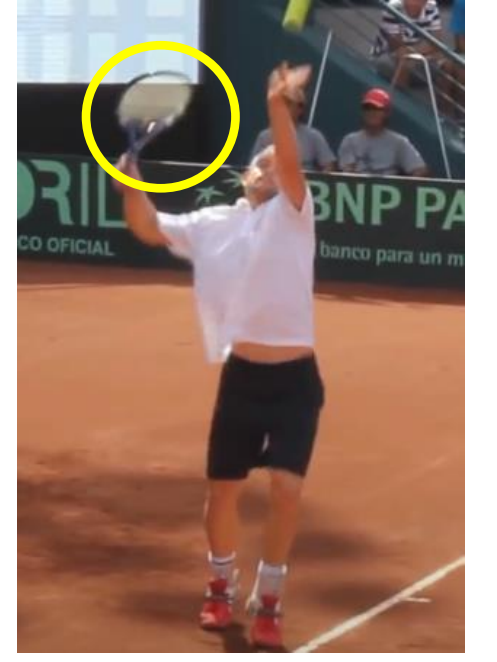
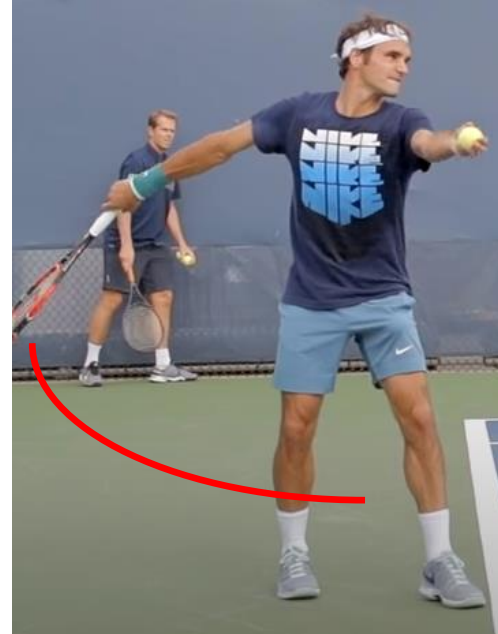
Parents are on a Sports Buffet

Kids will gravitate towards things they can do = FUN

Every coach needs to adopt his own philosophy



Q 4: Coordinating both arms on the serve, so that the tossing arm leads and the hitting arm follows. **John**



The 9 Serve

Checkpoints

1) Rituals



2) Weight transfer



3) Release



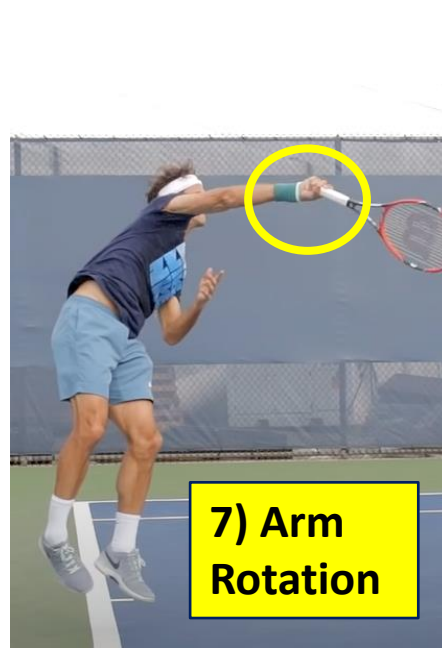
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5) Launch

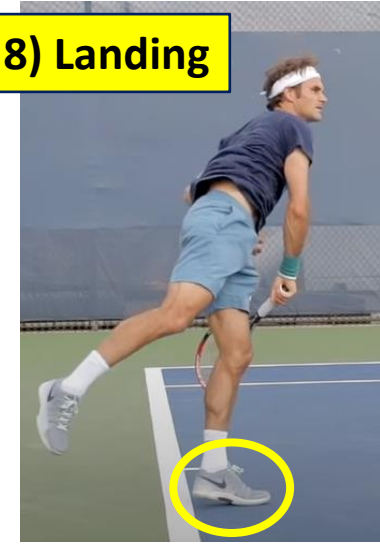


6) Contact

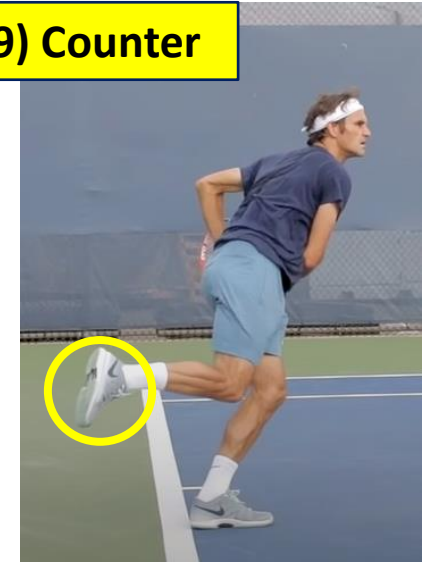


7) Arm Rotation

8) Landing



9) Counter





1) RITUALS

Player should have their weight on the front foot and racket should be inside the baseline. Feet should be at least shoulder width apart.



2) WEIGHT TRANSFER

Players should transfer their weight to the back foot, but the racket should remain in front of the body.



3) BALL RELEASE

Players arms should be staggered with palm down. Toss release should be about eye high. The weight begins to transfer back to the front foot.



4) LOADING (TROPHY)

Player's left hip and/or knees should extend inside the baseline. Arms staggered. Racket head up towards sky. (no waiters tray)



5) LAUNCH

Players launch up and forward into the court.

Pull with lead elbow.

Strings should be visible from the side. Hips are still facing to the side.



6) POINT OF CONTACT

The left arm collapses in towards the chest/ribs.

The hitting arm should be fully extended with no “pike” in the hips. Eyes should be up at the ball.



7) ARM ROTATION

The hitting side of the strings should be facing the camera now. Inverted elbow and thumb is pointed down revealing the fingers.



8) LANDING

The player should land **inside the baseline** and on his left foot. The follow through begins to occur on the left side of the player's body.



9) COUNTER-BALANCE

Player should be bent at the waist with his non-landing leg extended backwards.



Q 5: How to beat a moonballer in a HS match **Paula**

7 Ways to Beat the Moonballer

1. Don't panic. Be willing to exchange a few moonballs from the baseline.
2. After you moonball a few times, sneak in and pick off a volley.
3. Use a drop shot and follow it to the net.
4. Serve and Volley more than usual.
5. Use a "chip and charge" return of serve so you can stay away from the baseline.
6. Hold your ground at the baseline and refuse to back up (take the ball on the rise).
7. Play more underspin balls that land short.