

LIVE CALL

Sunday

May 7, 2023

Jorge Capestany



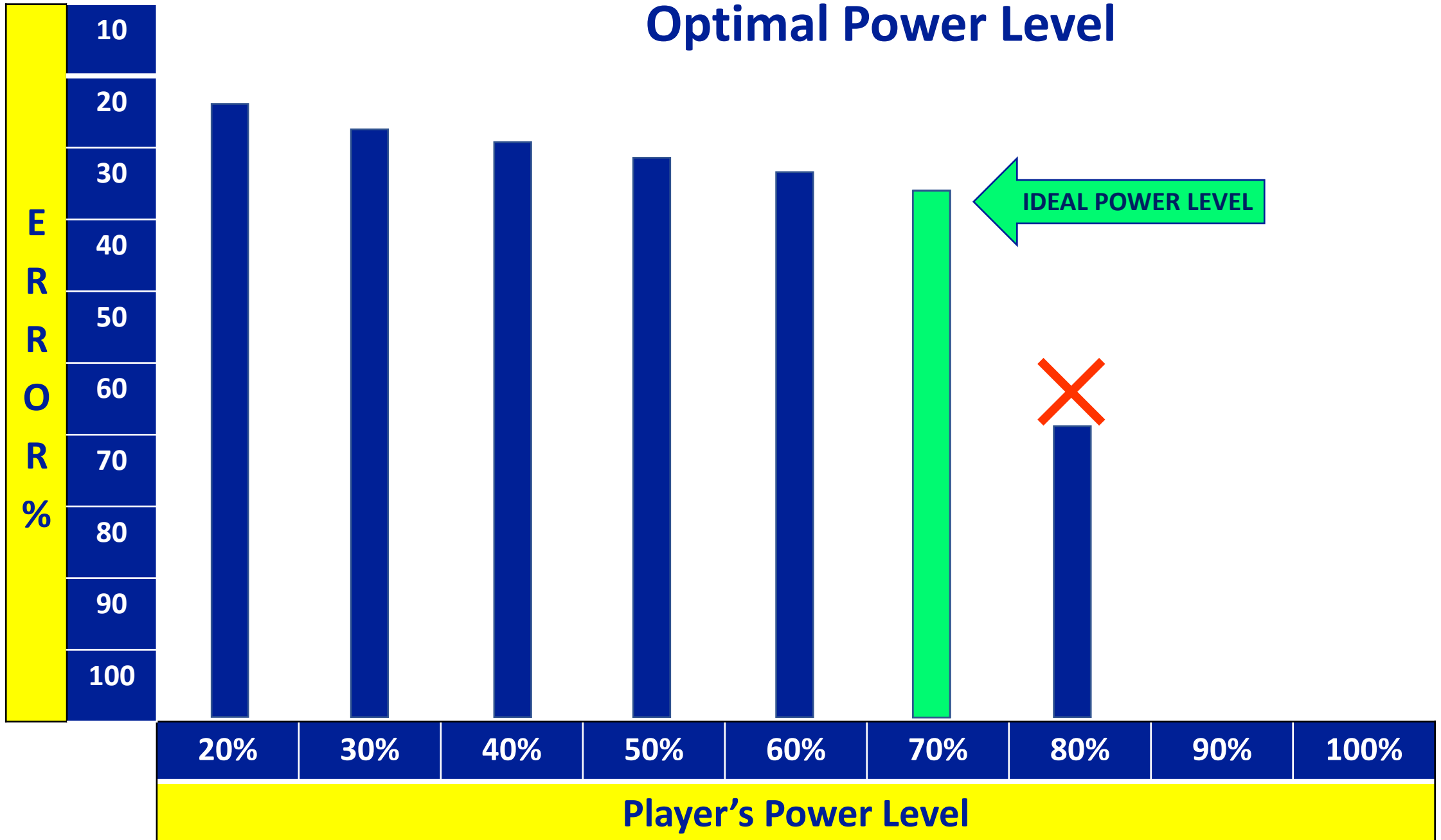


Q 1: How can I help my players that over-hit and make too many errors - **James**

Overhitting and Errors

[Color Coding Drill – Click Here!](#)

Optimal Power Level



Overfitting and Errors

[Optimal Power Level – Click Here!](#)



Q 2: Do you have any ideas for how I should train my summer staff -
Fredrick

Training Summer Staff

1. Program Philosophy
2. Off court Expectations
3. On court Expectations
4. Feeding Skills
5. TennisDrills.tv
6. Jorge's Onboarding Course



Q 3: What are the most important skills for a young tennis coach to learn - **Harold**

Important Skills for Young Coaches

- 1. Basic Work Habits**
- 2. Feeding Skills**
- 3. Assisting Skills**
- 4. Full Engagement**
- 5. Likability**
- 6. Scale of Worth**

Scale of Worth (Regional)

	Competencies of Coach	Approx. Pay Rate
1	Can only assist in classes (HS)	\$15 / Hour
2	Can lead some classes	\$18 / Hour
3	Can lead all classes	\$22 / Hour
4	Can maintain private lesson clientele	\$27 / Hour
5	Can recruit private lesson clientele	\$30 / Hour
6	Can run a team practice	\$33 / Hour
7	Can run an entire team (line-ups)	\$36 / Hour
8	Can start new programs	40%
9	Can grow existing programs	% plus Salary
10	Can always cover classes (available)	\$40 / Hour



Q 4: What can I do to improve my mental toughness during matches? **Sal**

Mental Toughness

The NEW 16 Second Cure: GottaTennis.com

My 4-Part Mental Series: JorgeCapestany.com



Q 5: My partner gets really mad during our matches. How should I handle that?

Danielle

Dealing with an Angry Partner

Doubles Partner Mojo

1. Find each other
2. Come together – Physical touch
3. Walk them home (baseline)
4. Release: jog back into position

[Video](#)



Q 6: How can I get my players to buy into the drill that I'm doing. Sometimes they don't see the value in a particular canister. **Pete**

Drill Buy In

1. State what problem the drill fixes

2. Using the **P. A. S. system**

- **Pain**
- **Agitate**
- **Solution**

Example: Drill for Improving Overheads

Pain: Raise your hand if you've ever choked an easy overhead

Agitate: You know the kind; you get a sitting duck and smash it into the net and the crowd goes “oooh”

Solution: Well, this next drill gives you tons of realistic practice on the overhead so that doesn't happen to you again



Q 7: What's your best tip for improving my tennis movement?
Braden

Improving Tennis Movement

1. Train with tennis specific movement.

- Points are 5-7 seconds long
- Change direction 4-5 times per point
- Each change of direction is 4-5 steps

2. Access the Tennis Drills Fitness courses *in the Lab*

THE END

