

**LIVE CALL**

**Sunday**

**Jan 7, 2024**

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**Jorge Capestany**





**Q 1:** What is the ideal balance between point play and drills and games in a class?  
**Andrew L**

# Points Play vs Drills

**Depends..**

**Difference between point play and match play**

**The higher the skill level the more I include point play**

**I typically include scoring inside the drill itself**



**Q 2:** What are some key qualities to have as a successful teaching pro  
**Annika W**

# Qualities of a Good Coach

**1. Lifelong Learner**

**2. Caring... quote**

“they don’t care how much you know, until they know how much you care”

**3. Roadmap... vs Band-Aid approach**

**4. Vision sheets: Individual and groups**



**Q 3:** How do you develop a coaching philosophy? **Frank P**

# Developing a Coaching Philosophy

## **1. Coaching Philosophy: Your values**

- **College professor**
- **Have Fun** (if they have fun, they come back, if they come back, they improve)

## **2. Your Methodology: Your teaching system**

- **The Five Play Situations**

# The Five Play Situations

**The only 5 things a tennis player does**

- 1. Serving**
- 2. Returning**
- 3. Baseline Play**
- 4. Net Play (transitioning)**
- 5. Passing & Lobs**



## Hope College Tennis Academy - Progress Report

<b>Name</b>	
<b>Pro</b>	
<b>Date</b>	

Players choose 2-3 areas to focus on. Choices are made from the 5 PLAY SITUATIONS that exist in tennis (+ Competition)

**Grades:    1 = Working on it       2 = Improving       3 = Mastering the Skill**

### 1) SERVING

**Technical:** Proper grips, stance, and use of the 9 checkpoints.

**Tactical:** Can change speeds, heights, & locations within the box.

<b>Technical Score</b>	1	2	3	<b>Tactical Score</b>	1	2	3
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### 3) BASELINE PLAY

**Technical:** Correct grips, swing sizes/paths, unit turn & footwork #

**Tactical:** Uses consistency, isolation, & high percentage patterns

<b>Technical Score</b>	1	2	3	<b>Tactical Score</b>	1	2	3
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### 5) PASSING SHOTS & LOBS

**Technical:** Can change racket-face angle, and arc on the ball.

**Tactical:** Can lob high & deep (over BH) and pass low (1-2 punch)

<b>Technical Score</b>	1	2	3	<b>Tactical Score</b>	1	2	3
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### 2) RETURNING

**Technical:** Can adjust swing size and uses proper "Y" footwork.

**Tactical:** Can hit both low and deep returns for singles or doubles

<b>Technical Score</b>	1	2	3	<b>Tactical Score</b>	1	2	3
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### 4) NET PLAY

**Technical:** Correct grips, split-steps, & movement around the net.

**Tactical:** Can add, match, & decrease power of the incoming ball.

<b>Technical Score</b>	1	2	3	<b>Tactical Score</b>	1	2	3
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### • AS A COMPETITOR

- Deploys a variety of tactics against different styles of players

<b>Tactical Score</b>	1	2	3	<b>Mental Score</b>	1	2	3
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- Controls emotions and shows fight while competing
- Knows/uses the (16 second cure) between-point performance



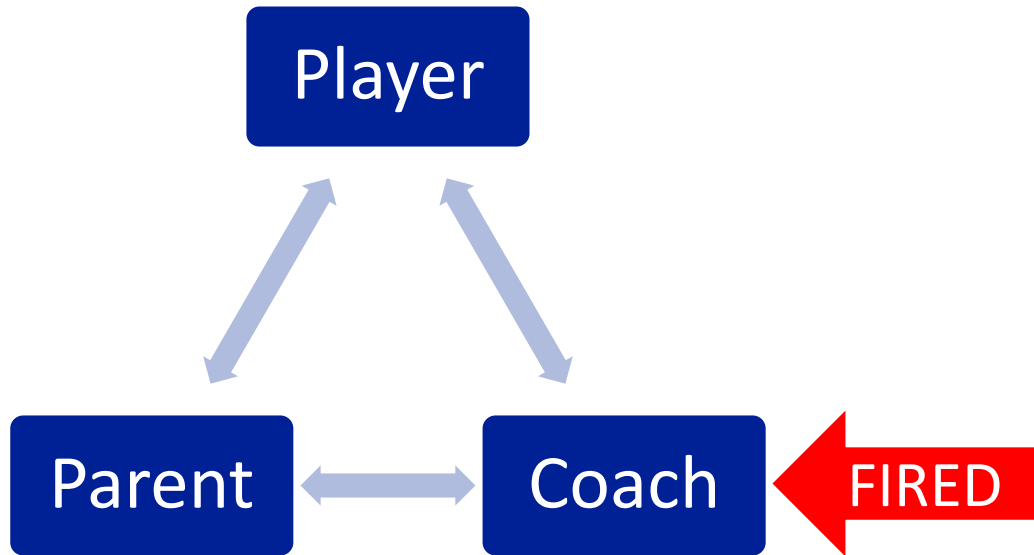
**Q 4:** How do you handle parents that want to be very involved in their kids  
**Jake L**

# Over Involved Parents

**1. The Triangle**

**2. Specific Do's and Don'ts**

# The Triangle (player | parent | coach)



## Job Descriptions for Each

- Specific Do's
- Specific Don'ts

## JOB DESCRIPTION FOR PLAYERS:

Establish goals consistent with your commitment level. – Play tournaments to supplement your improvement. – Commit to do things that will make you better in the 18's and not just now – Work in all areas of tennis training, including: drills, privates, off-court training, tournaments, and practice matches – Understand the effects of your tennis on other members of the family – Be sportsmanlike in your conduct - Ultimately, you need to take responsibility for your tennis progress – Don't play your coach against your parents.

### A specific list of **DO's** would include:

### A specific list of **DON'Ts** would include:

**Do** have patience with your parents, help them understand when they mess up

**Don't** treat your family badly because you are under stress.

**Do** give your best effort and have a good attitude, otherwise it will be difficult for your parents to justify the time and money they are spending on your tennis.

**Don't** expect that you have no responsibility associated with all the time, money, and effort that your parents are putting into your tennis.

**Do** give feedback to your parents and coach on how you feel about your tennis, they need know if you are feeling stressed, motivated or pushed hard enough.

**Don't** use your parents or coach as a scapegoat when you have not played well.

**Do** tell your parents if they are putting too much pressure on you – a frank discussion will help maintain their perspective. If you're unable to do it on your own, ask your coach to help.

**Don't** treat your parents as slaves, demanding they fill your water jug, get your towel, get your balls, or carry your gear.

**Do** understand that your parents will not allow you to become a tennis brat. When you get out of line, even if you have won, you're going to hear about it.

**Don't** embarrass your parents or coach by acting like a jerk when you're not playing well.

**Do** understand that being a tennis parent is stressful too. Your parents may simply be trying to do their best that they can, even when they make mistakes.

**Don't** expect your parents or coach to read your mind when it comes to your tennis. If you want them to do, or not to do, certain things, then speak your mind.

**Do** thank your parents for giving you the chance to play, it's nice for them to hear.

**Don't** expect perfection from your parents, just like you don't want them to expect it from you.



## JOB DESCRIPTION FOR PARENTS:

Take an active role in your child's tennis – Be knowledgeable concerning the structure of junior tennis – Understand the tournament scene – Always be positive and supportive – Listen as well as talk – Communicate frequently with your child's coach – Supply perspective for your child – Be realistic about future possibilities – Understand that you have the greatest influence on your child's tennis – Understand how deeply wins and losses affect your child.

### A specific list of **DO's** would include:

### A specific list of **DON'Ts** would include:

**Do** treat your child the same whether he wins or losses.

**Don't** say, "we're playing today" Instead say "You're playing today".

**Do** try to have fun and enjoy the tennis world. Your unhappiness can breed a child's guilt.

**Don't** tell your child what he did wrong right after a tough loss.

**Do** look relaxed and calm on the sidelines, your attitude will help your child play better.

**Don't** make enemies with your child's opponent's parents during a match.

**Do** make friends and socialize with other parents, it can make tennis more fun.

**Don't** act anxious on the sidelines, your child will always notice.

**Do** get involved when your child's behavior is unacceptable. It could label your child a jerk.

**Don't** make your child feel guilty for all the time, money and sacrifices you're making for tennis.

**Do** understand your child need a break from tennis occasionally, it does not mean that they are quitting or burning out.

**Don't** think of your child's tennis as an investment for which you expect a return.

**Do** give your child some space after a loss, be a listener and not a fixer or coach.

**Don't** compare your child's progress with that of their friends or other players.

**Do** be there when your child loses or gets discouraged.

**Don't** take the role of the coach, you are the parent.

**Do** keep a sense of humor, your child's stress level will drop if you are visibly happy.

**Don't** live out your dreams through your child's tennis.



## JOB DESCRIPTION FOR COACHES:

Design effective developmental programs for all students / Help players establish realistic goals / Keep parents informed as to their child's needs and progress / Observe players in competitive situations periodically / Distribute information on upcoming events like tournaments, deadlines and match plays / Keep updated on the latest in teaching and training techniques for competitive players / Be available to meet with parents and/or juniors about concerns they may have / Establish a clear move-up policy for players and parents to understand / Strive to teach the many life lessons that tennis has to offer to all players.

### A specific list of **DO's** would include:

### A specific list of **DON'Ts** would include:

**Do** make your expectation regarding the child clear to the parent.

**Don't** tell parents that their child has the potential to be great if that potential isn't there.

**Do** meet regularly with parents to communicate important information and discuss the child's progress.

**Don't** tell parents to stay out of the picture and leave everything to you.

**Do** step in and tell parents when they are overstepping their proper role.

**Don't** make winning the most important objective.

**Do** hold players accountable to the decided workload for their established goals.

**Don't** expect parental behavior to change overnight. Patience, persistence, and firm persuasion are the keys.

**Do** insist that parents "train" just like the players do, before accepting any new students.

**Don't** forget that success in tennis is almost always correlated with a high degree of proper parental involvement.

**Do** set "performance goals" for parents to strive for just like we do for students.

**Don't** get into open conflicts with parents, coaches rarely win in a power struggle.

**Do** keep your own perspective and emotional balance. When the coach is out of control the team's mission quickly becomes impossible.

**Don't** get caught up in the fantasy that one of your students will make you rich and famous.





**Q 5:** What would be the top few things to learn as doubles team? **Denita**



# Keys to Doubles Success

## 1. Between Point Performance

- Eyes connection
- Come together (physical touch)
- Walk back & plan
- Release to position

## 2. Twenty Questions for Partners

# 20 Questions for Doubles Partners

1. Do you like to play the add side or the deuce side?

 2. What would you like me to say or do after you miss an *easy* shot?

3. What would you like me to say or do after you make a double fault?

4. Do you want to use signals or not? If yes, what will they be?

5. Who do you think should serve first when we play?

6. Do you like a partner that is loud and intense or quiet and reserved?

 7. Which one of us should be responsible for questioning bad calls?

8. What should our plan “A” be when we play?

9. What should our plan “B” be when we play?

10. What should our plan “C” be when we play?

# 20 Questions for Doubles Partners

11. How much time after a loss would you like to wait before we discuss the match?

12. What can I do on the court to help your confidence stay high?

13. Who should serve into the sun if it is in a bad spot?

14. What kind of pre warm-up rituals (before we get in the court) should we do?

 15. Do you like to hear advice and coaching from me while we are playing?

16. Do you want me to walk to the baseline between points with you when you are serving?

 17. What is the best thing for me to say to you when you are getting mad or frustrated?

18. Should we always elect to receive when we win the toss?

19. Are there certain people that will make you play better if they are watching?

20. Are there certain people that will make you play worse if they are watching?



**Q 6:** What do you use  
for Match Charting?

**Ian** (England)



Tennis Math

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Tutorial

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Newsletter

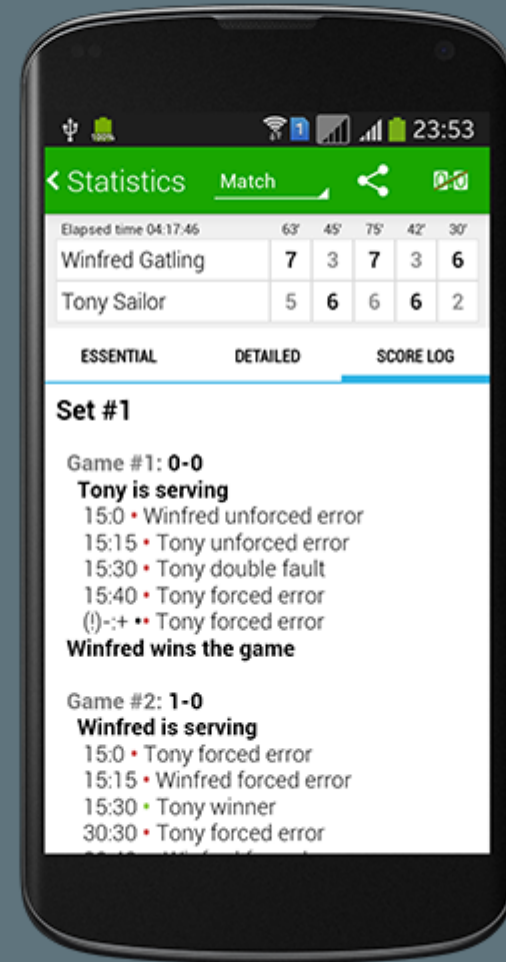
LED Scoreboards

# Score keeper and statistics tracker with LIVE broadcast

The most complete yet easy-to-use tennis & padel app.



← coming soon!



# Match Charting (Frank & Jorge)

Course: Match Charting Collection



**Q 7:** Why is tennis so mentally demanding?  
**Owen H**

# Why Tennis is the Toughest Sport

**BLOG**





**Q 8:** How can you tell when a player is ready to move from the Red to Orange stage? **Owen H**

# Moving Players from Red to Orange

## 1. Competencies

### Report Card Course

# TIME FOR LIVE

