

LIVE CALL

Sunday

Feb 25, 2024

Jorge Capestany

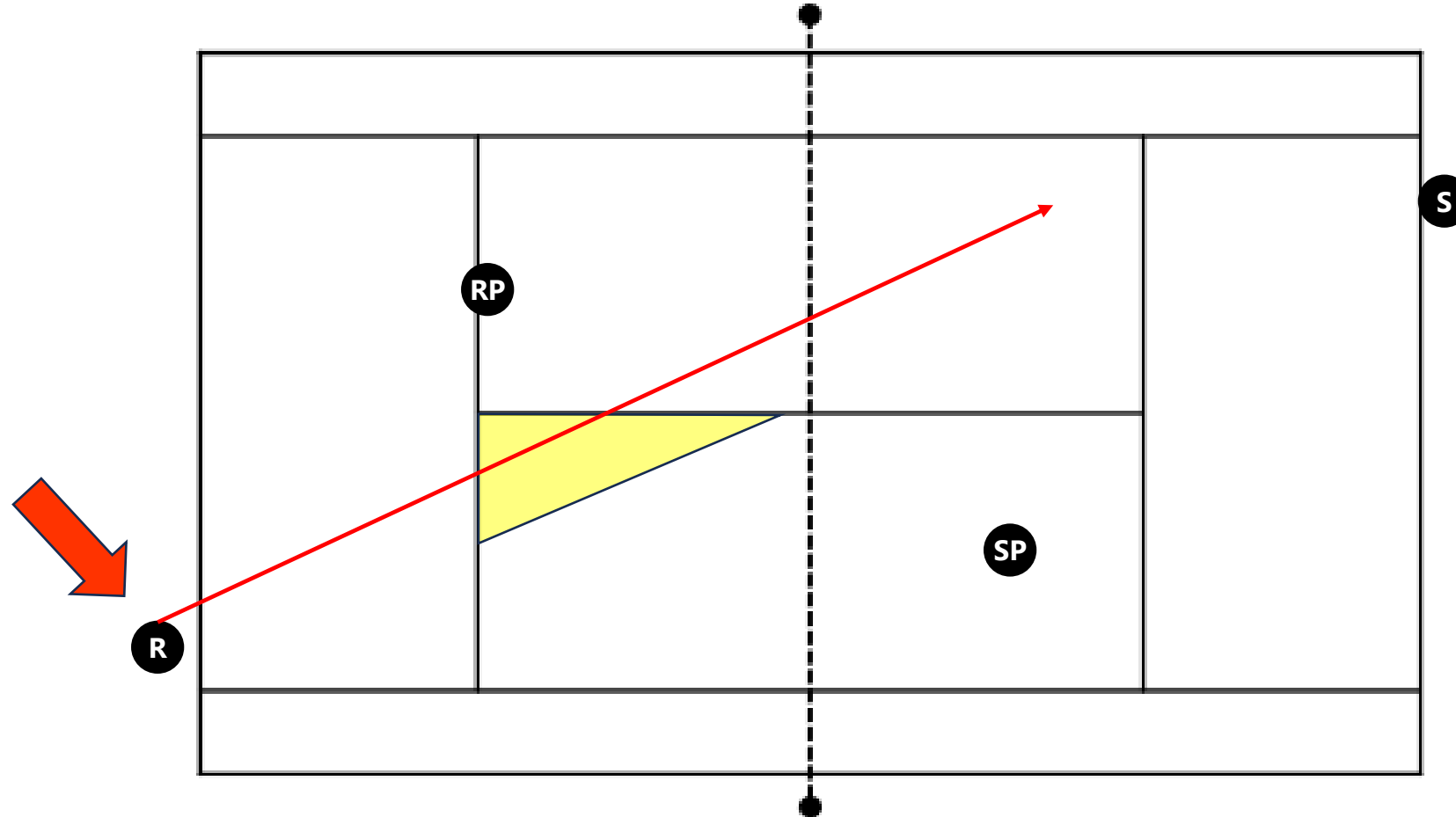




Q 1: Who should play deuce side of the court in doubles? **Elise**

Deuce Side in Doubles

Who ever has the best backhand return in the deuce court





Q 2: What is an effective way to give a private lesson to an adult? **Jake L**

Private to Adults

1. One off

- Technical in Nature
- Fix or Add something
- Use of Checkpoints
- Video Analysis

2. Recurring

- Roadmap
- Vision Sheet
- Projects
- Progress Report

Creating a Vision Sheet (Projects)



Player Vision Sheet	
Player	Carli Capestany
Pro	Jorge
Date	Sept 1, ??
Vision: The player's vision is the style of play they should use when they are in the 18's. It is important to have a clear vision even for young players, because it will determine how they should be playing and practicing now.	
THIS player's vision is	Steady Baseline
Projects: Projects are 2-3 things that each player has identified that needs to be worked on. This is usually done with the coach. Without these projects, it can be very easy to have a whole year's worth of lessons and not really get anything done. It also holds the pros accountable and helps us to be "project" oriented as opposed to "tips" oriented.	

Creating a Vision Sheet (Projects)



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Current projects are:

- 1) **Fix Serve consistency**
- 2) **Add a dropshot**
- 3) **Work on backing opponent up**

Player Vision Sheet

Player

Pro

Date

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Current projects are:

1.

2.

3.

Hope College Tennis Academy - Progress Report

Name	
Pro	
Date	

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.

Technical Score 1 2 3 Tactical Score 1 2 3

2) RETURNING

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

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

Technical Score 1 2 3 Tactical Score 1 2 3

3) BASELINE PLAY

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

Tactical: Uses consistency, isolation, & high percentage patterns

Technical Score 1 2 3 Tactical Score 1 2 3

4) NET PLAY

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

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

Technical Score 1 2 3 Tactical Score 1 2 3

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)

Technical Score 1 2 3 Tactical Score 1 2 3

• AS A COMPETITOR

- Deploys a variety of tactics against different styles of players

Tactical Score 1 2 3 Mental Score 1 2 3

- Controls emotions and shows fight while competing
- Knows/uses the (16 second cure) between-point performance



Q 3: We'll start HS tryouts soon and will be inside in a Gym. How can I effectively run a practice for up to 24 kids trying out?
Darin

Tryouts in a Gym

1. **Drills section:** 24 players on one court
2. **The Lab:** Classroom setting in our courses GO



Q 4: I coach a 9 & 13 year-old player. Both of them are muscling the ball on their strokes. Is there any specific method to reduce this? **Chetan**

Muscling the Ball

FIX: Grip Tension

- Use a scale of 1-5 to teach it
- Have them hit through the power scale 1-10



Q 5: How did you navigate that when you were coaching your daughter? Were you harder on her or use a trusted assistant? **Val**

Coaching Your Daughter (child)

1. Jim Loehr Story

2. The only 2 Questions (for Carli)

- Did you fight like a dog?
- Did you represent the family well?



Q 6: What is the best piece of coaching advice you ever received? **Val**

Best Advice I Ever Received

1. As a Player

- Focus on the Between Point Performance

2. As a Coach

- The most important skill you can teach your players is to have a positive inner voice



Q 7: Do you have some specific tips for aging, less agile players. **Sandy**

Tips for Less Agile Players

- 1. Warm Them Up**
- 2. Train Accordingly** (no-man's land)
- 3. Expect it to Look Worse**
- 4. 3.0 seniors look like 3.0 seniors**



Q 8: When using progressions in teaching a new skill, when do you know its time to move to the next step in the progression? **John**

Open vs Closed Skills

Is tennis an **OPEN** or **CLOSED** skill sport?

OPEN SKILL SPORTS:

are those in which players are required to react in a **dynamically changing, unpredictable and externally-paced environment**

(basketball, tennis, fencing)

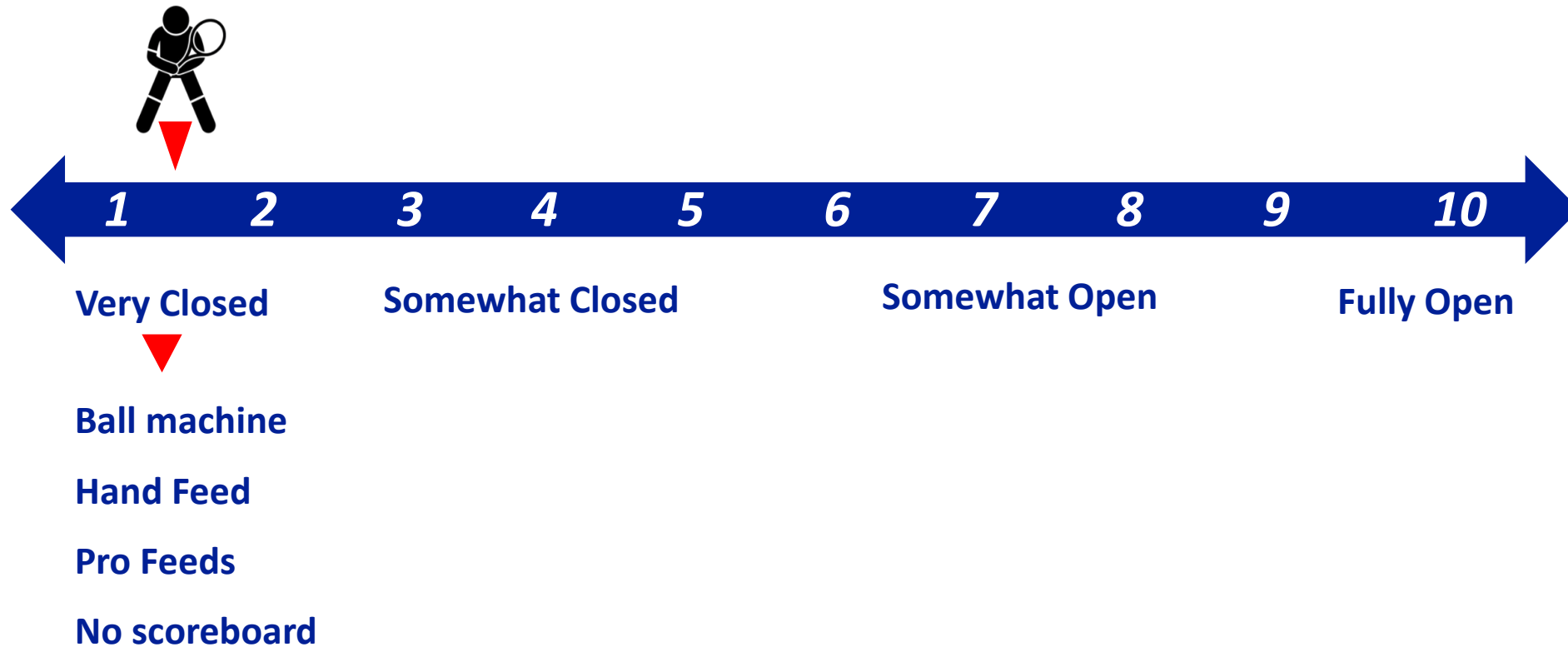
CLOSED SKILL SPORTS:

are those in which the environment is **relatively highly consistent, predictable, and self-paced** for players

(running, swimming)

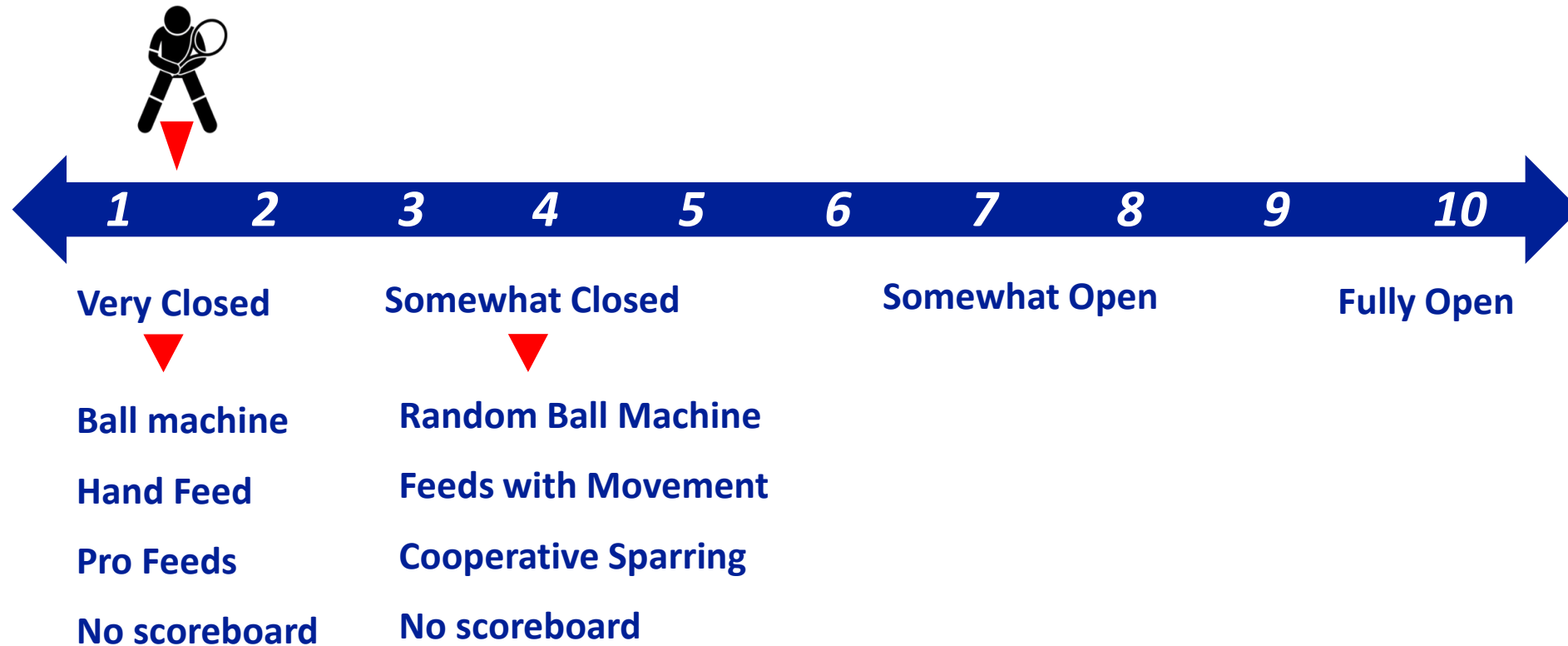
CLOSED AND OPEN SKILLS IN LEARNING

Example: **Learning a Drop Shot:**



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CLOSED AND OPEN SKILLS IN LEARNING

Its not always a straight path 



Very Closed



Ball machine

Hand Feed

Pro Feeds

No scoreboard

Somewhat Closed



Random Ball Machine

Feeds with Movement

Cooperative Sparring

No scoreboard

Somewhat Open



Competitive Sparring

Point Play

Introduce serves

Modified scoring

Fully Open



Match Play

Regular Scoring

Real Opponent

Winner & Loser

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TIME FOR LIVE

