

# ITF Coaches Education Programme Level 2 Coaching Course



## Planning the tennis training - II

# By the end of this session you should be able to:

- Understand how the load can be increased in tennis training
- Explain the main characteristics of planning as applied to tennis drills
- Devise effective and appropriate planning routines and programmes for tournament tennis players

# An example of a yearly training cycle for double periodisation Under 14 player

|      |             |     |     |     |     |      |      |        |          |      |     |
|------|-------------|-----|-----|-----|-----|------|------|--------|----------|------|-----|
| Sept | Oct         | Nov | Dec | Jan | Feb | Mar  | Apr  | May    | June     | July | Aug |
| Rest | Preparation |     |     |     |     | Comp | Rest | Prepar | Competit |      |     |
| 1    | 2           | 3   | 4   | 5   | 6   | 7    | 8    | 9      | 10       | 11   | 12  |

Mayes (1995)

# An example of a yearly training cycle for double periodisation Under 14 player with *macro* and *mesocycles*

| Sept        | Oct                | Nov | Dec | Jan             | Feb | Mar         | Apr         | May           | June            | July      | Aug        |            |
|-------------|--------------------|-----|-----|-----------------|-----|-------------|-------------|---------------|-----------------|-----------|------------|------------|
| <i>Rest</i> | <i>Preparation</i> |     |     |                 |     | <i>Comp</i> | <i>Rest</i> | <i>Prepar</i> | <i>Competit</i> |           |            |            |
| <i>Rest</i> | <i>General</i>     |     |     | <i>Specific</i> |     | <i>Pre</i>  | <i>Co.</i>  | <i>Rest</i>   | <i>Ge</i>       | <i>Sp</i> | <i>Pre</i> | <i>Com</i> |
| 1           | 2                  | 3   | 4   | 5               | 6   | 7           | 8           | 9             | 10              | 11        | 12         |            |

# How to increase the effort (load) in tennis training



| <b>VOLUME</b>  | <b>INTENSITY</b>   | <b>COMPLEXITY</b>   |
|--|--|---|
| <ul style="list-style-type: none"><li>1. More repetitions and series</li><li>2. More drills</li><li>3. More time of training</li></ul> | <ul style="list-style-type: none"><li>1. More speed in the drill</li><li>2. More rhythm in the drill</li><li>3. Reduce recovery time between series and between drills</li></ul> | <ul style="list-style-type: none"><li>1. More shots &amp; variations</li><li>2. More distances to cover</li><li>3. Zones of direction or position</li><li>4. Play against better opponents</li><li>5. Change the score system, etc.</li></ul> |

# Load values in tennis competition (effort)



|                        | <b>LOW</b>            | <b>MODERATE</b>       | <b>HIGH</b>           |
|------------------------|-----------------------|-----------------------|-----------------------|
| <b>Duration</b>        | 1 hour                | 1 hour 40 min.        | 2 hours 30 min        |
| <b>Number of games</b> | 20<br>(3 min. 30 sec) | 27<br>(3 min. 45 sec) | 36<br>(4 min. approx) |

# Load values in tennis training (effort)



|                       | <b>LOW</b> | <b>MODERATE</b> | <b>HIGH</b>               |
|-----------------------|------------|-----------------|---------------------------|
| <b>Duration</b>       | 70 minutes | 2 hours         | 2 hours 30 min to 3 hours |
| <b>Time of drills</b> | 75%        | 46%             | 25% - 36%                 |

# Microcycles general aspects



- Highly intensive and demanding training contents:
  - speed,
  - anaerobic endurance,
  - dexterity, etc.) should be scheduled after easier sessions or days



# Microcycles general aspects (II)



- The player's strengths should be scheduled:
  - at the beginning or at the end of the week during the preparatory phase
  - in the last days before the tournament during the competition phase due to psychological reasons (build self-confidence)

# Microcycles Example



| Sample weekly Plan |   |                              |   |
|--------------------|---|------------------------------|---|
| Week 5 out of 14   |   |                              |   |
| Day                | Technical-tactical                        | Physical                     | Mental  |
| <b>Monday</b>      | Serve and return<br>First serve percent   | Sprints                      | Emphasise pace of play                        |
| <b>Tuesday</b>     | Consistency at baseline<br>Doubles return | Competitive sprints          | Emphasise posture and coping behaviours       |
| <b>Wednesday</b>   | Match day                                 |                              |   |
| <b>Thursday</b>    | Stroke first aid                          | Fun ball skills              | Discuss match results                         |
| <b>Friday</b>      | Play points<br>Tie-breaker matches        | Light running and stretching | Relaxation, concentration and pressure drills |
| <b>Saturday</b>    | Match day                                 |                              |   |



# The day periods

- Schedule low intensity and low volume day periods after high demanding ones
- Schedule a tapering (reduced volume) day period before the tournament day
- Schedule a high volume or high intensity day period after the weekend, if the player has had enough rest

# The training session (I)



- Determine the degree of load in each session in order to challenge the adaptation capacity of the player
- Know how to order the different training sessions for different results
- Schedule first the most important session of the day (i.e. the one that has the main goal)

# The training session (II)



- In the general preparatory period:
  - Conditioning sessions before technical sessions
  - Conditioning: most important goal of the period
- In the specific preparatory period:
  - Technical sessions may be placed before tactical and physical ones
- In the pre-competition period:
  - Tactical sessions before technical ones

# The training session (III)



- Sessions requiring speed, power and maximum strength should never follow days of high effort
- Sessions of speed-endurance, aerobic endurance or strength endurance should never precede sessions designed for technique, speed, flexibility or maximum strength

# The training session

## Determining factors



- The general and long term goals of the annual plan
- The specific and short term goals of the practice session
- The players characteristics
- The personal coaching philosophy of the coach
- The available means and facilities

# The training session Principles (I)



| PRINCIPLE                             | CHARACTERISTICS   |
|---------------------------------------|---|
| Goal setting                          | <p>The coach should have a goal for every training session and plan the session according to the achievement of that goal.</p> <p>The coach should take time to prepare for each practice.</p> <p>Drills should be well planned and structured.</p>   |
| Warm up and cool down                 | <p>It is very important to warm up physically and technically before the session start. This will help the player not only physically but also mentally. Besides, the players should go through a cool down routine just after the last drill of the session (i.e. a fun game, stretching, easy jog, etc.).</p> |
| Homogeneity                           | <p>The more similar the players are in ability, the easier it is to design good practices.</p> <p>The coach can use games and specific adapted scores to equalise the challenge to each member of the team during practice (optimal challenge) (differentiation).</p>   |
| Practising every day the fundamentals | <p>It is very important to introduce in each daily training session the five fundamental game situations: serve, return, baseline game, approach/volley and passing.</p>  |



# The training session Principles (II)



| PRINCIPLE                     | CHARACTERISTICS  |
|-------------------------------|--|
| Work all aspects              | In planning a practice it is important to keep a balance between training weaknesses and strengths. The coach should keep a daily written record of training contents to ensure that each area of the game is being practised sufficiently by the player.              |
| Use different types of drills | The coach should plan a varied practice by using different types of drills: basket drills, play with the pro drills, rally between players, and scrimmage or matchplay situation drills.   |
| Adaptability                  | Drills should be adapted to players characteristics.<br>The coach should modify the different aspects of a drill: feeding procedures, rhythm, work/rest ratio, difficulty level, etc., in order to match and challenge the ability of the player.                      |
| Fun, movement, etc.           | Keep each drill short and quickly moving. Remain positive and be constructive with your criticism. Remember, a good drill done for too long, becomes a bad drill.<br>Introduce games and competition drills with score.<br>Drills should be enjoyable and challenging. |

# Drills

## Introduction



- There are thousands of drills. Whether a drill is good or bad depends on :
  - The general & specific goal of the coach
  - The number of players per court / per coach
  - The time and means available
  - The players level of ability
  - The attitude/enthusiasm of the coach/player

# Drills

## General goals



- To emphasise the learning of a new skill (LEARNING)
- To improve skills which the player already has (CORRECTION)
- To maintain skills which the player already has (STABILISATION)

# Drills

## Specific goals (I)



- Technical: to learn a shot (basic, special, spin, situation), to improve a movement (footwork, swing, placement), to hit with more power, etc.
- Tactical: to learn the tactical use of a shot, to plan a strategy for a match, tactical patterns of play, match analysis, the game situations, etc.

# Drills

## Specific goals (II)



- Psychological: to handle pressure, to improve mental strength, concentration, motivation, emotional control, control of thoughts, visualisation, relaxation, etc.
- Physical: to improve general fitness, or specific physical qualities: speed, strength, power, co-ordination, endurance, etc.
- Mixed or combined: When some of the above specific goals are combined in a drill



# Drills

## Important aspects to consider

- The player knows and understands the main and secondary goals of the drill
- Player gives 100% effort, concentration and intensity
- Go for quality instead of quantity: e.g. 'hit the best 5 balls you can'
- When the quality of performance begins to drop: stop the drill

# Drills Structure (I)



- Easier drills should be performed before more difficult drills
- Technical drills (those which don't involve decision making) should be done before tactical ones
- Learning or correction drills should be done before drills aimed at stabilising the skills of the player

# Drills

## Structure (II)



- Drills which involve practising co-ordination or fine motor skills (e.g. serve, drop-shot) should be performed before those which involve practising other skills (e.g. groundstroke endurance, etc.)
- Tough drills should be mixed up with fun or competition drills to ensure motivation



# Drills Structure (III)



- After a hard drill it is better to rest more time. Follow a hard drill with an easier drill
- Schedule recovery drills towards the end of the session to maximise the quality of the training

# Drills

## Rotation systems



| <b>SYSTEM</b>         | <b>CHARACTERISTICS</b>   |
|-----------------------|--|
| Number of repetitions | Each player gets a specific number of balls (2-8) and then rotate. It is better not to hit 1 ball and then rotate. |
| Time                  | Each player gets a specific amount of time (e.g. 5 sec.) and then rotate.  |
| Scoring               | The player who wins the point stays and the loser comes out (players play at maximum of 2 points).                 |
| Errors                | Players rotate after they make an error or a given number of errors  |
| King of court         | Player who first scores 3 points first goes by himself   |

# Drills

## Procedures for performing



- Explain
- Demonstrate
- Practice
- Give feedback (positive whenever possible)
- Evaluate
- Adapt

# Drills

## Setting up the progression



- Targets:
  - Projection, Reception/Perception, Constraints
- Movement:
  - Before hitting, during and after the shot
- Number and type of shots:
- Use of scores: balls to a target, in a row, etc.
- Work/rest ratio

# Drills

## Intensity



- **High intensity drill:** No rest, continuous hitting. 2/1, 1/1 work/rest
- **Moderate intensity:** 1/2, 1/3 work/rest, realistic ratio
- **Low intensity:** 1/4, 1/5 work/rest, warm-up, learning or correction ratio

# Drills

## Periodisation



- Preparation period (Learning or correcting):
  - 20 min. drill max.
  - Use different drills
- Pre-competition (stabilising):
  - 10-20 sec. work
  - 20 sec. rest
  - Every 8-10 min. drill, 2 min. rest

# Advanced group training

## Basic prerequisites (I)

- 4-6 players of homogeneous skill levels
- 1 to 2 - 2 ½ hours session
- 1 - 2 courts are often used
- Players should practice every day the 5 basic game situations
- Always full participation (hitting, moving, resting, picking up balls, etc.) of all players

# Advanced group training

## Basic prerequisites (II)

- It is mandatory to have one or two main goals of the training session
- Coach creates a positive learning/training environment:
  - 3:1 credit to criticism,
  - go for it attitude,
  - performance versus outcome,
  - positive feedback, co-operative style, etc.



# Advanced group training Practice routines

| Available time  | Tentative Schedule  |
|-----------------|---|
| 1 hour          | 10 min. Warm up (physical and technical)<br>40 min. Main part of the session<br>5 min. Cool down<br>5 min. Review, summary and closing  |
| 1 hour 30 min.  | 5 min. Warm up (physical)<br>10 min. Warm up (technical)<br>60 min. Main part of the session (5 min. break in the middle)<br>10 min. Cool down<br>5 min. Review, summary and closing            |
| 2 hours         | 10 min. Warm up (physical)<br>20 min. Warm up (technical)<br>1 hour 15 min. Main part of the session (5/10 min. break in the middle)<br>10 min. Cool down<br>5 min. Review, summary and closing |
| 2 hours 30 min. | 15 min. Warm up (physical)<br>20 min. Warm up (technical)<br>1 hour 35 min. Main part of the session (15 min. break in the middle)<br>10 min. Cool down<br>10 min. Review, summary and closing  |

# Advanced individual training

## Basic prerequisites (I)

- The methodology of training depends on the goals and on the coach's level of play:
  - **Good level of play:** It is possible to rally, play points and practice match situations. No need to have a sparring partner all the time
  - **Average level of play:** It is better to use feeding drills or rallying to specific zones of the court. It is important to have a sparring partner

# Advanced individual training

## Basic prerequisites (II)

- The length of the session can be approximately as follows:
  - Beginner: 30 to 45 min.
  - Intermediate: 45 min to 1 hr. 15 min.
  - Advanced: 1 hr. to 1 hr. 30 min.
- 1 court is used for the training
- Ensure that the player practices every day the 5 basic game situations

# Advanced individual training

## Basic prerequisites (III)

- As the player is playing all the time, it may be **difficult for him to maintain a high concentration** during all the session
- Physically the player requires **rest periods**. So that, the technique doesn't break down
- Combine drills with rest intervals where you may **give feedback** to the player, ask him to **drink**, to **rest** or to **pick up balls**.

# Advanced individual training

## Practice routines

| Available time | Tentative Schedule  |
|----------------|---|
| 30 mins        | 5 min. Warm up physical and technical<br>20 min. Main part of the session (2-5 min. break in the middle)<br>5 min. Cool down, review, summary and closing                                     |
| 45 mins        | 10 min. Warm up physical and technical<br>30 min. Main part of the session(5 min. break in the middle)<br>5 min. Cool down, review, summary and closing                                       |
| 1 hour         | 10 min. Warm up (physical and technical)<br>40 min. Main part of the session (5 min. break in the middle)<br>5 min. Cool down<br>5 min. Review, summary and closing                           |
| 1 hour 30 min. | 5 min. Warm up (physical)<br>10 min. Warm up (technical)<br>60 min. Main part of the session (5 min. break in the middle, 2 times)<br>10 min. Cool down<br>5 min. Review, summary and closing |

# Mental training Planning (I)



- PREPARATION: Motivation, 100% effort, fun & enjoyment
- PRE-COMPETITION: Emotional control, concentration, positive thinking
- COMPETITION: Visualization, behavioural control, specific match play situations
- TRANSITION: fun & enjoyment

# Mental training Planning (II)



- Depends on the mental ability, the period of the season and the player characteristics
- Average: from 15 to 20 minutes per session, 2 to 3 times per week
- The coach may plan specific mental training drills inside each technical or tactical session

# Physical training Planning



| PHASE             | I<br>PREPARATION  | II PRE-<br>COMPETITIVE  | III<br>COMPETITIVE   | IV<br>ACTIVE REST                                 |
|-------------------|---|---|--|---|
| Goal              | Firm base fitness level   | Tennis specific training  | Physiological peak   | Recovery  |
| Fitness training  | Aerobic<br>20-40 minutes<br>continuous<br>3 days/week during 6 weeks  | Anaerobic/aerobic<br>Interval and circuit training<br>1 day/week    | Tennis specific drills<br>short explosive<br>One 40 minutes run<br>each 2 weeks        | Light fitness training especially in other sports |
| Speed training    | Speed resisted training<br>2 days/week<br>Before endurance and strength sessions                                | Speed reaction drills<br>1-2 days/week                              | Tennis specific and ball drills short explosive  | Practice of other sports                          |
| Strength training | Low intensity 2-3 sets<br>High repetitions 12-15<br>2-3 days/week<br>Leave 48 hours between sessions to recover | Higher intensity 4-5 sets<br>Lower repetitions 4-8<br>2-3 days/week | Decrease intensity<br>Circuit training<br>1-2 sets<br>12-15 reps.<br>Once each 2 weeks | Practice of other sports                          |