

ITF Coaches Education Programme Level 2 Coaching Course



Technical Diagnosis and correction: Analysis and development / improvement

By the end of this session you should be able to



- Adapt a positive approach and understand the degree of tolerance when assessing, diagnosing and correcting tournament players.
- Gain knowledge on when to correct, how to correct, type of corrections, techniques and methods for corrections with tournament players.

Taking a positive approach

- Coaches need to have a positive approach when diagnosing and correcting a tennis player's game.
- This positive approach focuses on analyzing and developing their tennis game.
- It can have a big impact on the player's self confidence which is an important part of developing high level players.

Conformity versus effectiveness



- Good technique can be identified because it has conformity (efficient) and effectiveness (consistent).
- Conformity is related to the biomechanical model presented by the coach, while effectiveness relates to the outcome obtained.

Conformity versus effectiveness (cont)

- Conformity of technique is the degree of similarity of this skill to the one that is presented as a model.
- It means that the fundamentals of the stroke are sound, the player is well balanced and there is co-ordination between the racket and the body.

Conformity versus effectiveness (cont)

- Effectiveness of technique is the degree of accomplishment of the practical goals of the skill in relation to the final outcome.
- It depends on the players preparation , being linked to the hitting phase successfully.
- If the technique has these two elements, the player has the basis for developing the technique into a skill.

Degree of tolerance/ Range of acceptability

- Degree of tolerance is the range of acceptability for a technique used for a given skill.
- If the skill is performed inside the criteria that define the range of acceptability it can be tolerated by the coach as a good one and therefore it should not be corrected.

Degree of tolerance/ range of acceptability (cont)

- The coach needs a sound knowledge of all the aspects that define a player's ability to improve in order to decide on the degree of tolerance for a given aspect of the player's game.
- The coach should be an expert at observing movement and should understand how the body link, the footwork and the body position work in each shot.

Assessing, diagnosing and correcting tournament players



- When assessing, diagnosing and correcting tournament players a positive approach should be applied by the coach.
- They should focus on areas that can be improved instead of only focusing on aspect that should be corrected.
- With beginners coaches should try to focus on improving the technique (performance) while for the tournament players the goal is the performance (outcome).

Assessing, diagnosing and correcting tournament players

- When correcting tournament players the coach should take into account the competition schedule of the player and adapt the correction process to this schedule.
- Coaches need to be more knowledgeable to correct tournament players because sometimes the errors are difficult to see and to correct.
- The coach should try to discover and focus on the cause, not the symptom.

Factors influencing player's Assessment, Diagnosis and Correction

- General background
- Match play
- Technical
- Physical
- Mental
- Family and peer involvement

Types of corrections for tournament players

- Situational
- Use of teaching aid
- Cue words
- Analogies
- Sensory/feeling
- Mimicry/ imagination

Types of corrections



- Major corrections:
 - **Important** aspects of the player's technical characteristics (style) or the tactical characteristics (patterns).
 - Example: grips, body position, movements, change of game style.
- Subtle changes or adjustment:
 - **Less** important aspects.
 - Example: timing, shot selection, anticipation cues.



When to correct

- Know the different tennis seasons (periods) and the appropriateness of correcting during each.
- The periods are:
 - Training/Preparation
 - Competition / Pre competition
 - Transition/ Rest

When to correct



Training/ Preparation:

- Good time for technical corrections.
- There is no competitive stress.
- Plan correction drills at the beginning of the session.
- Plan one correction goal per week or one per two weeks.

When to correct



Competition/pre competition:

- Worse period to correct tournament players, since they need to maintain confidence to achieve good performance.
- Poor time to initiate corrections; match pressure; time constrains
- If corrections made, be sure they do not compete within a minimum of 2 weeks depending on the importance of correction.

When to correct



Transition/Rest:

- Not recommended for corrections because player has to recover, practice other sports or just rest.
- Coach often not available for instructional feedback.

Official Matches:

- Not recommended to make technical corrections or even technical comments during a match.

How to correct tournament players



Correction Process: phases

- Observation of the skill: Observational cues and techniques.
- Analysis of the problem: pros and cons.
- Decision about correcting it or not and about the methodology to be used.
- Practical process of corrections: methodology and correction techniques.
- Evaluation of the process

Correction techniques and methodology

- Initial Phase:
 - Player has to understand the error. Acknowledging the mistake is the first step in stroke correction.
- Closed phase:
 - with basket drills, shadow drills, freeze technique and other variations.
- Open phase:
 - Rally with the coach or other player, game situations and model training.
- Match Play:
 - Practice matches. Challenge players confidence similar to tournaments.
- Other progressive aspects.



Correction Tips

1. Look for the problem, not the symptom
2. Beware major injury.
3. Involve player in solution/ correction technique.
4. Appropriate ball feeding.
5. Give simple and precise information.

Correction tips



6. Relate to types of learners and stage of learning.
7. Look at relationship between grip, stance, contact point and swing trajectory.
8. Try to relieve stress of the player

Correction tips



9. Ask why the player cannot perform the instruction/ correction. (be patient)
10. Use positive reinforcement.
11. Close the skill and gradually open it.
12. Give player a chance to correct themselves.
13. Make use of appropriate role models.

Correction tips



14. Give player reference points so they can correct them selves.
15. Give feedback on performance and player not the outcome and the ball.
16. Be humble (ask other coaches opinion)
17. Use target and teaching aids
18. Best corrections are the one that players do not have to think about them.

Communication/ Feedback with player

- Coach and player have to agree on a concerted effort to correct the error and the corrective process is a matter of work.
- Corrections are progressive and gradual process of improvement.
- Coach and player share responsibility and they create a positive learning environment.

Important communication features

- Set goals.
- Maintain communication.
- Speak about problem and give practical solutions.
- Focus on one thing at the time.
- Give time for the results.
- Evaluate with a positive and constructive approach.
- Use reinforcement (Extrinsic /Intrinsic)

Technical checklist for tournament players



- It is important for the coach to use a checklist to assess and correct players in order to be systematic and to proceed in a logical way throughout the correction process.