How to be Champions On and Off the Court and Returning to Play Safely

Monday, June 1 at 3:00 – 4:30 PM EDT

Presenters:
Bob and Mike Bryan, Brent Salazar, Dr. Larry Lauer, Jamea Jackson and Maureen Diaz
Martin Blackman
General Manager
USTA Player Development
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Senior Manager of Player Identification and Development
USTA Player Development
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We Value Your Input

Submit your questions throughout the webinar by typing in the Q&A pod. We’ll answer them either:

• During the Q&A in the last 30 minutes of today’s presentation, OR

• You can always send us an email at TeamUSA@usta.com
Mike and Bob Bryan
In addition to being acknowledged as the greatest doubles team of all time, you also epitomize what it means to be Champions off the court. Why is that important to you?
Can you share a little bit about the role that your parents played in your development?
What advice can you give to the coaches on the call, for how to develop young players - balancing fun, development and character?
Can you talk a little bit about your charitable work and what it means to you?
Who were your role models growing up and why?
Who were your most influential coaches and why?
Anticipating & Understanding Player Responses When Returning to Play

Demands
- Challenging Timeline
- Length of Training
- Desire to perform well

Performance Behavior
- Too much, too soon
- Hesitant
- Erratic decision-making & responses

P-E Responses
- Rollercoaster
- Anxiety-Excitement
- Boredom-Energized
- Frustrated-Happy

Thoughts
- "Am I safe?"
- "Will we play?"
- "Will I be ready?"
- "Will I perform well?"
General Coaching/Parenting Actions

Model

Communicate

Intervene
Recommendations

Communicate & Understand Concerns
- Emphasize Long Term Perspective

Clarify Goals & Expectations
- From Anxiety to Motivation

Bridge the Gap
- Daily process goals leading to return to play goals
Recommendations

Engage in daily routines
- Daily Mental Practice setting the mindset

Train with progressive stress
- Use mental skills within routines to thrive

Visualize situations in return to play
- Clarity of performing and competing
Brent Salazar
Director of Performance
USTA Player Development
Importance of Watching Training Loads and Intensities
Distance

• Total amount of work being done.
• Start with shortening the distance, and increasing it each week but keeping same amount of time.
We could be doing the same distance and time but with a lot of change of direction, this is more demanding on the player.
Stroke Production

Being smart with the balance of total volume on each stroke, so we don't risk injury (e.g. spike in amount of serving)
Practice Set-up

Ratios of work to rest

Rest

To

Work
Top Tips

- Don’t change 2 things at once
- 10% rule
- Ask your athletes how they feel and how they are doing physically and mentally.
Jamea Jackson
USTA National Coach
USTA Player Development
Maureen Diaz
USTA National Coach
USTA Player Development
Movement and Footwork

Stances

Walking to the ball

Timing

Patterns
Expectations of Players, Parents and Coaches

Building up phase

- There is unlikely to be a scenario where you pick up where you left off.

Coaches need to be encouraging and give perspective around building those basics and getting back to level of play.
Committing to Becoming an All-court Player

Continental grip skills, slices, to get back touch and feel and keep developing it.

2 areas of focus
Integrating Match-play into Practice

Progression from incorporating point play without keeping score

Then keep score

Then situational point play with score

Increase steadily the amount of points each week
Top Tips

- Take the long term view.
- It is like coming back from injury.
- Focus on all-court skills, not just forehands, backhands and serves.
Q & A Session
TENNIS INDUSTRY UNITED

Relief. Recover. Rebuild.

How to Prepare for Returning to the Court: a discussion with Dr. Alexis Colvin, Chief Medical Officer, US Open Team Physician, US Fed Cup Team

Wednesday, June 3rd, 1 PM EDT

REGISTER

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Monthly USTA Player Development Learning Series Webinars

Every 2nd Monday of the Month

Mark Your Calendars: Monday, July 13
THANK YOU!