

# 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





# Johnny Parkes

*Senior Manager of Player  
Identification and Development*  
USTA Player Development



# Agenda

## Introduction

- Johnny Parkes

## Champions Leading with Character

- Bob and Mike Bryan

## Connecting with Players Returning to Play

- Dr. Larry Lauer

## Considering Training Loads

- Brent Salazar

## Building the Basics

- Jamea Jackson and Maureen Diaz

## Q & A

- All Presenters

## Additional Resources

- Johnny Parkes

# We Value Your Input

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

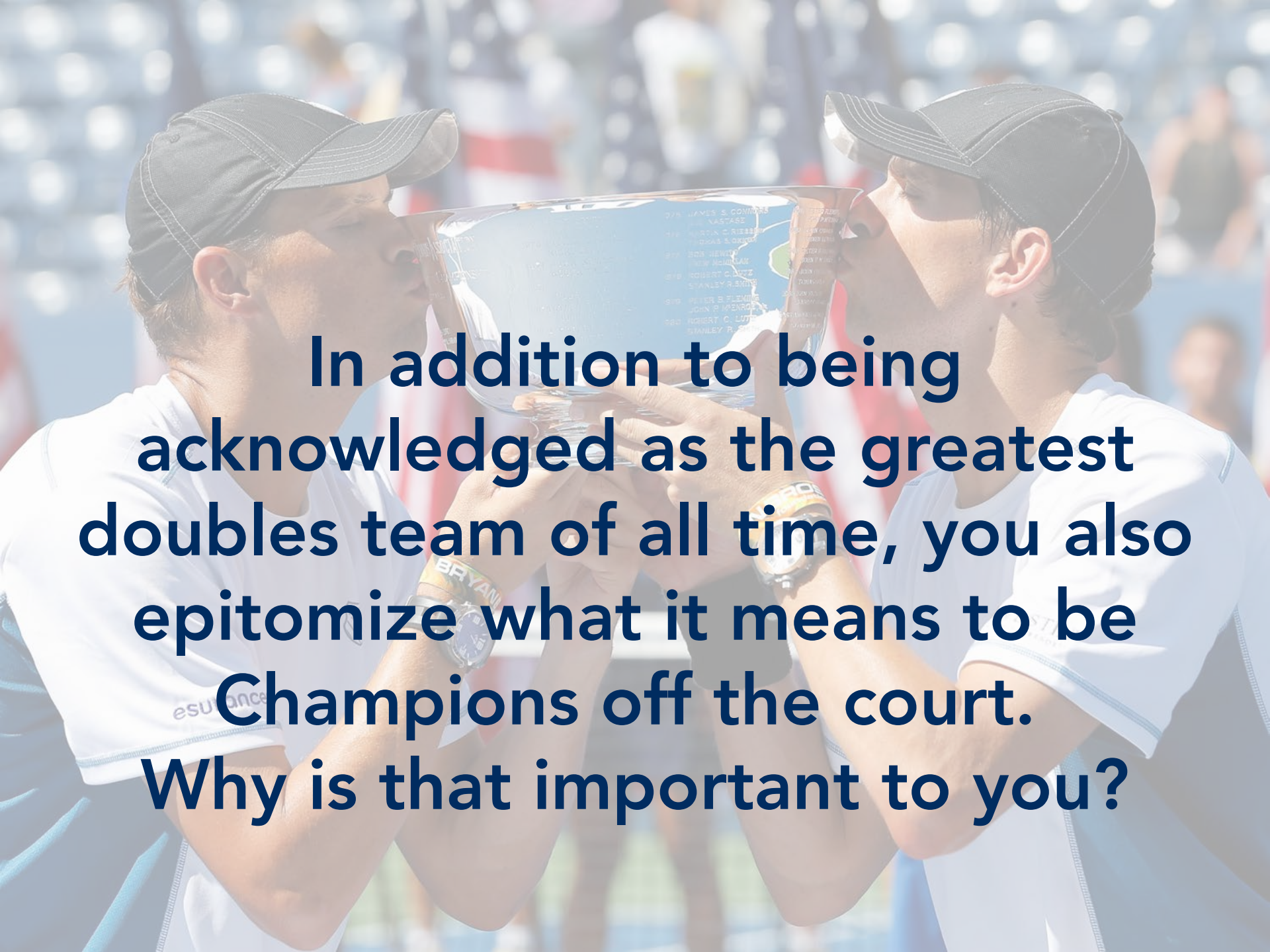
- During the **Q&A** in the last 30 minutes of today's presentation, OR
- You can always send us an email at [TeamUSA@usta.com](mailto:TeamUSA@usta.com)



# Mike and Bob Bryan






A photograph of two male tennis players, likely the Williams sisters' doubles team, celebrating a victory. They are both wearing white tennis shirts and dark caps, and are kissing a large, silver, cup-shaped trophy. The trophy has a list of names engraved on it. The background is a blurred crowd of spectators in a stadium.

**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?**



A semi-transparent background image featuring two male tennis players, likely Andy Murray and Nick Pietrangeli, smiling and holding up their gold medals. They are wearing white USA tennis jackets. An American flag is draped across the bottom of the image. The text is overlaid in the center in a bold, dark blue font.

**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?**



A photograph of two male tennis players, likely the Williams brothers, celebrating a victory. They are both wearing white athletic shirts and white caps with a small logo. They are holding large, ornate silver trophies high in the air with their right hands. The player on the left is looking towards the camera with a smile, while the player on the right is also smiling and looking slightly to the side. In the background, a crowd of spectators is visible, many of whom are clapping. The overall atmosphere is one of triumph and celebration.

**Who were your role models  
growing up and why?**

A photograph of two male tennis players, M. Bryan and David Yip, standing side-by-side and smiling. They are both wearing white caps with "UNITED STATES" and "DAVID YIP TEAM" text, and dark blue tracksuits with red and white stripes on the sleeves. M. Bryan's jacket has "M. BRYAN" and "UNITED STATES" printed on it. David Yip's jacket has "UNITED STATES" and "DAVID YIP TEAM" printed on it. Both are holding a trophy that says "Cup Commitment Award". The background is a blurred crowd in a stadium.

**Who were your most influential coaches and why?**





**Dr. Larry Lauer**  
*Mental Skills Specialist*  
USTA Player Development



## Performance Behavior

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

## Demands

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

# Anticipating & Understanding Player Responses When Returning to Play

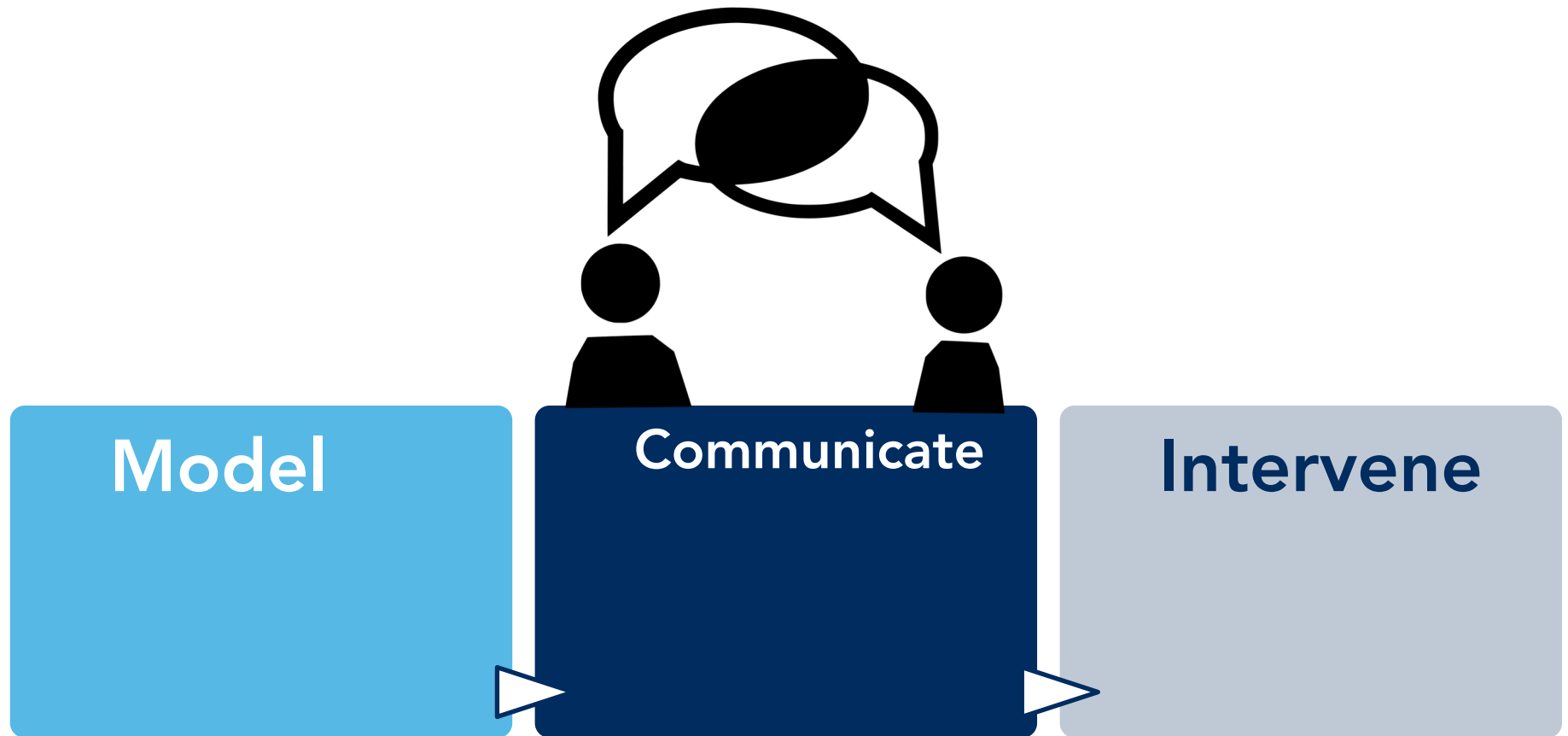
## P-E Responses

- 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



# 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

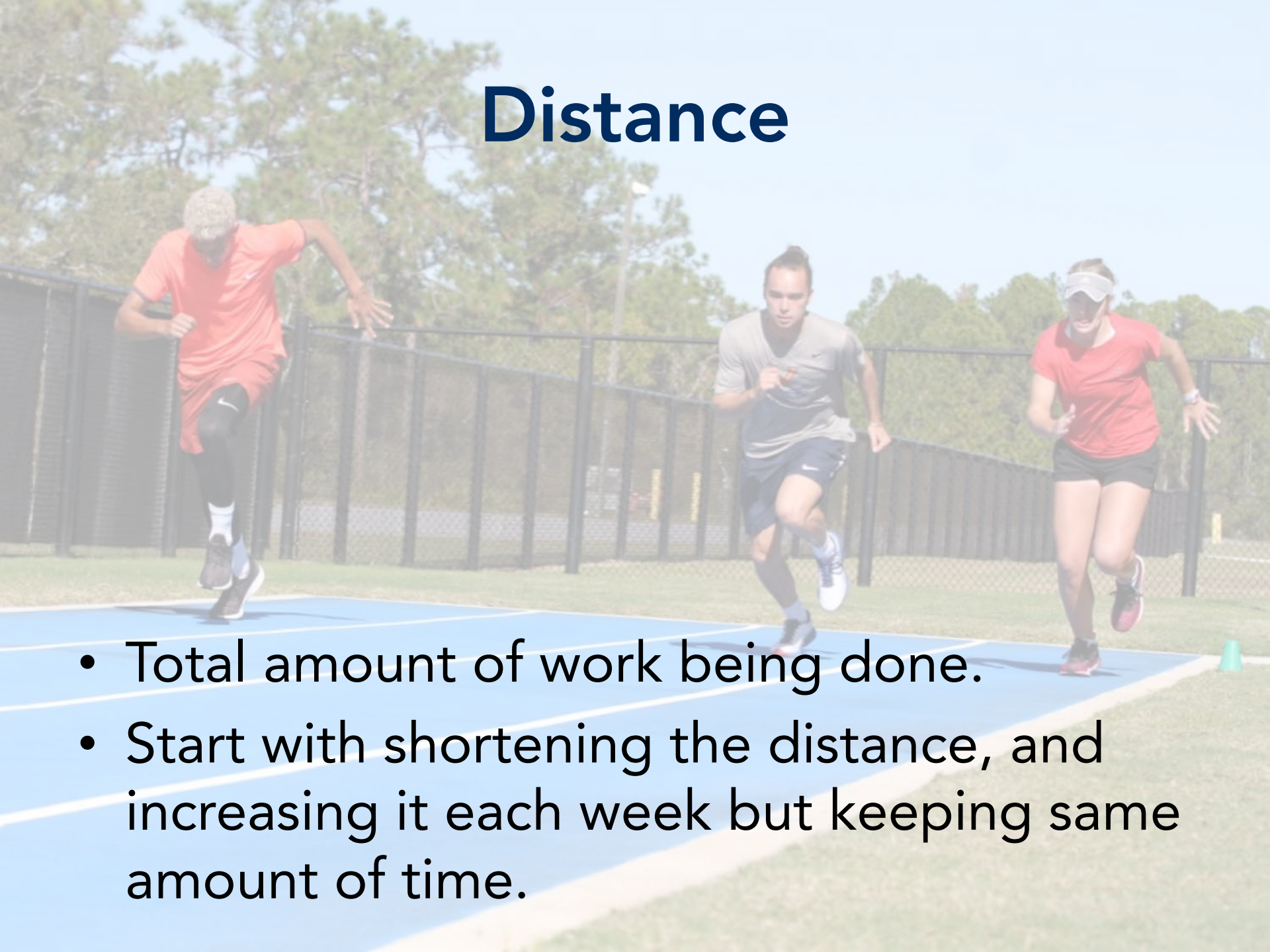
*Director of Performance*  
USTA Player Development





# **Importance of Watching Training Loads and Intensities**

# Distance

- 
- A photograph of three runners (two men and one woman) in motion on a blue athletic track. The runner on the left is a man in an orange shirt and black shorts, the middle runner is a man in a grey shirt and dark shorts, and the runner on the right is a woman in a red shirt and black shorts. They are all running towards the right. The background features a black chain-link fence and green trees under a clear sky.
- Total amount of work being done.
  - Start with shortening the distance, and increasing it each week but keeping same amount of time.



# Change of Direction

A person is shown from the waist down, wearing dark leggings and red and black sneakers, performing a change of direction drill on a green and blue track. They are stepping over a series of colorful cones (green, pink, yellow, pink, yellow, pink) arranged in a zig-zag pattern. Another person's legs and orange sneakers are visible in the background.

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



# 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**



# Monthly USTA Player Development Learning Series Webinars



Every 2<sup>nd</sup> Monday of the Month

Mark Your Calendars:  
**Monday, July 13**



# THANK YOU!

