



USTA Player Development Teaching and Coaching Philosophy



Person First

Approach to Coaching and Teaching

Positive Coaching

Coaching
Character

Age & Stage

Accountability for
behaviors

Mental and
Emotional
Wellness and
Health

Long-Term
Approach



COMPETE LIKE A CHAMPION



CONFIDENT
DETERMINED
ENGAGED
PROFESSIONAL
RESILIENT
RESPECTFUL
TOUGH

CONFIDENT

- Unshakable self-belief in abilities and skills, expects to be successful

DETERMINED

- Pushes through adversity and struggle, and continues to strive for success in a positive, productive manner

ENGAGED

- Full focus on what matters in the moment

PROFESSIONAL

- Demonstrates character, consistently prepared to practice and compete with full engagement

RESILIENT

- Ability to bounce back and refocus after failure

RESPECTFUL

- Acts in the way of appreciation, courteous to others, focused on the best in others, honors rules of game

TOUGH

- Endures periods of adversity in training and competition, accepts challenges, embraces pressure, physically and emotionally strong

First a Teacher, Second a Coach



A tennis player, seen from the back, is wearing a bright red long-sleeved shirt. They are holding a large, ornate silver trophy with both hands, lifting it high above their head. The trophy has a wide, flared base and a narrow stem leading to a large, rounded cup with two handles. The player's hair is dark and slightly damp. The background is dark and out of focus, showing the silhouettes of spectators and some bright light sources, possibly stadium lights.

Coaching Philosophy

Our coaching philosophy is based on teaching and developing the fundamental skills that enable the player to have the most complete game possible.



Coaching Philosophy

We believe that successful players never stop learning skills and developing their game.

The Five Principles

Patience

Progressions

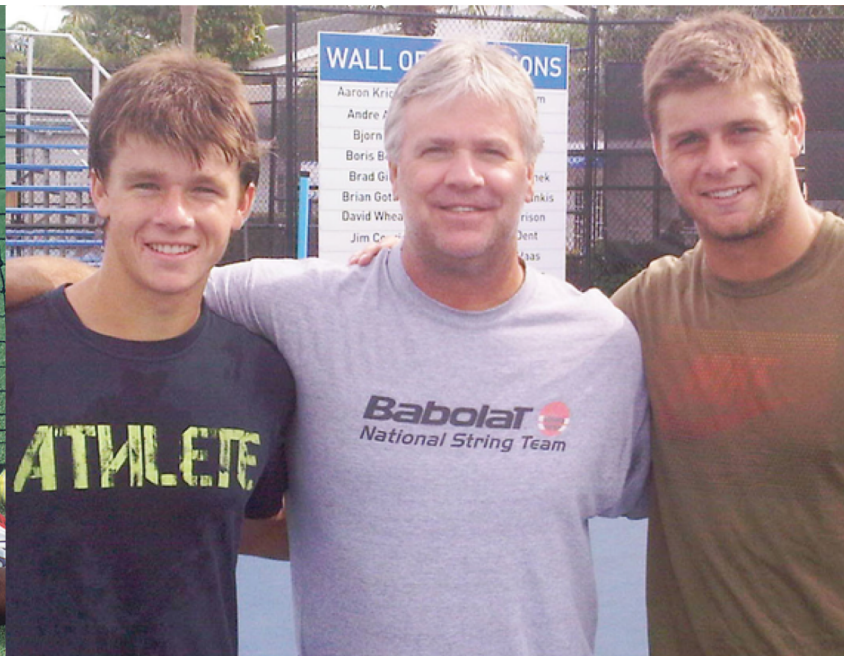
Parameters

Planning &
Goals

Problem
Solving

Principle 1: Patience

Long-term development of a world-class tennis player takes tremendous patience, passion and discipline from the coach, player and parent.



Principle 2: Playing Progressions

Everything that is taught must follow ordered progressions based on the fact that the game of tennis is played:

First with the **MIND & EYES**



Secondly with the **FEET**



Lastly with the **HANDS**



Principle 2: Teaching Progressions

3. Eyes & Mind

- Ball Recognition & Decision Making

1. Hands

- Grip & Swing Path

2. Feet

- Footwork & Movement



Progressions

Closed Controlled Environment

Open Dynamic Environment

Simple Skills

Complex Skill

Hand Feeding

Racket Feeding

Live Ball

Predictable Feed

Dependent Feed

Teaching

Training

Play

Principle 3: Parameters

From the onset of training, teaching must be executed carefully within the parameters of proper technique.



Forehand Parameters

Grip between Eastern and Semi-Western

- (ages 8-13)

Proper unit turn & use of non-dominant hand on the throat

Racquet taken back above the hand

Appropriate loading and use of stances

- Square, Semi-Open, Open, Closed

Proper point of contact for grip

Appropriate extension after contact based on the shot

Balanced upper body and head stability

Appropriate finish between over the shoulder and waist



Backhand Parameters

2-Handed: Grip on bottom hand close to Continental top hand close to Eastern

- 1-Handed: Grip close to Eastern

Racquet back above the hand

Proper unit turn with use of non-dominant hand on the throat of the racquet

Appropriate loading and use of stances

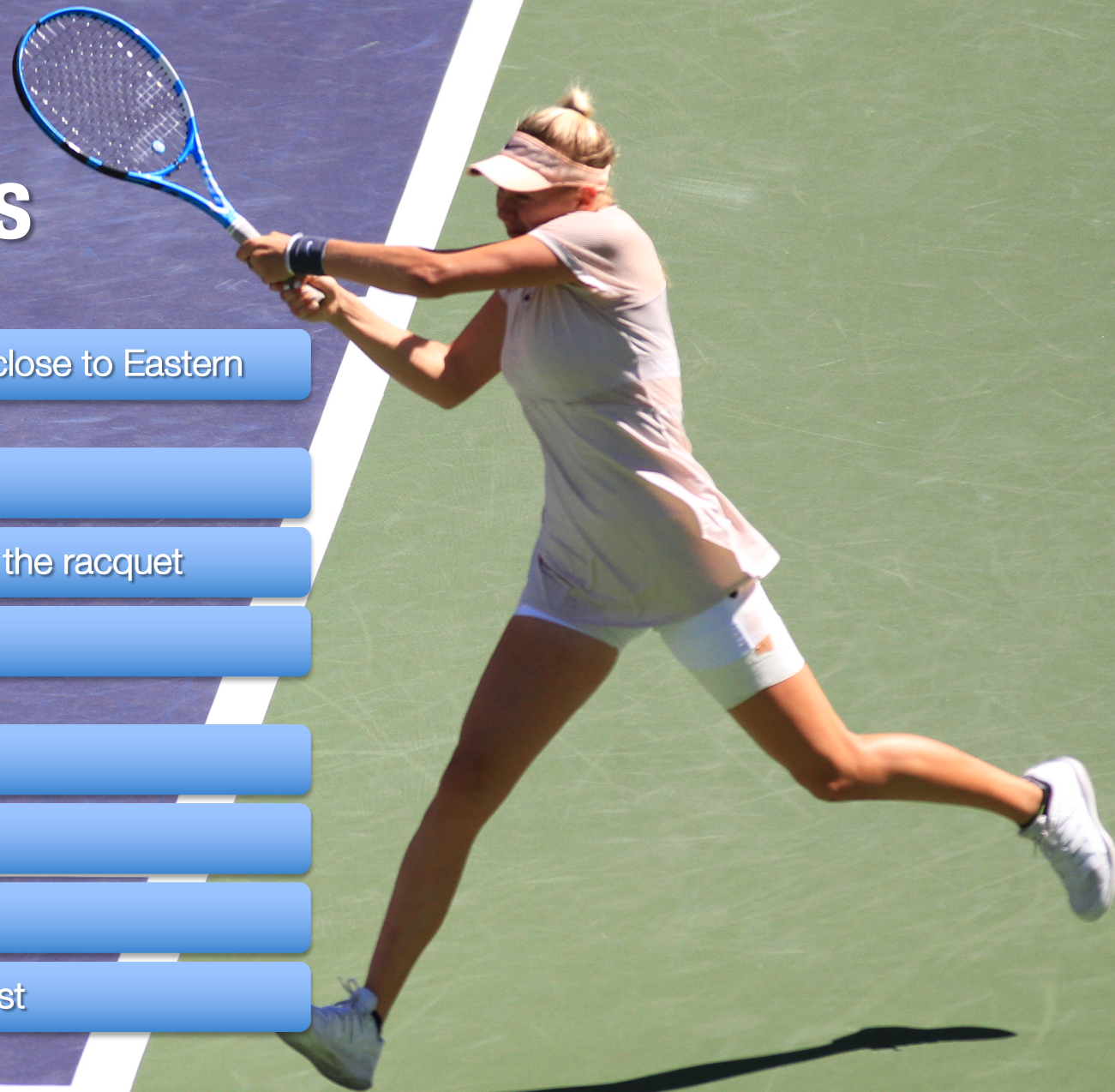
- Square, Semi-Open, Open, Closed

Proper point of contact for grip

Appropriate extension after contact

Balanced upper body and head stability

Appropriate finish between over the shoulder and above the waist





Volley Parameters

Close to Continental grip

Ready position slightly to backhand side

Shoulder turn

Outside foot load

Step (depending on time)

Racquet face slightly open

Contact usually between steps

Serve Parameters

Start

- Grip close to continental

Release

- Consistent toss from inside of front leg
- Release just above head high

Loading

- Stance Platform or Pinpoint
- Shoulder and pelvis lateral rear tilt
- Knee flexion and rear leg drive

Cocking

- Racket head pointing down

Acceleration

- Proper shoulder and hip rotation

Contact

- Full extension of upper body

Deceleration & Finish

- Long axis rotation, pronation
- Balanced landing and recovery



Return Parameters

Grip: Based on personal preference

Ready Position: Athletic stance with lower center of gravity

Split Step: Timing is coordinated with the serve to allow for proper reaction

Step-out and Unit turn: Synchronized to reduce backswing and engage core

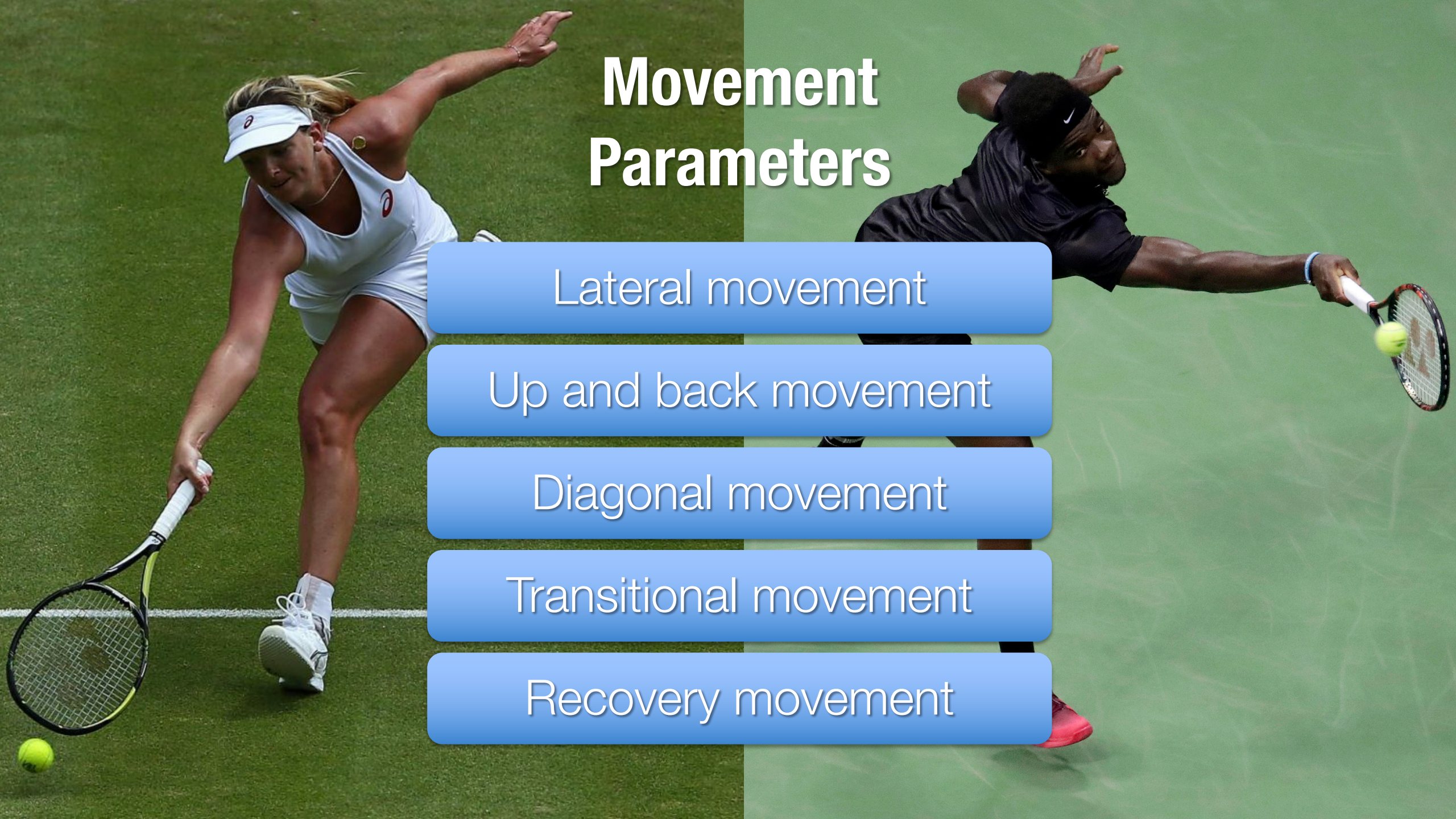
Return Position and Stance: based on personal preference, incoming serve and tactical intention

Backswing: Based on time, position and tactical intention

Contact: Based on grip, swing path and type of return

Extension and Finish: Based on swing path and target





Movement Parameters

Lateral movement

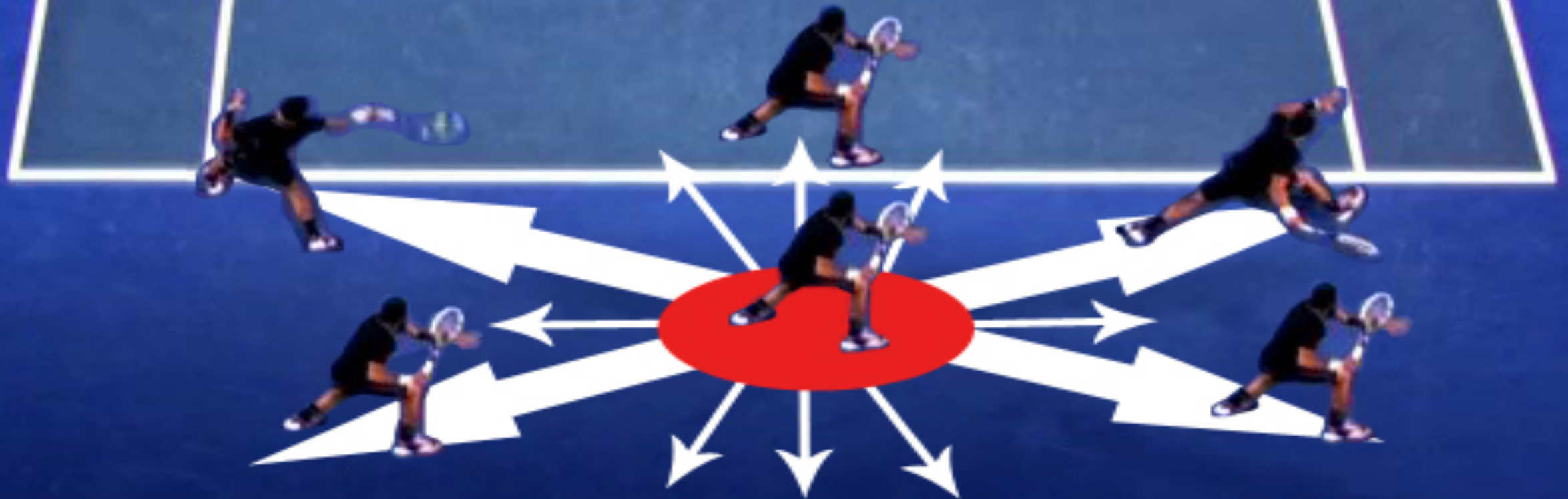
Up and back movement

Diagonal movement

Transitional movement

Recovery movement

Lines of Movement



Tactical Parameters

EYES & MIND

Anticipation and
Recognition

High percentage
shot selection

Patterns of play



Principle 4: Planning and Goals

Development Plan

- Established by the player and development team to assess the current status and future vision for the player's game in all areas

Periodization Plan

- Comprehensive yearly plan that prioritizes competition, training, and rest

Practice Plans

- Daily practices that are planned using appropriate progressions with a clear goal that is communicated to the player

Principle 5: Problem Solving

Great players are problem-solvers. Players need to learn to think and problem solve independently. The coach's job is to show the player the correct path.





Teaching & Coaching Philosophy

Fundamental skills

Most complete game possible

Parameters based teaching

5 Principles

Patience

Progressions

Parameters

Planning & Goals

Problem Solving

Key Takeaways