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
<table>
<thead>
<tr>
<th>CONFIDENT</th>
<th>DETERMINED</th>
<th>ENGAGED</th>
<th>PROFESSIONAL</th>
<th>RESILIENT</th>
<th>RESPECTFUL</th>
<th>TOUGH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unshakable self-belief in abilities and skills, expects to be successful</td>
<td>Pushes through adversity and struggle, and continues to strive for success in a positive, productive manner</td>
<td>Full focus on what matters in the moment</td>
<td>Demonstrates character, consistently prepared to practice and compete with full engagement</td>
<td>Ability to bounce back and refocus after failure</td>
<td>Acts in the way of appreciation, courteous to others, focused on the best in others, honors rules of game</td>
<td>Endures periods of adversity in training and competition, accepts challenges, embraces pressure, physically and emotionally strong</td>
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</tbody>
</table>

**COMPETE LIKE A CHAMPION**

**CONFIDENT**

**DETERMINED**

**ENGAGED**

**PROFESSIONAL**

**RESILIENT**

**RESPECTFUL**

**TOUGH**
First a Teacher, Second a Coach
Our coaching philosophy is based on teaching and developing the fundamental skills that enable the player to have the most complete game possible.
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

1. Hands
   - Grip & Swing Path

2. Feet
   - Footwork & Movement

3. Eyes & Mind
   - Ball Recognition & Decision Making
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
<table>
<thead>
<tr>
<th>Serve Parameters</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Start</strong></td>
</tr>
<tr>
<td>- Grip close to continental</td>
</tr>
<tr>
<td><strong>Release</strong></td>
</tr>
<tr>
<td>- Consistent toss from inside of leg</td>
</tr>
<tr>
<td>- Release just above head high</td>
</tr>
<tr>
<td><strong>Loading</strong></td>
</tr>
<tr>
<td>- Stance Platform or Pinpoint</td>
</tr>
<tr>
<td>- Shoulder and pelvis lateral rear title</td>
</tr>
<tr>
<td>- Knee flexion and rear leg drive</td>
</tr>
<tr>
<td><strong>Cocking</strong></td>
</tr>
<tr>
<td>- Racket head pointing down</td>
</tr>
<tr>
<td><strong>Acceleration</strong></td>
</tr>
<tr>
<td>- Proper shoulder and hip rotation</td>
</tr>
<tr>
<td><strong>Contact</strong></td>
</tr>
<tr>
<td>- Full extension of upper body</td>
</tr>
<tr>
<td><strong>Deceleration</strong></td>
</tr>
<tr>
<td>- Long axis rotation, pronation</td>
</tr>
<tr>
<td>- Balanced landing and recovery</td>
</tr>
<tr>
<td><strong>&amp; Finish</strong></td>
</tr>
</tbody>
</table>
**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
Development Plan

High Performance Developmental Plan

Player Name: ________________________
Birth Date: ________________________
Personal Coach: ____________________
Development Team: _________________

Long Term Vision (Include Game Style/Strategy and Tactics):

General Performance Overview:

Technical Assessment:
Serve:
1st Serve: Deuce/Add

2nd Serve: Douce/Add
Periodization Plan

USTA Player Development

Week Beginning Monday

Training Week 

Competitions & Camps

Priority

Performance 90%
Volume 80%
Intensity 60%

Week Beginning Monday

Phases

Weight Emphasis

Movement Emphasis

Training Days per Week
Practice Session 1

Surface: Hard
Time Started: 8:30AM
Time Ended: 10:30AM

Practice Session 1
Theme or Objective:
Last session for Paul before he heads up to Kzoo. Working on serve which they both did poorly on yesterday. Working with Tommy on driving thru the fh more and taking the ball earlier. Working with both on volleys and transition as well.

Drill 1
Type: Warm Up
Name: 2 on 1
Duration: 10 mins
Description: Each player 5 minutes on 1 side. The 2 side moving the 1 around, mixing shot speeds, spins and shapes. The 1 working to find the ideal contact pt for every ball, taking balls on the rise when possible. Warming up volleys and overheads as well.

Drill 2
Type: Live Ball
Name: 2 on 1
Duration: 10 mins
Description: All 3 up at service line. Hitting firm volleys with good footwork and proper technique without swinging. 5 minutes each on 1 side doing different volley patterns.

Drill 3
Type: Live Ball
Name: 2 on 1
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.
### Key Takeaways

#### Teaching & Coaching Philosophy

- **Fundamental skills**
- **Most complete game possible**
- **Parameters based teaching**

#### 5 Principles

- **Patience**
- **Progressions**
- **Parameters**
- **Planning & Goals**
- **Problem Solving**