

# USTA Player Development Learning Series

Monday, March 30 at 3 PM EST

*Presenters:*

*Martin Blackman, Dr. Paul Lubbers, Gena Ball, Dr. Larry Lauer, Trish Kellogg, Johnny Parkes*





# Martin Blackman

*General Manager*

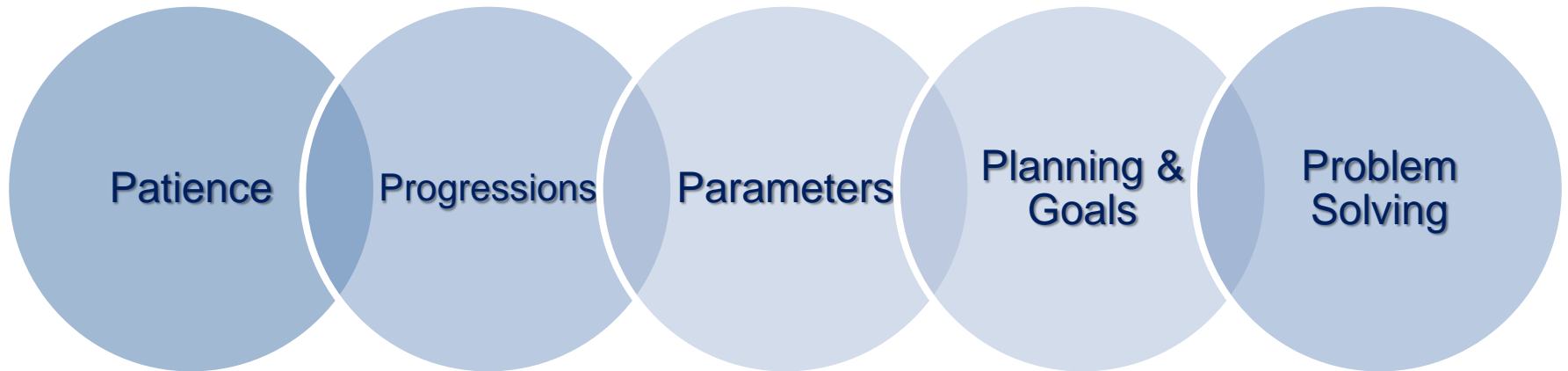
USTA Player Development



*The USTA Player Development Learning Series* will provide players, parents and coaches with access to resources and experts, and help us to stay connected.  
Let's learn and get better together!



# The Five Principles of the USTA Teaching and Coaching Philosophy



# Person First

## Approach to Teaching and Coaching

Positive Coaching

Coaching  
Character

Age & Stage

Accountability for  
behaviors

Mental and  
Emotional Wellness  
and Health

Long-Term  
Approach



# Johnny Parkes

*Senior Manager of Player Identification  
and Development*

USTA Player Development



# Agenda

Series Overview

- Martin Blackman

Introduction

- Johnny Parkes

Performance  
Team  
Introductions

- Dr. Paul Lubbers
- Dr. Larry Lauer
- Gena Ball
- Trish Kellogg

Q & A

- All Presenters

# 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** from 3:30PM - 4 PM this afternoon, OR
- You can always send us an email at [TeamUSA@usta.com](mailto:TeamUSA@usta.com)







# **Dr. Paul Lubbers**

*Coaching Education & Sport Science*

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A dramatic sky with dark, heavy clouds and bright sunlight breaking through, creating a 'silver lining' effect. The sun is positioned behind a layer of clouds, casting a brilliant glow and creating rays of light that fan out across the darker, overcast sky. The contrast between the dark, moody clouds and the bright, golden light of the sun creates a powerful visual metaphor for hope and optimism.

**EVERY CLOUD HAS  
A SILVER LINING**



# **First a Teacher, Second a Coach**





# Coaching Philosophy

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

# Person First

## Approach to Teaching and Coaching

Positive Coaching

Coaching  
Character

Age & Stage

Accountability for  
behaviors

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# Tennis At Home Tips

1. Review your Developmental Plan with your coach and make updates if needed or create a Developmental Plan if you don't have one.
2. Take time to improve by shadowing the stroke you are working on with your coach in a big mirror or sliding glass door.
3. Watch match videos of players who have the game you want to play and learn what you can work on to improve your game.
4. Review the Player Journal.
5. Read biographies of the best athletes in tennis and other sports to learn from their journey.





# Dr. Larry Lauer

*Mental Skills Specialist*  
USTA Player Development





**COMPETE LIKE  
A CHAMPION**

**TEAM  
USA**



**CONFIDENT  
DETERMINED  
ENGAGED  
PROFESSIONAL  
RESILIENT  
RESPECT  
TOUGH**



# Mental Performance At Home Tips

1. Engage with normal routines as much as possible. This creates normality and comfort in an uncomfortable situation.
2. Visualization is more effective when you make it life-like. You can do this by adding senses to the visualization experience (sound, touch, taste, smell).
3. Watch matches and communicate with a coach or mental coach on what you were thinking, feeling, doing.
4. List 3 things you are grateful for in the morning and recite them. It can be related to tennis and/or to life.
5. Journal self-talk patterns and work on countering or reframing them.
6. Focus on what you can control.





# **Gena Ball**

*Strength and Conditioning Coach*

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# The Six Principles

Strength

Power

Movement

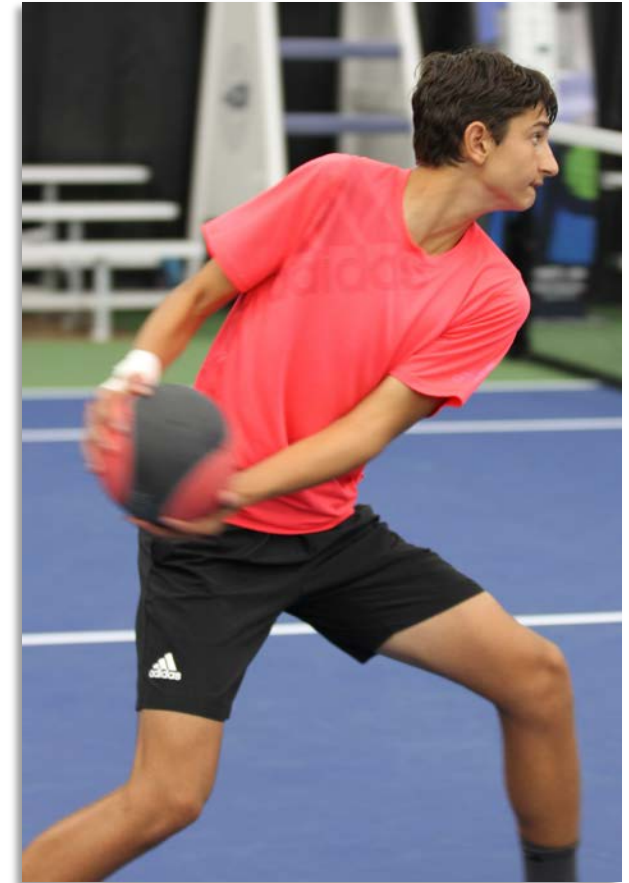
Mobility

Conditioning

Coordination

# Strength and Conditioning At Home Tips

1. Need to be creative with equipment. Use bodyweight, cans or bottles for weight equipment.
2. Could be a good time to try new things like yoga.
3. Best way to make a workout more challenging is to add more reps, slow the tempo down of each rep and add in isometric holds for weak points.
4. Try Escalating Density Training (EDT). Pick a time frame you have to work within, choose how many exercises you want to do, and how many reps of each exercise you will do in each set. Then perform the circuit as many times as possible with good quality reps. Next time you do this, try and beat your last total.
5. Get a partner to hold you accountable for each day.
6. Work on recovery. Sleep! Try to increase an hour a night.







**Trish Kellogg**  
*Nutrition Consultant*  
USTA Player Development





# Fuel the Individual

Variety

Quantity

Timing

# Nutrition At Home Tips

1. Eat within one hour of waking up to set the tone for your day.
2. Spread your food out throughout the day with snacks in between meals and watching portion sizes at meals.
3. If your workouts are shorter or less intense than normal, make sure you reduce your food intake so you don't gain unwanted pounds.
4. Make sure you are getting enough protein. Rule of thumb is to get about one-half gram of protein per pound body weight for active individuals.
5. Drink fluids regularly throughout the day. It doesn't always have to be water! Milk, juice, tea, and sports drink all count towards your fluid intake for the day.
6. Your energy output is on the downslope for the rest of the day after dinner, so keep your dinner meal light.
7. Don't give in to boredom eating! Be mindful by connecting your brain to your stomach and try to eat when you're physically hungry and stop when you are comfortably full, not stuffed.



# Next Week Sneak Peek

## *Building Character & The USTA Teaching and Coaching Philosophy*

### Speakers

- Jose Higuera
- Dr. Earlynn Lauer
- Satoshi Ochi
- Trish Kellogg

### Resources

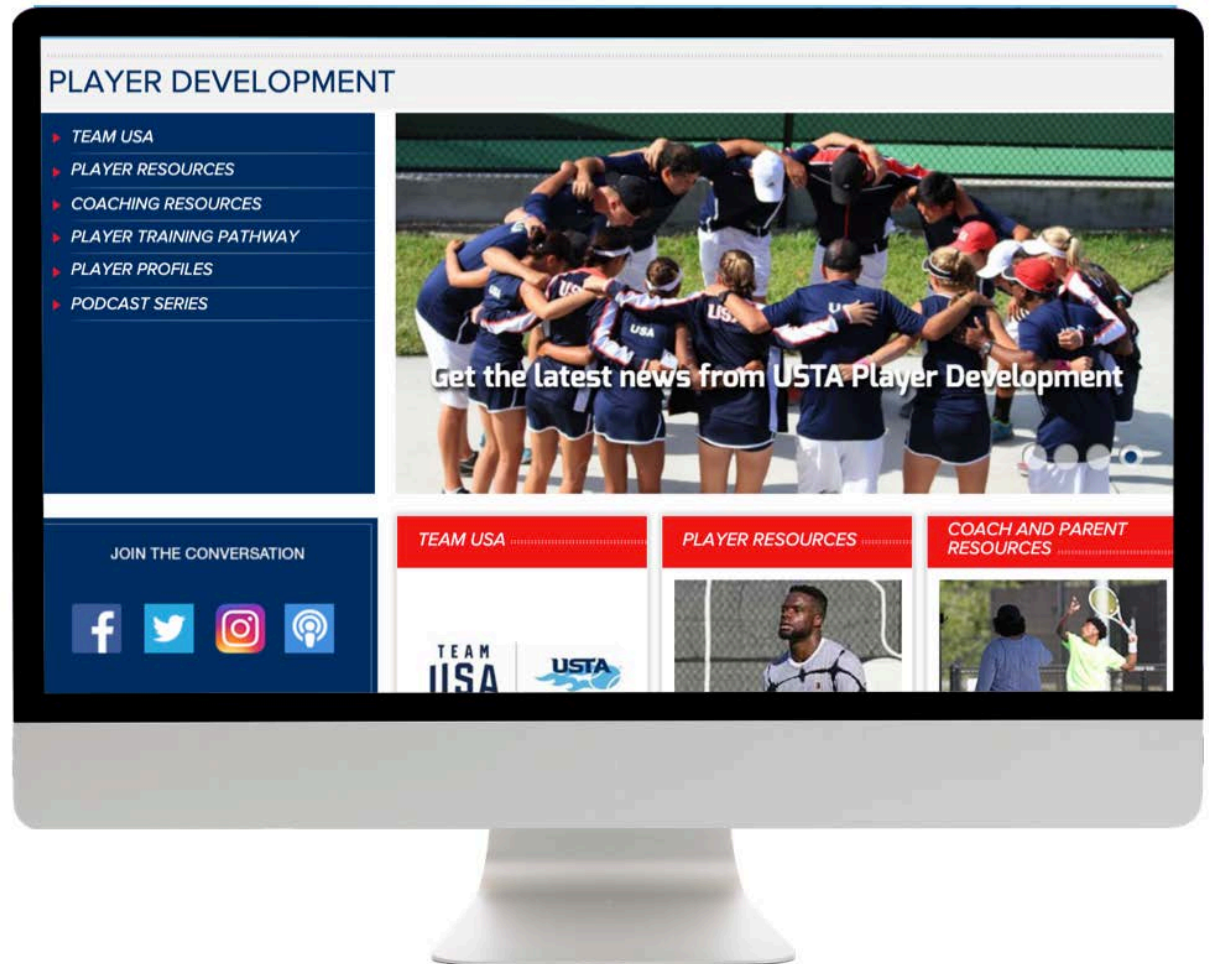
- *Applying the USTA Teaching and Coaching Philosophy with Jose Higuera, Jamea Jackson and Vesa Ponkka* (pre-recorded webinar)
- *The Essence of Coaching with Dr. Paul Lubbers* (podcast episode)





# Q & A Session

# Website



[www.playerdevelopment.usta.com](http://www.playerdevelopment.usta.com)



# Tennis Industry United

The entire tennis industry has come together to analyze the most pressing needs and the top concerns of all involved in our sport, and then collaborate on programs that can provide the immediate and longer-term support that is needed.



<https://www.usta.com/en/home/organize/program-resources/national/tennis-industry-united.html>



# Player Journal



## PLAYER DEVELOPMENT JOURNAL

### Contents

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# Podcast Series



- ✓ 59 episodes
- ✓ 27 guest speakers: coaches, pro players, experts in the field
- ✓ NEW episodes release weekly



# Questions?



If you have any additional questions, feel free to contact  
us via email at

**TeamUSA@usta.com**



# THANK YOU!

