

The Role Parents Play in their Children's Tennis Experience

Monday, April 27 at 3:00 – 4:30 PM EDT

Presenters:

*Lori Riffice, Lynn McNally, Caty McNally, John McNally, Dr. Larry Lauer,
Dr. Paul Lubbers and Johnny Parkes*





Martin Blackman

General Manager

USTA Player Development





Johnny Parkes

*Senior Manager of Player Identification
and Development*

USTA Player Development



Agenda

Introduction

- Johnny Parkes

Parents and Coaches Working Together on the Developmental Plan

- Dr. Paul Lubbers

Optimal Parent Push

- Dr. Larry Lauer

The Roles of the Parent

- Lori Riffice

Q & A with McNallys

- Lynn, Caty and John McNally

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



Dr. Paul Lubbers

Coaching Education and Sport Science

USTA Player Development





USTA Player Development Teaching and Coaching Philosophy



Person First

Approach to Coaching and Teaching

Positive Coaching

Coaching
Character

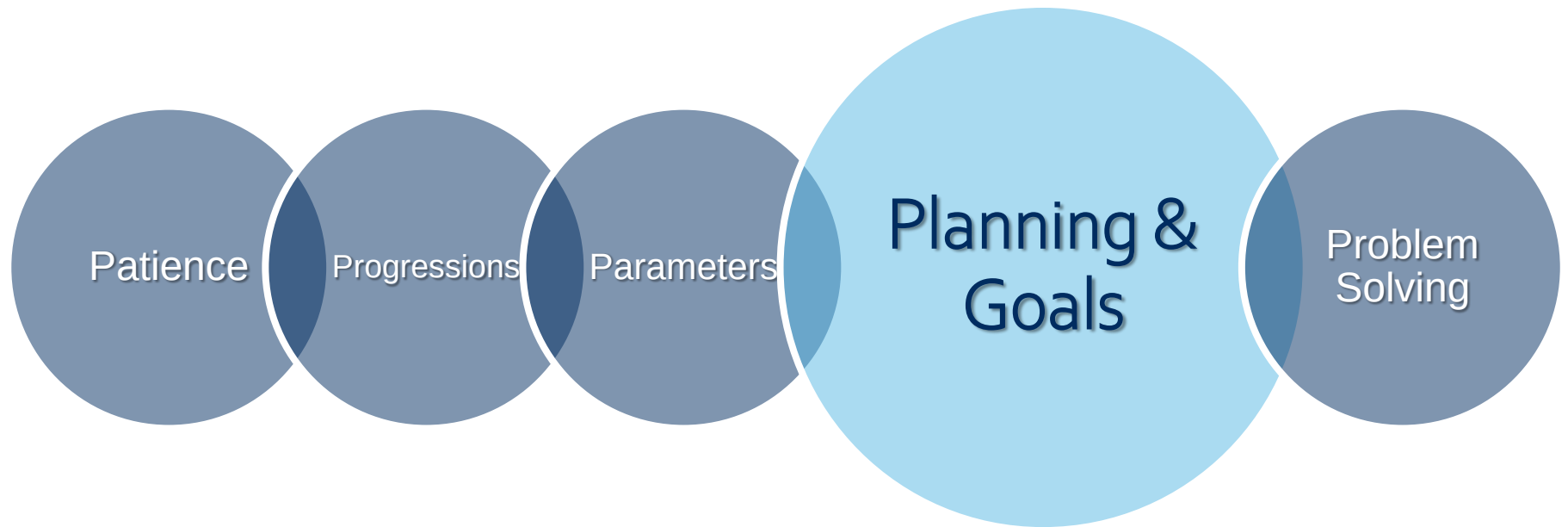
Age & Stage

Accountability for
behaviors

Mental and
Emotional Wellness
and Health

Long-Term
Approach

The Five Principles



Principle 4: Planning and Goals

Development Plan

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

Periodization Plan

- Comprehensive that prioritizes competition, training, rest

Practice Plans

- Daily practices that planned using progressions with a goal that is 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: *Deuce/Add*



Tips for Creating a Successful Plan

Set a Shared Vision

Define Roles and Responsibilities

Rules of Engagement
and Create a
Communication Plan

Determine Priorities
and Set SMART Goals

Have FUN!
Tennis is a Game



Dr. Larry Lauer

Mental Skills Specialist
USTA Player Development



Understanding the Role Parents Play in Junior Tennis Success

Phase 3: Interview Study of Top Tennis Players, Parents, and Coaches



Daniel Gould, Larry Lauer, Nathan Roman, & Marguerite Pierce
Michigan State University

USTA RESEARCH GRANT EXECUTIVE SUMMARY

November 7, 2005

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The Research

Optimal Parent Push

Parent
involved

Holding child
accountable
for
commitments

Not
overinvolved
and
controlling

It is the
child's tennis
not theirs

How Do You Create Optimal Parent Push?



Don't make it about you

Provide unconditional love & support/avoid performance contingencies

Let the child have a voice

Focus on the process, incremental successes, and long-term development

Optimal Parent Push Tips



- ☐ Recognize how they feel and ask then what is going on (in an empathetic tone)
- ☐ Ask if having fun and how you might help them
- ☐ Annually check to see if child wants to continue same level of commitment to tennis



Resources

- ✓ Role of the Parent Study Summary
- ✓ 10 Tips for Raising Resilient Kids
- ✓ Optimal Push Guidelines for Parents



Lori Riffice

National Coach

USTA Player Development



A photograph of a tennis court. In the background, a woman in a teal tank top and a visor is swinging a tennis racket. A net is visible in front of her. To the right, a purple tennis bag sits on a metal bench. A white towel is draped over the bench. In the foreground, a blue water bottle, several tennis balls, and a red and white tennis racket are on the court surface. A blue semi-transparent box with white text is overlaid on the left side of the image.

Role of a Parent

- Parent
- Coach/Parent
- Manager/Parent
- Coach/Manager/Parent



Role of a Parent

Phase One, The Early Years, Ages 8-11



Positives

- Provided Transportation
- Emotional, Logistical, and Financial Support
- Opportunities and Resources
- Provided the Push to Play, but Did Not Pressure
- Exhibited Emotional Control
- Emphasized Fun
- Stressed Good On-Court Conduct

Negatives

- Were Negative, Yelled, or Got Angry
- Placed Too Much Pressure on Child, Over-Pushed
- Lost Healthy Perspective (Sometimes Over-Involved)



Role of a Parent

Phase Two, The Middle Years, Ages 13-

17

Positives

- Provided Supplemental Coaching/Instruction
- Kept Tennis in Perspective
- Ensured Good Coaching
- Stressed/Instilled Hard Work





Role of a Parent

Phase Two, The Middle Years, Ages 13-17

Negatives

- Too much tennis talk
- Emphasized winning/results
- Reacted emotionally at matches
- Were over involved (didn't give enough enough space to player)
- Restricted player's social life
- Moved for a player's tennis development development which negatively affected affected him/her and the family



The Ride Home



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PLAYER DEVELOPMENT

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TEAM USA



Our goal is to work with personal coaches and USTA sections to create the next wave of world-class American players. [MORE >](#)

PLAYER RESOURCES



Find information on wild cards, grants, calendars, rules, transitioning to the pro tour, feeder programs and more. [MORE >](#)

COACH AND PARENT RESOURCES



Learn about our training philosophy, tactics that will help in working with kids, strength and conditioning tips and more. [MORE >](#)



**Lynn
McNally**
Parent Coach



**Caty
McNally**
*Current Professional
Tennis Player*



**John
McNally**
*Current Collegiate
Tennis Player*



Q & A Session



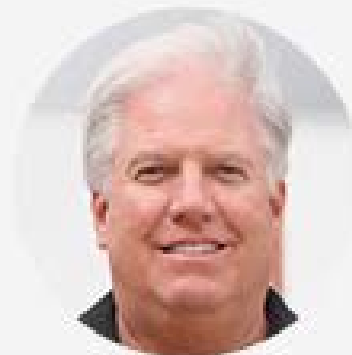
Next Week Sneak Peek

Building a Great Junior Program

Speakers

- Kent Kinnear, Head of Men's Tennis
- Johnny Parkes, Senior Manager of Player Identification and Development
- Tracy Lawson, Lead Coach at Limitless Performance Tennis Academy
- Vesa Ponkka, Senior Director of Tennis at Junior Tennis Champions Center (JTCC)





CONNECTING GROWTH & DEVELOPMENT IN THE TENNIS WORLD

Wednesday, April 29th
12:00 - 1:00 PM EDT

Paul Lubbers, PhD
Coaching Education &
Sport Science, USTA PD

Johnny Parkes, Sr. Manager
Player ID & Development, USTA PD

Moderated by: Karl Davies, PhD

Visit NetGeneration.com/thelab for
more information, and to register.

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>



Training at Home BINGO

 TRAINING AT HOME BINGO				
	TENNIS	MENTAL	MOVEMENT	NUTRITION
WEEK 1	Review or create a developmental plan	Wake up at the same time 5x this week, to create normality and routine in an uncomfortable situation	Try an online Yoga class	Practice mindful eating 3x a day
WEEK 2	Watch a match video of a player who plays the style of tennis you would like to play	List 3 things you're grateful for at least 4x this week	Do at least 3 bodyweight exercises this week	Drink at least 64 fl oz of water every day
WEEK 3	Shadow the stroke you're working on in a mirror 2x this week	When you feel overwhelmed this week, focus on 4 things that are within your control	Create and perform your own workout circuit at least 2 times this week	Eat within one hour of waking up every day this week
WEEK 4				



Questions?



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



TeamUSA@usta.com



THANK YOU!

