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
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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
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

- Patience
- Progressions
- Parameters
- Planning & Goals
- Problem Solving
Principle 4: Planning and Goals

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

Periodization Plan
- Comprehensive that prioritizes competition, training, rest.

Practice Plans
- Daily practices that are 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
210 IM Sports Circle Building
Michigan State University
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*The authors thank the USTA for funding this study.
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 them what is going on (in a 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
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 overinvolved (didn’t give enough space to player)
- Restricted player’s social life
- Moved for a player’s tennis development which negatively affected him/her and the family

The Ride Home
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Our goal is to work with personal coaches and USTA sections to create the next wave of world-class American players. MORE

Find information on wild cards, grants, calendars, rules, transitioning to the pro tour, feeder programs and more. MORE

Learn our key coaching 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
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)
THE LAB
powered by Net Generation™

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

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

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

TeamUSA@usta.com
THANK YOU!