

Building Character and the USTA Teaching & Coaching Philosophy

Monday, April 6 at 3:00 – 4:30 PM EST

Presenters:

*Jose Higuera, Dr. Paul Lubbers, Dr. Earlynn Lauer,
Satoshi Ochi, Trish Kellogg and Johnny Parkes*





Martin Blackman

General Manager
USTA Player Development





Johnny Parkes

*Senior Manager of Player Identification
and Development*

USTA Player Development



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				
WEEK 3				
WEEK 4				



Agenda

Introduction

- Johnny Parkes

USTA Teaching and Coaching Philosophy

- Jose Higuera and Dr. Paul Lubbers

Confidence

- Dr. Earlynn Lauer

At-Home Tennis-Specific Exercises

- Satoshi Ochi

Nutrition to Increase Immune Health

- Trish Kellogg

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 & Sport Science

USTA Player Development





Jose Higuera

Master Coach

USTA Player Development





How was your
coaching
philosophy
formed and
developed?



What is the importance of having and using a teaching and coaching philosophy?

During our time
away from the
court, how do we
help tennis players
improve while at
home?



Resources



Pre-recorded webinar: Applying the Teaching and Coaching Philosophy *with Jose Higuera, Jamea Jackson and Vesa Ponkka*



Compete Like a Champion Podcast Series
Episode 24: The Essence of Coaching *with Dr. Paul Lubbers*



USTA Teaching and Coaching Philosophy
Presentation PDF



Dr. Earlynn Lauer

Mental Skills Coach

USTA Player Development





**COMPETE LIKE
A CHAMPION**

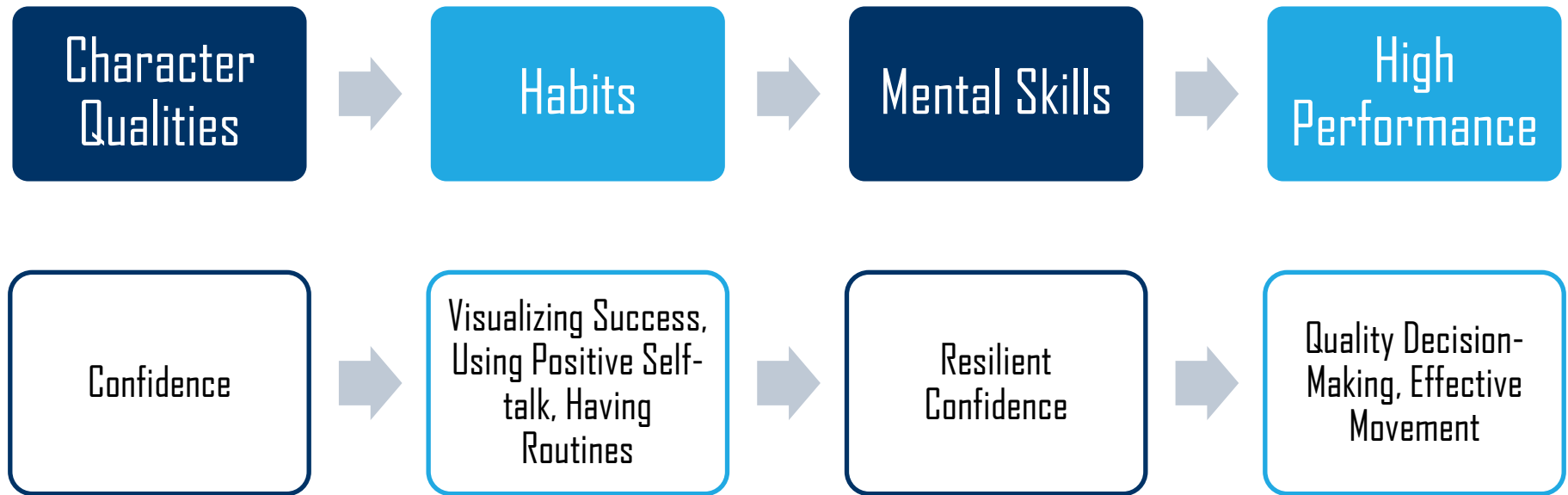
**TEAM
USA**



**CONFIDENT
DETERMINED
ENGAGED
PROFESSIONAL
RESILIENT
RESPECT
TOUGH**

Confidence

Confidence: an unshakable belief in abilities and skill; expecting to succeed.



Practical Tips for Building Athletes' Confidence

Frame this time as an opportunity; be creative

Set goals for this time period

Use visualization to engage in mental practice

Watch matches to connect with competing

Journal about your best self and qualities



7 Core Values Video Series: Confidence



USTA YouTube Channel



Visualization Podcast Episodes



Episode 57:

Using Visualization as a Strategy to Improve Your Tennis Game

Episode 59:

Visualization in Tennis: Teaching It and Training It





Satoshi Ochi

Head Strength and Conditioning Coach
USTA Player Development



Strength and Conditioning Philosophy

The Strength and Conditioning Philosophy is founded on principles of long-term athlete development and our training follows appropriate age and stage teaching and training progressions.

The Strength and Conditioning Philosophy is based on six main principles that are the foundation for elite athletic development.

The six principles are Strength, Power, Mobility, Movement, Conditioning, and Coordination. These 6 systematic and evidence-based principles are applied by following progressions and parameters to maximize the development in each area.



5 Tennis-Specific Exercises You Can Do at Home with Minimal Equipment

Y Balance
Lower

Scapular
Push Ups

Straight
Leg Glute
Bridge

External
Rotation
with
Retraction

Lying Hip
Abduction
and
Adduction

1. Y Balance Lower



2. Scapular Push Ups



3. Straight Leg Glute Bridge



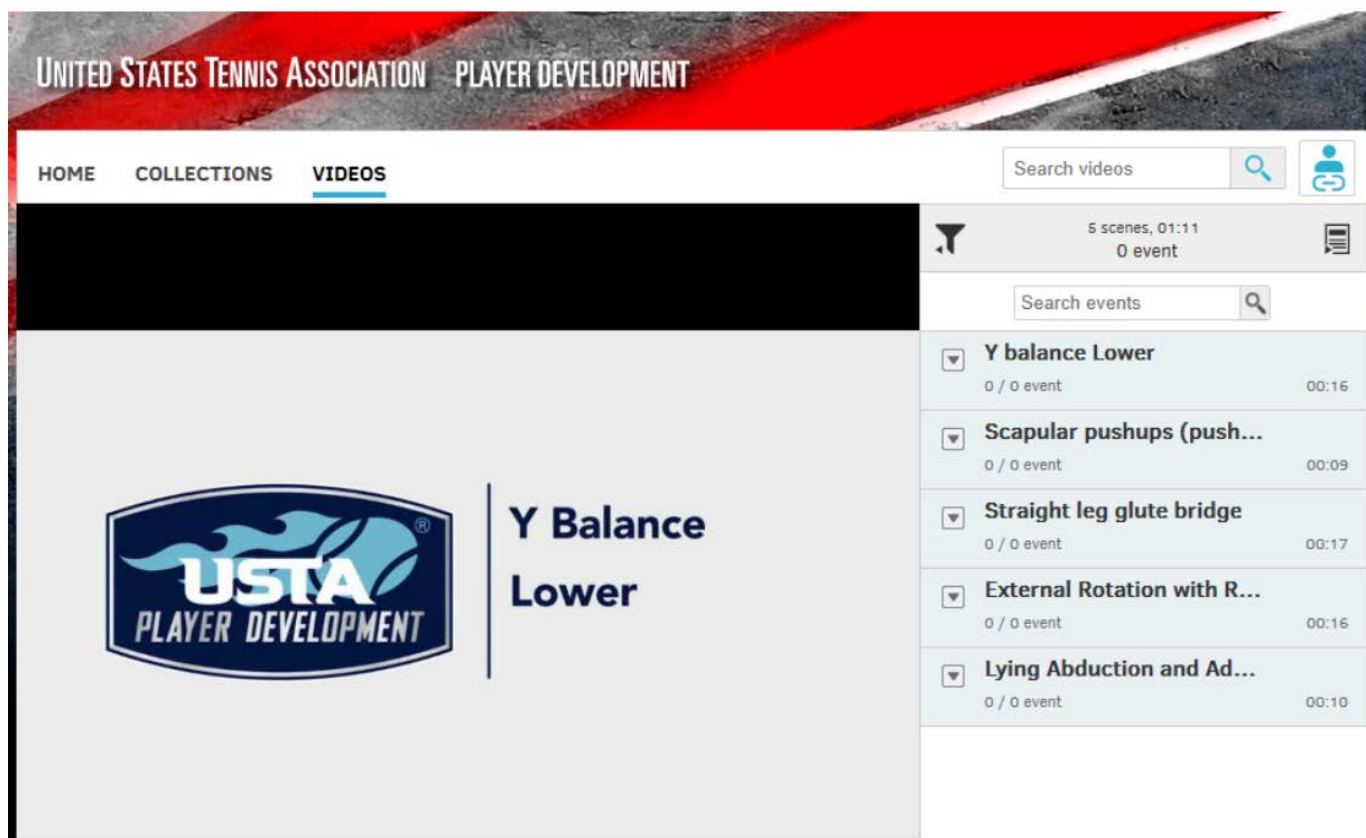
4. External Rotation with Retraction



5. Lying Hip Abduction and Adduction



At-Home Tennis-Specific Exercises Video Playlist



Dartfish.tv/USTA





Trish Kellogg
Sports Nutritionist
USTA Player Development





Fuel the Individual

Variety

Quantity

Timing

Nutrition to Increase Immune Health

Antioxidants

Polyphenols

Probiotics

Other tips



Antioxidants

Vitamin A

Milk, eggs, carrots, sweet potatoes, pumpkin, mango, green leafy veggies

Vitamin E

Wheat germ, vegetable oils, whole grains, nuts, seeds

Vitamin C

Citrus fruits, kiwi, berries, peppers, tomatoes, potatoes, broccoli

Selenium

Brazil nuts, walnuts, cashews, whole grains, fish, seafood, chicken, pork

Polyphenols (phytonutrients)

Herbs

Dark chocolate, cocoa powder

Concord grape juice, berries, plums, cherries, apples, grapes, pomegranates

Legumes/beans/lentils/peas

Artichokes, onion, garlic, broccoli, dark green leafy, asparagus

Green and black tea

Soy based foods

Nuts and seeds

Probiotics: Better Gut Health



Yogurt

Kefir

Kombucha

Miso

Tempeh

Sauerkraut

Kimchi

Chicory

Other Nutrients

Zinc

- Beef, poultry, seafood, legumes, whole grains, nuts

Iron

- Beef, poultry, eggs, fortified grains, green leafy vegetables

B Vitamins

- Fortified grains, beans, soy, whole grains, meats

Vitamin D

- Sunlight, salmon, eggs, fortified milk, cheese, orange juice, cereal



Tips for Immune System Health

SLEEP!!!!

- 8+ hours per night, especially for kids/teens

Cook foods to proper temperatures and fully reheat to steaming hot

Wash hands thoroughly before and after eating or preparing food

Maintain a healthy weight

- Eat sufficient calories to maintain weight

Stay hydrated

Avoid alcohol, smoking, and overtraining



Q & A Session



Next Week Sneak Peek

Youth Athlete Development

Speakers

- Kathy Rinaldi, *Head of Women's Tennis*
- Kent Kinnear, *Head of Men's Tennis*
- Mark Lerman, *Mental Skills Coach*
- Johnny Parkes, *Senior Manager of Player Identification and Development*
- Laura Paczesny, *Athletic Trainer*
- Leah Friedman, *Net Generation National Manager*

Resources

- *Youth Athletic Development with Craig Acker* (podcast episode)
- *Producing Tennis Playing Athletes with Vern Gambetta* (podcast episode)
- *Parent and Coach's Role in Long Term Development* (pre-recorded webinar)
- *Developing Fundamentals of World Class Tennis* (pre-recorded webinar)

Tennis Industry United

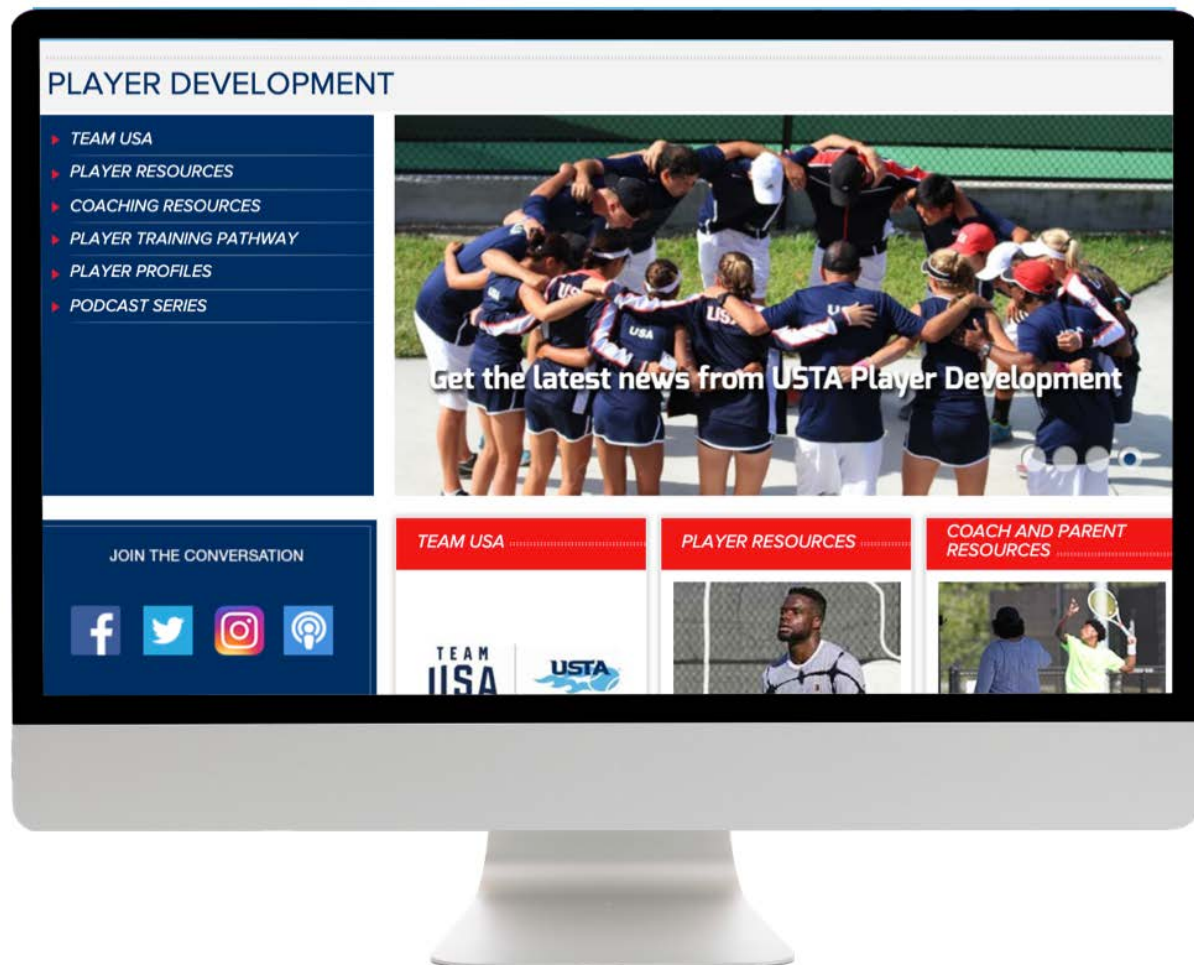
The entire tennis industry has come together to analyze the most pressing needs and the top concerns of all involved in our sport, and then collaborate on programs that can provide the immediate and longer-term support that is needed.



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



Website



www.playerdevelopment.usta.com



Questions?



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



TeamUSA@usta.com



THANK YOU!

