Building Character and the USTA Teaching & Coaching Philosophy

Monday, April 6 at 3:00 – 4:30 PM EST

Presenters:
Jose Higueras, 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

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>TENNIS</th>
<th>MENTAL</th>
<th>MOVEMENT</th>
<th>NUTRITION</th>
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<tbody>
<tr>
<td></td>
<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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<th>WEEK 2</th>
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<th>WEEK 3</th>
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<th>WEEK 4</th>
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## Agenda

<table>
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<tr>
<th>Session</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>Introduction</td>
<td>Johnny Parkes</td>
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<tr>
<td>USTA Teaching and Coaching Philosophy</td>
<td>Jose Higueras and Dr. Paul Lubbers</td>
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<tr>
<td>Confidence</td>
<td>Dr. Earlynn Lauer</td>
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<tr>
<td>At-Home Tennis-Specific Exercises</td>
<td>Satoshi Ochi</td>
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<tr>
<td>Nutrition to Increase Immune Health</td>
<td>Trish Kellogg</td>
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<tr>
<td>Q &amp; A</td>
<td>All Presenters</td>
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<tr>
<td>Additional Resources</td>
<td>Johnny Parkes</td>
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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 & Sport Science
USTA Player Development
Jose Higueras  
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 Higueras, 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

Confident
Determined
Engaged
Professional
Resilient
Respect
Tough
Confidence

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

Character Qualities → Habits → Mental Skills → High Performance

Confidence → Visualizing Success, Using Positive Self-talk, Having Routines → Resilient Confidence → Quality Decision-Making, Effective Movement
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
<table>
<thead>
<tr>
<th>Category</th>
<th>Foods/Ingredients</th>
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<tbody>
<tr>
<td>Herbs</td>
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<tr>
<td>Dark chocolate, cocoa powder</td>
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<tr>
<td>Concord grape juice, berries, plums, cherries, apples, grapes, pomegranates</td>
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<tr>
<td>Legumes/beans/lentils/peas</td>
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<td>Artichokes, onion, garlic, broccoli, dark green leafy, asparagus</td>
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<td>Green and black tea</td>
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<tr>
<td>Soy based foods</td>
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<td>Nuts and seeds</td>
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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**
# 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)
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!