

# Maintaining Strong Player and Coach Relationships

Monday, May 18 at 3:00 – 4:30 PM EDT

*Presenters:*

*Jose Higuera, Jim Courier, Leah Friedman, Dr. Bob  
Neff and David A. Ramos*





# Martin Blackman

*General Manager*  
USTA Player Development





# Johnny Parkes

*Senior Manager of Player  
Identification and Development*  
USTA Player Development



# Agenda

## Introduction

- Johnny Parkes

## Building a Great Foundation with Net Generation

- Leah Friedman

## Strengthening Relationship between Coach and Player

- Jose Higuera, Jim Courier and Martin Blackman

## Bringing Mental Match Charting into Your Coaching

- Dr. Bob Neff

## Using Technology to Improve the Coach and Player Relationship

- David A. Ramos

## 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](mailto:TeamUSA@usta.com)





# Leah Friedman

*National Manager*  
Net Generation



Our #1 goal is to get more young players into tennis and to get them playing more often.

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Celebrate individuality.  
Champion self-expression.  
Inspire a new generation of tennis  
players.

## EMPOWERMENT

*Motivating*

*Helpful*

*Confident*

## UNITY

*Teamwork*

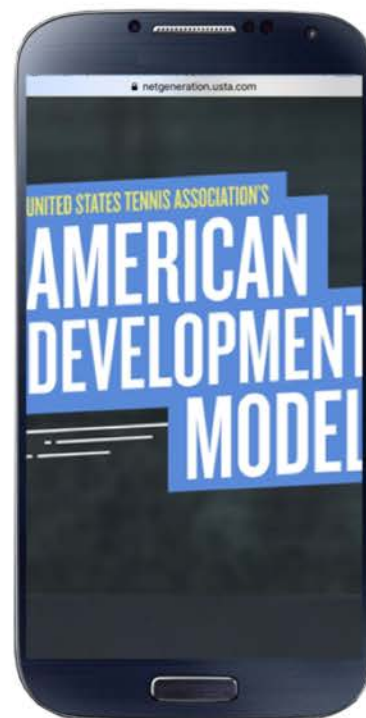
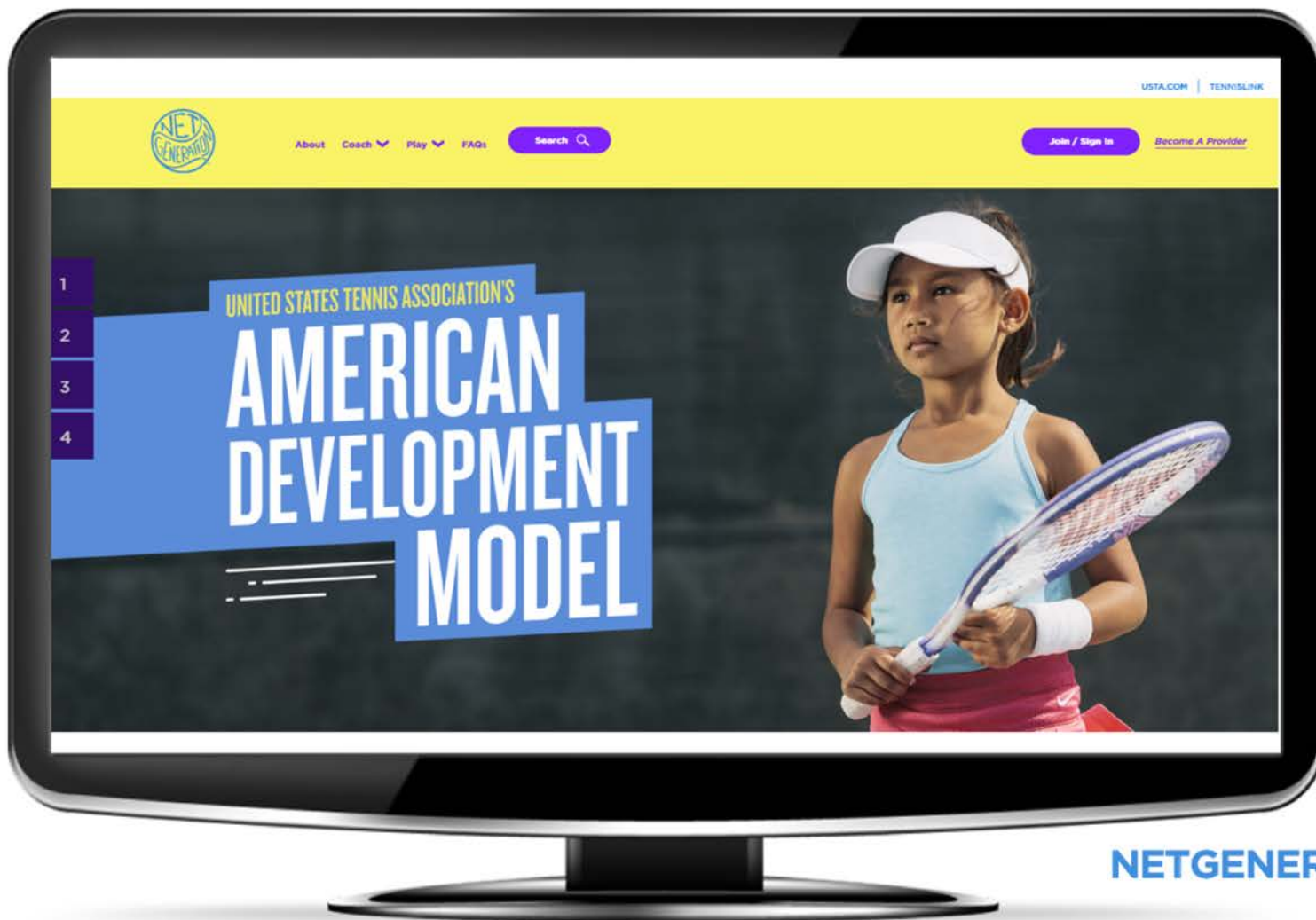
*Inclusive*

## PLAY

*Fun*

*Inventive*

*Creative*



[NETGENERATION.COM/ADM](https://netgeneration.com/ADM)



### Universal Access

Make sure playing tennis is safe, accessible, local and affordable



### Developmentally Appropriate Teaching and Coaching Methods

Emphasize motor and foundational skills through developmentally appropriate teaching and coaching



### Support Multi-Sport or Multi-Activity Participation

Build athletes through a multi-sport approach within tennis programming and cross-promotion with other sports and activities



### Fun and Athlete-Centered

Focus on creating a fun, positive, and engaging atmosphere within a team culture rather than wins and losses



### Trained Coaches

Ensure coaches at all age levels are qualified and trained



### Parent/Player Guidance, Education, and Transparency

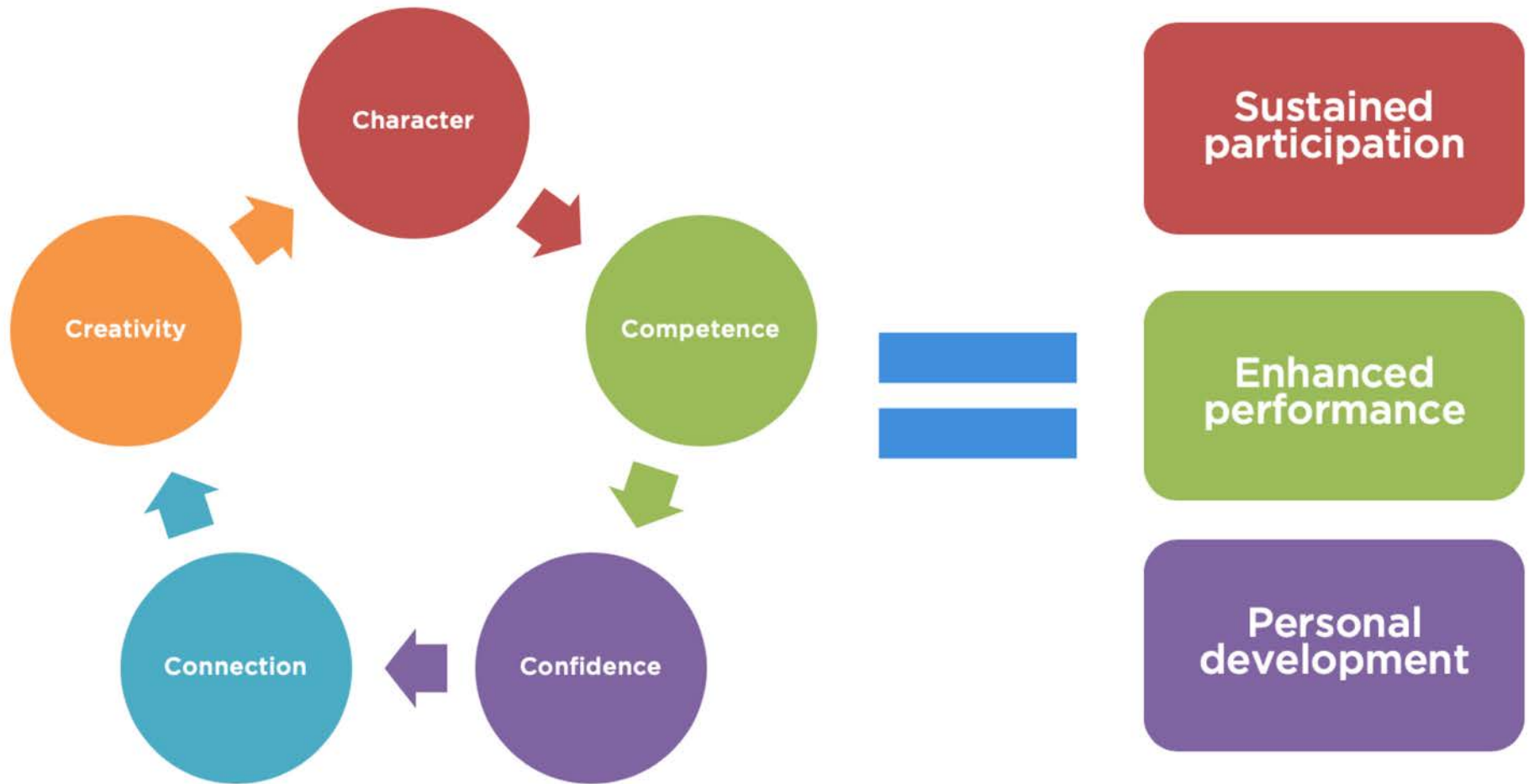
Provide parents and players the information needed to guide their tennis development



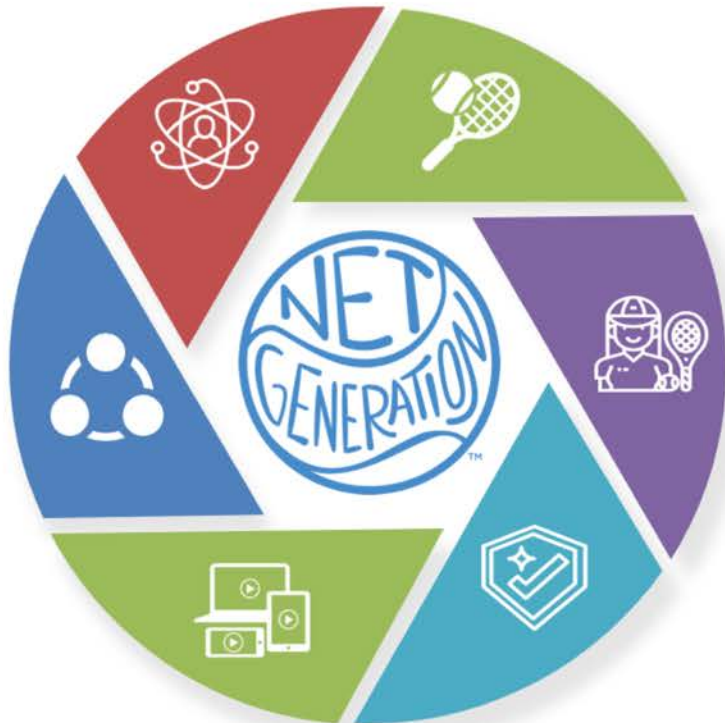
### Clear Development Pathway

Integrate tennis into physical education programs in schools, recreational community programs, and advance into age- and skill-based programs and competitions





# NET GENERATION PATHWAY



## NEW PATHWAY

Holistic change to experiencing tennis.

# TENNIS ACTIVITIES AT HOME

Net Generation and the USTA are here to help keep you and your family active.

## NETGENERATION TENNIS AT HOME

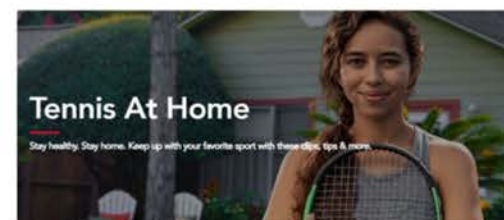
[NetGeneration.com/TennisatHome](https://NetGeneration.com/TennisatHome)

## NET GENERATION FACEBOOK LIVE

USTA Facebook Live

## USTA PLAY AT HOME (ADULTS)

[USTA.com/PlayatHome](https://USTA.com/PlayatHome)



### Filter

Get Moving  
At-Home Activities  
Cardio Activities  
Improve Your Game  
Tennis Tips  
Personal Stories



### Tennis Tips: Carter

April 23, 2020

Carter Carter is with you at the Bay Club in Southern California, shows a staff of inspired outdoor facilities and to get you in perfect position to hit your shots. [Watch Now](#)



### Cardio Tennis: Blast

April 23, 2020





# Martin Blackman

*General Manager*  
USTA Player Development





# Jose Higuera

*Master Coach*



# Jim Courier

*Former Davis Cup Captain  
and No. 1 Player*

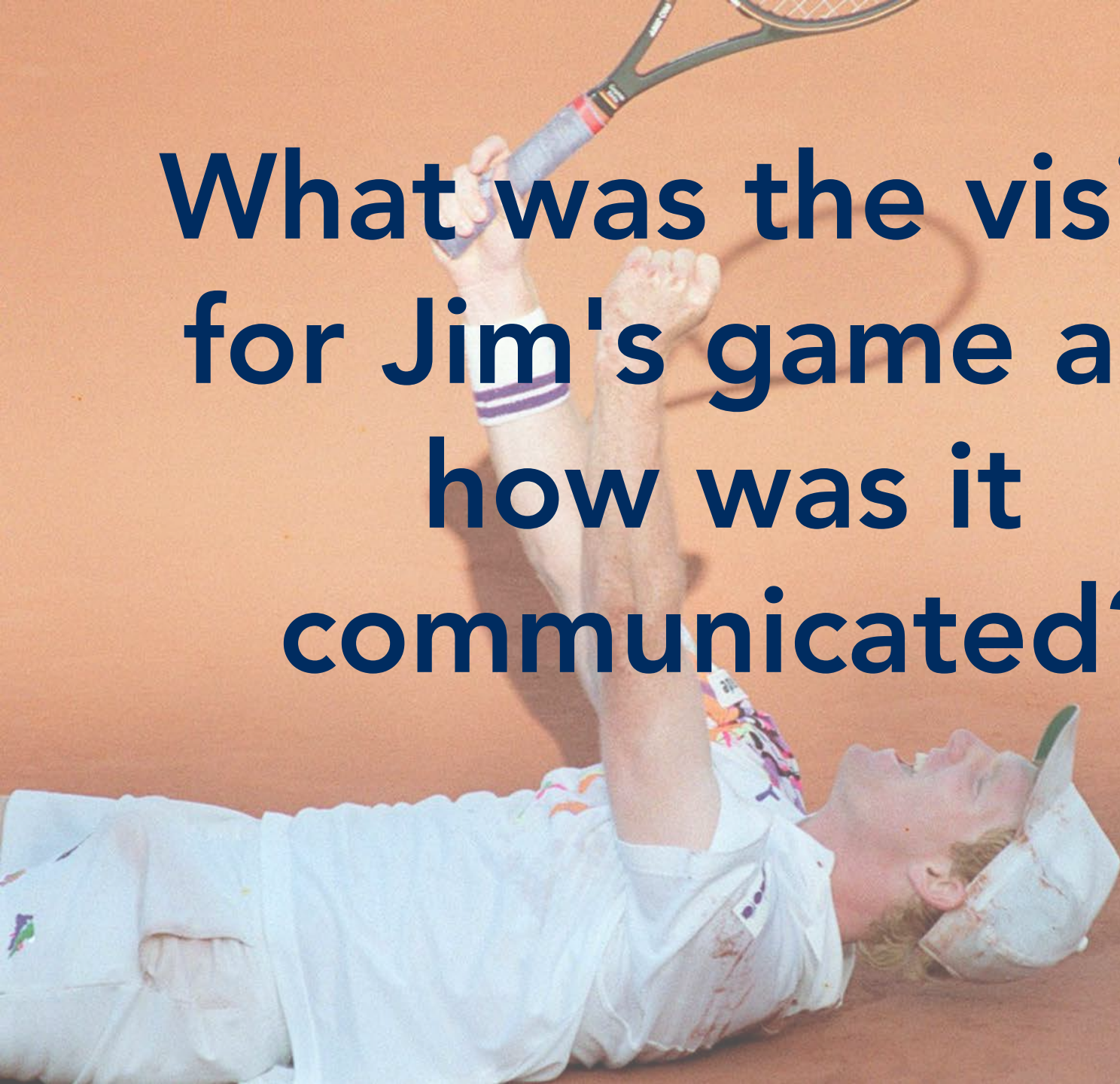


**How did your  
relationship  
begin?**



**How  
important are  
clear  
expectations  
in the player-  
coach  
relationship?**

**What was the vision  
for Jim's game and  
how was it  
communicated?**

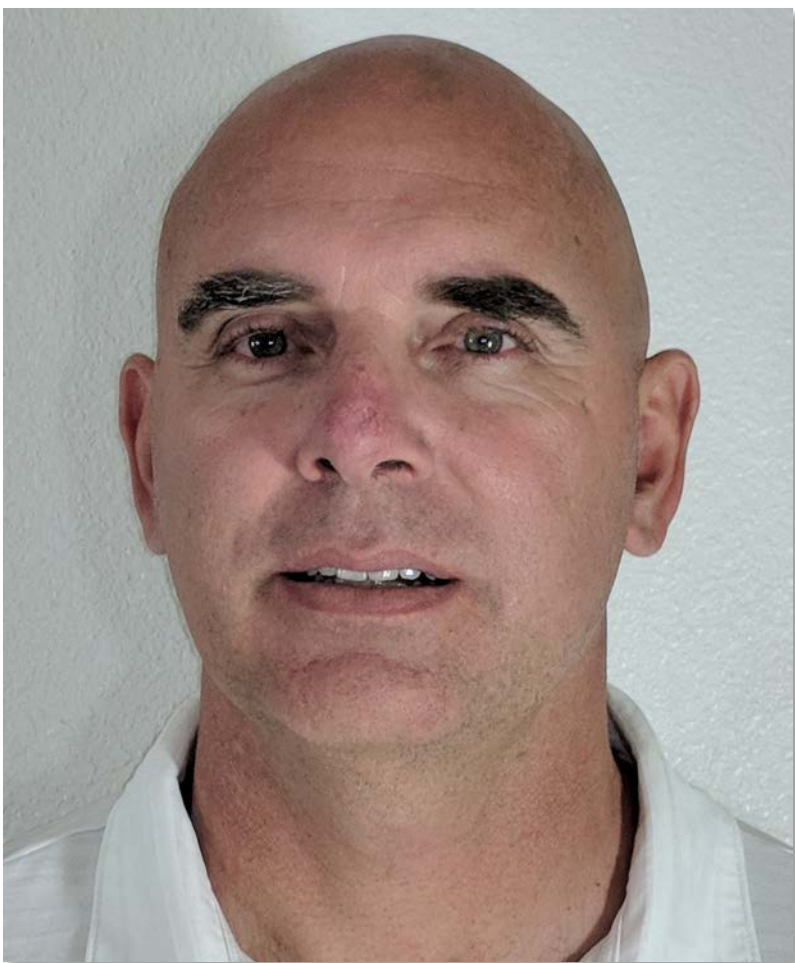


**What does  
the daily  
process of  
getting  
better look  
like?**



**Looking back on  
your relationship,  
what made it a  
success?**





# Dr. Bob Neff

*Mental Performance Coach*  
USTA Player Development



# The Player-Coach Relationship

## Communication is Key:

- Simple to understand
- Easy & fast to deliver
- Accurate knowledge of results (performance feedback)



# AO Junior Final Jan 2019

## The Mountain Grid ☒

(Match chart for positives & negatives after points LOST)

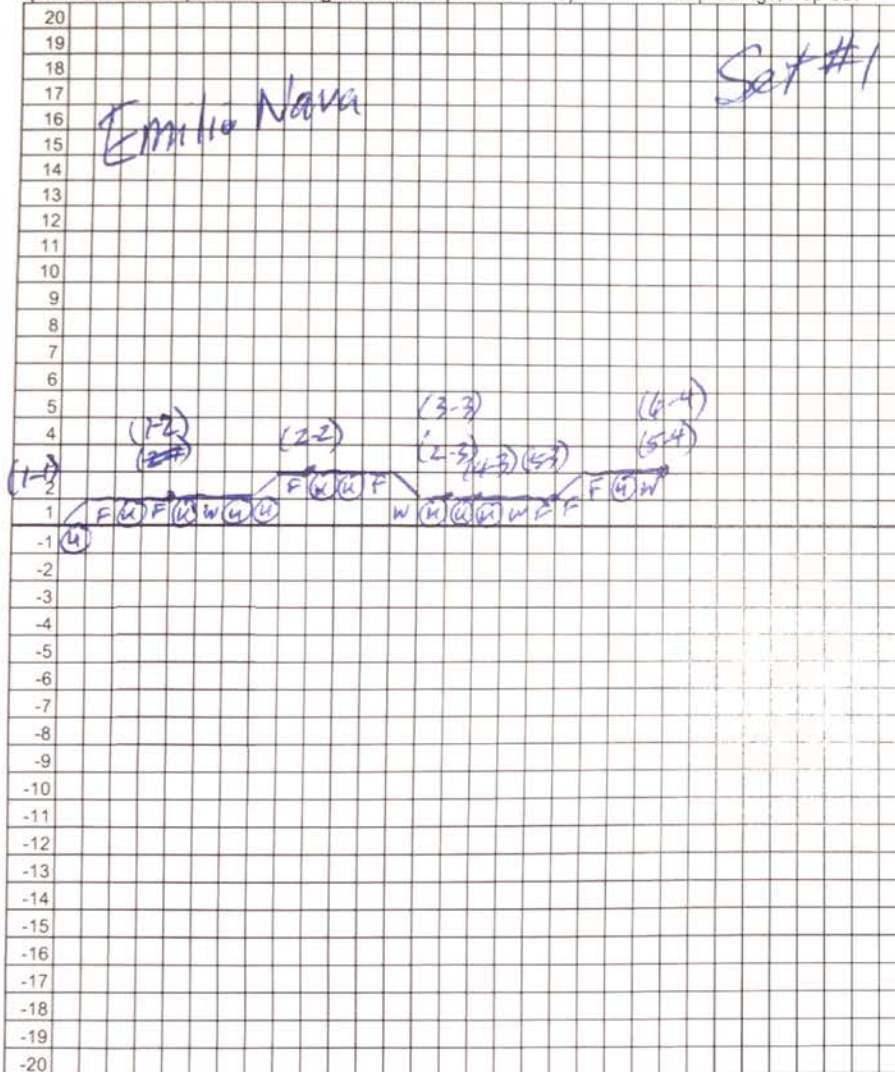
Positive: Positive Word/Action;  
Clap Strings; Pop-out



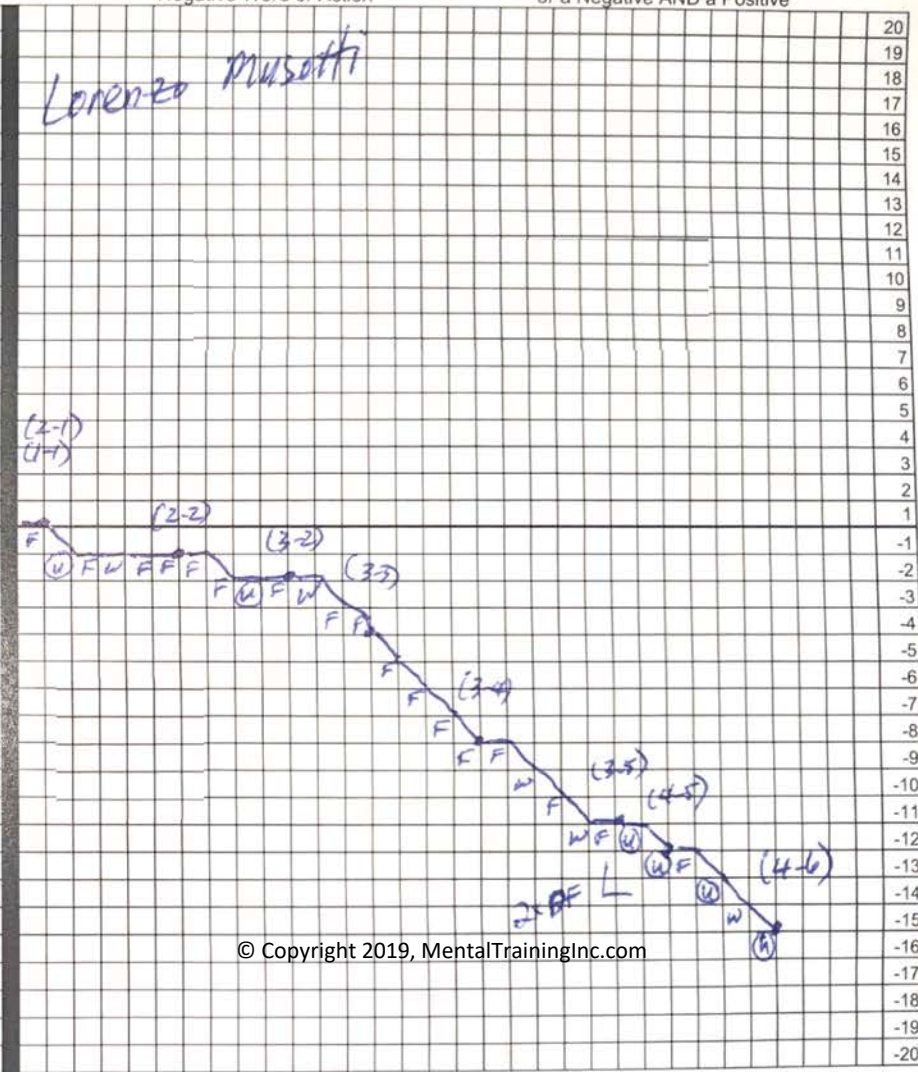
Negative: Droop; Anger; Eyes  
Negative Word or Action



Neutral: No Emotion; Calm Walk; No Expressions;  
or a Negative AND a Positive



Player 1 Notes:



Player 2 Notes:

# AO Junior Final 2019

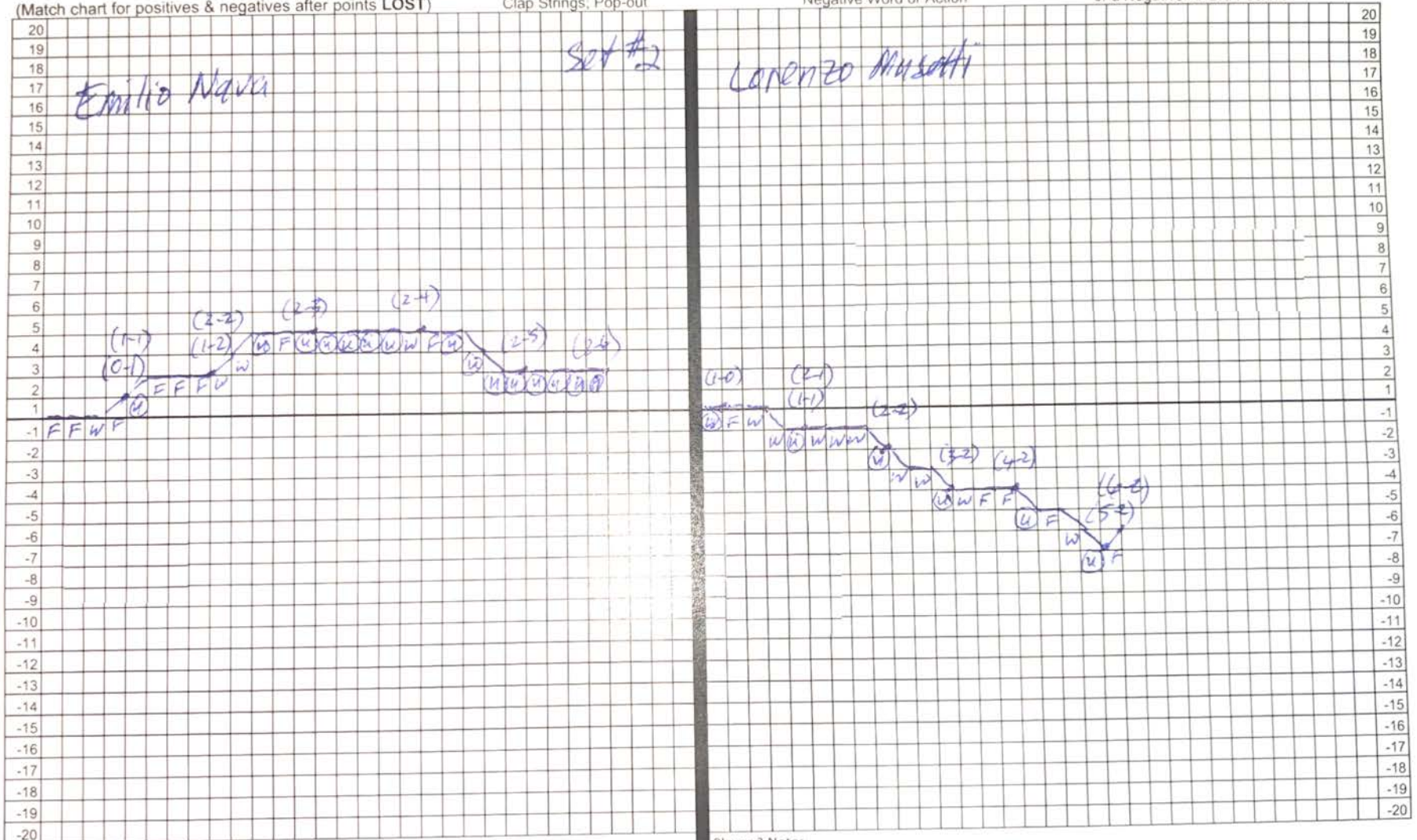
## The Mountain Grid

**Positive:** Positive Word/Action:  
Clap Strings, Pop-out

**Negative:** Droop, Anger, Eyes:  
Negative Word or Action

**Neutral:** No Emotion; Calm Walk; No Expressions;  
or a Negative AND a Positive

(Match chart for positives & negatives after points LOST)



Player 1 Notes:

Player 2 Notes:

## The Mountain Grid ☒

Positive: Positive Word/Action;  
Clap Strings; Pop-out

Negative: Droop; Anger; Eyes  
Negative Word or Action

Neutral: No Emotion; Calm Walk; No Expressions;  
or a Negative AND a Positive

Lorenzo Musetti



Player 1 Notes:

Player 2 Notes:

# Facts Behind the Mental Chart

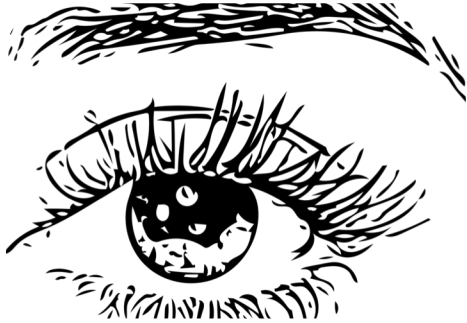
When sets get close (4-4, 5-5 or 6-6), if Player A is 6+ boxes more positive than Player B, Player A has a **95%** chance of winning the set  
*(according to over 1000 charted sets to date)*

## Why?

Negative thoughts and emotions are **3 to 5 times** more powerful than positive thoughts and emotions

**Emotion → Memory → Confidence → Performance**

# Mental Charting



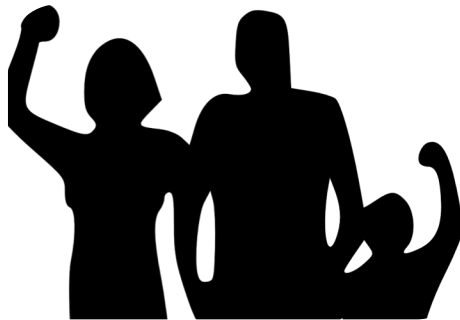
**Visual** approach helps  
players understand  
quickly



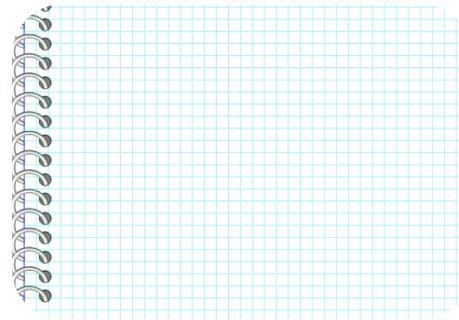
Provides improvement  
**feedback**



Enables the mental  
side of tennis to be  
**quantified**



Reduces stress when  
**parents chart**



Learn through charting  
others **during class &**  
special events



# David A. Ramos

*Director of Coaching Education and  
Performance Analytics*  
USTA Player Development



# Using Technology to Enhance The Player-Coach Relationship



# Development Plan



# Technical Parameters



## Dartfish Express 4+

Sport video analysis  
[Dartfish](#)

#115 in Sports

★★★★★ 2.3, 18 Ratings

\$6.99 · Offers In-App Purchases



## Coach's Eye - Video Analysis 4+

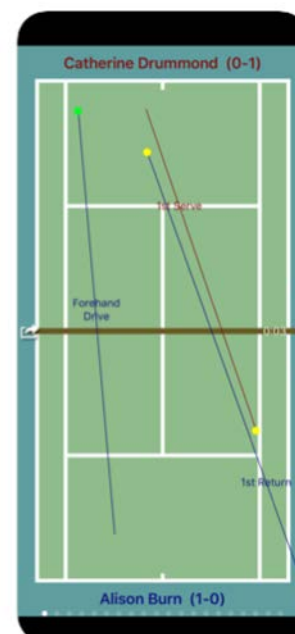
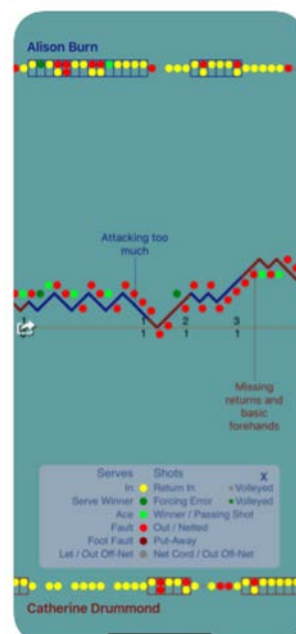
Diagnose Mechanics & Technique  
[TechSmith Corporation](#)

#6 in Sports

★★★★★ 4.8, 6.4K Ratings

\$4.99 · Offers In-App Purchases

# Tactical Parameters



- Main Observations
- Generally error prone but both players working hard to win
  - Good spirit between the players
- Alison Burn - Positives
- Footwork and movement much improved
- Alison Burn - Negatives
- Strong spells not maintained
  - Negative attitude still present
- Catherine Drummond - Positives
- Competitive but fair throughout
  - Positive attitude
- Catherine Drummond - Negatives
- Attacking too much causing errors



ProTracker Tennis. 4+

Professional match analysis  
Fieldtown Software

★★★★★ 5.0, 1 Rating

Free - Offers In-App Purchases



# Kinovea

## A MICROSCOPE FOR YOUR VIDEOS

Kinovea is a video player for sport analysis.

It provides a set of tools to capture, slow down, study, compare, annotate and measure technical performances. ([Learn more](#)).

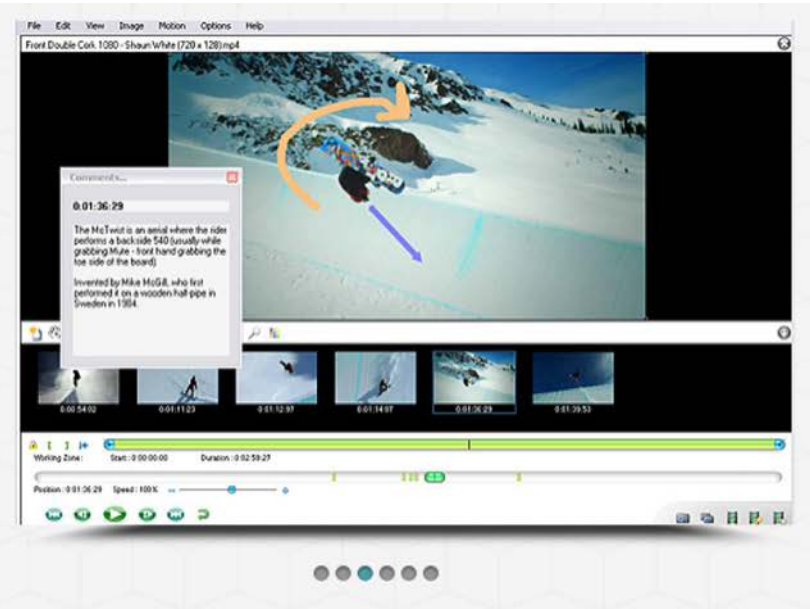
Kinovea is completely free and open source.

DOWNLOAD

0.8.15

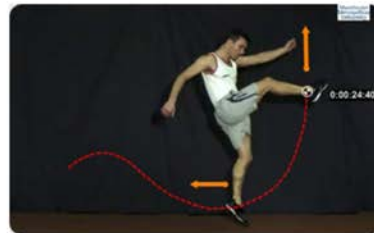


BETA RELEASES



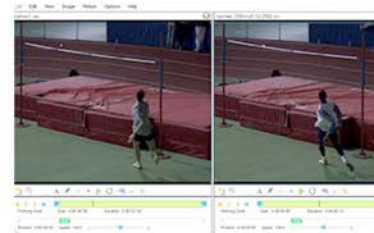
### SIMPLE YET POWERFUL

We strive to build a software simple enough for use in classroom and powerful enough for olympic training.



### OBSERVE AND ANNOTATE

Enrich the video by adding arrows, descriptions and other content to key positions.



### COMPARE

Observe two videos side by side and synchronize them on a common event.



### MEASURE

Measure angles, distances and times manually or use semi-automated tracking to follow the trajectories of points on the video.





**Q & A Session**

# 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.



[TennisIndustryUnited.com](http://TennisIndustryUnited.com)



# THANK YOU!

