Maintaining Strong Player and Coach Relationships

Monday, May 18 at 3:00 – 4:30 PM EDT

Presenters:
Jose Higueras, Jim Courier, Leah Friedman, Dr. Bob Neff and David A. Ramos
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
Leah Friedman
National Manager
Net Generation
Our #1 goal is to get more young players into tennis and to get them playing more often.

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

**EMPOWERMENT**
- Motivating
- Helpful
- Confident

**UNITY**
- Teamwork
- Inclusive

**PLAY**
- Fun
- Inventive
- Creative
United States Tennis Association's American Development Model
**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

NET GENERATION FACEBOOK LIVE
USTA Facebook Live

USTA PLAY AT HOME (ADULTS)
USTA.com/PlayatHome
Martin Blackman
General Manager
USTA Player Development
Jose Higueras  
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)
The Mountain Grid

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

Negative: Droop; Anger; Eyes

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

AO Junior Final Jan 2019

Set #1

Emilia Nava

Lorenzo Musetti

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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

Vision for the Player

Establish Team and Roles

Plan

Schedule

Goals

Inventory

Vision for the Player
Technical Parameters

- **Dartfish Express**
  - Sport video analysis
  - Dartfish
  - #115 in Sports
  - 2.3, 18 Ratings
  - $6.99 - Offers In-App Purchases

- **Coach's Eye - Video Analysis**
  - Diagnose Mechanics & Technique
  - TechSmith Corporation
  - #6 in Sports
  - 4.8, 6.4K Ratings
  - $4.99 - Offers In-App Purchases

[USTA Player Development]
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

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
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.
THANK YOU!