



Baseline strokes Long-term technical development

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Introduction 1

- During the point player can decide to:
 1. Stay in a point,
 2. Create advantage or
 3. Finish a point.

- By: covering the court, moving an opponent, using own better shot, opponent's weakness, changing the pace...

Introduction 2

- Long-term evolution:
from swinging to throwing motion,
- Development is related with: player's coordination, morphology, personality..., volume and quality of practise, teaching methodology and progression, coach's vision and planning etc.
- “Practice does not make perfect. Only perfect practice makes perfect”.

9&under playing competencies

- Using space in order to move the opponent,
- Apply principles of court coverage,
- Recognise and react accordingly to offensive as well as defensive tactical situations,
- Appropriate shot selection (decision making skills) is based on visual clues,
- Applying technique without limiting flaws,
- When in favourable situation, player is regularly hitting from optimal balance (stance).

12&under playing competencies

- Apply tactical plan based on own strengths and opponent's weaknesses in order to dominate a point,
- Using the better shots in important moments of the match,
- Able to counterattack when under pressure as well as to finish the point from 'easy situation',
- In addition to the visual clues player is able to consider his own position when deciding about the next shot,
- Apply sound technical fundamentals in stroke production (i.e. to develop racket speed by using the whole body movement),
- Player demonstrate variety by adapting to different incoming ball characteristics and executing strokes

16&under playing competencies

- Dominate the opponent by applying own weapons and patterns,
- Player seizes opportunity to use his weapon(s) in important moments of the match (i.e. game point),
- Adjusting tactical plan and if needed to change it according to the opponent, surface & weather conditions,
- Applied technical skills are related to player's personality, body type and own game style.

Note: competencies should be demonstrated in official matches.

Technical development

Areas of technical development:

1. Fundamentals (BTR),
2. Movement,
3. Body mechanics,
4. Stroke efficiency.

Tools to analyse and develop:

1. $P_{(\text{path})}A_{(\text{angle})}S_{(\text{speed})}$,
2. Biomechanical principles (BIOMECH),
3. Match charting.

Conclusions

- Continuous tracking, analysis and improvement of playing competencies,
- Development of technical skills reflects coach's own philosophy,
- Technical drills and improvement are always related with tactical situation,
- Doing → Feed back → Motivation → Making sense of it (Dent & Reynolds, 2009).



Videos on YT
channel:
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Thank you for your attention!



2016