

TOPIC:

Developmental Philosophy

(Embedded into a developmental framework at a National Academy)

and
Skill Development in
tennis players



GOAL:

Give you something useful

Do this by:

- Giving an insight into a current Developmental Framework (Loughborough University NTA)
- Discussing the structure of it and some of the concepts within
- Showing a real video example of skill development coaching which forms part of that framework.
- Watch example while talking through a process of; assessing the starting point, knowing the final skill and bridging the gap (within a specific scenario)
- On court practical (if time)



Philosophy

PERSON (Health, Happiness and Wellbeing)

PERFORMER (Head, Heart, Athlete)

PLAYER (Tactical, Technical)

Integrated
(Mental, Physical, Tactical, Technical working together)

Game Based
(The game is played across a range of situations)

Method vs. Model approach to skill development
(Teach feelings and what the shot needs to do, not how it 'should' look)

