



MODULE 5

TENNIS TECHNIQUE+

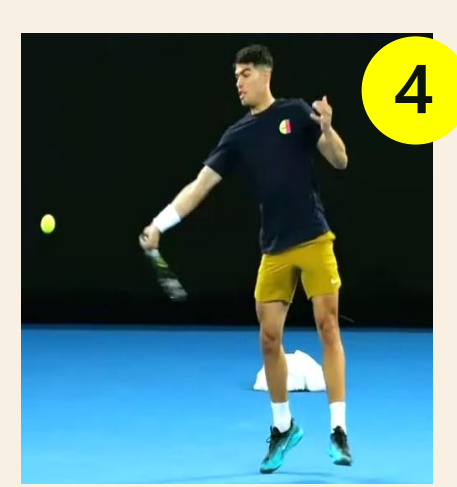
TACTIC PREFERENCES





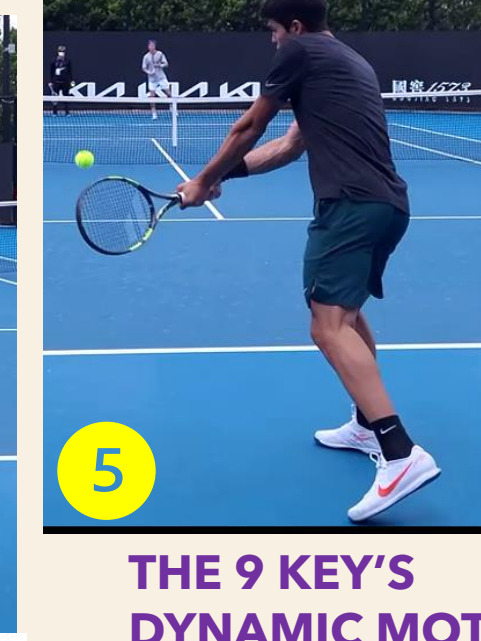
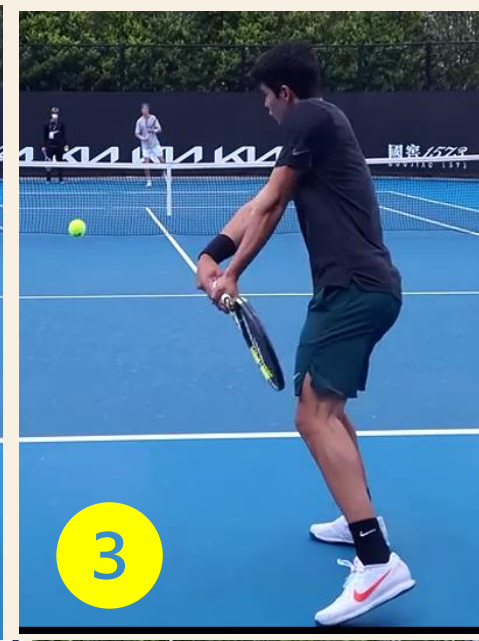
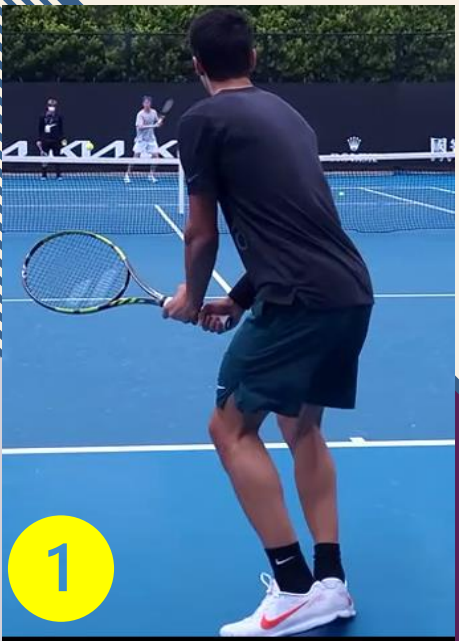
TECHNIQUE ADVICES

- **Technique should bend to the player and not the opposite**
- **We can't teach the same technique to everybody**
- **Motor preferences effect the individual technique**
- **Intention-emotion-action affect the technique**



THE 9 KEY'S DYNAMICS MOTIONS OF TENNIS STROKE

- ORIENTATION
- CHARGE(LOAD)
- DROP -CONTRACTION
- HIP-TRUNK ROTATION (leg drive)
- FINAL ACCELARATION-HAND FEELINGS
- IMPACT
- EXTENSION
- FULL EXTENSION
- DECELLERATION-FINISH



**THE 9 KEY'S
DYNAMIC MOTIONS
BACKHAND**

- 1 ORIENTATION**
- 2 CHARGE**
- 3 DROP**
- 4 ROTATION**
- 5 FINALE**
- ACCELERATION**
- 6 IMPACT POINT**
- 7 EXTENSION**
- 8 FULL EXTENSION**
- 9 DECELERATION-
FINISH**



TENNIS PLAYERS PROFILES

AERIAL PLAYERS

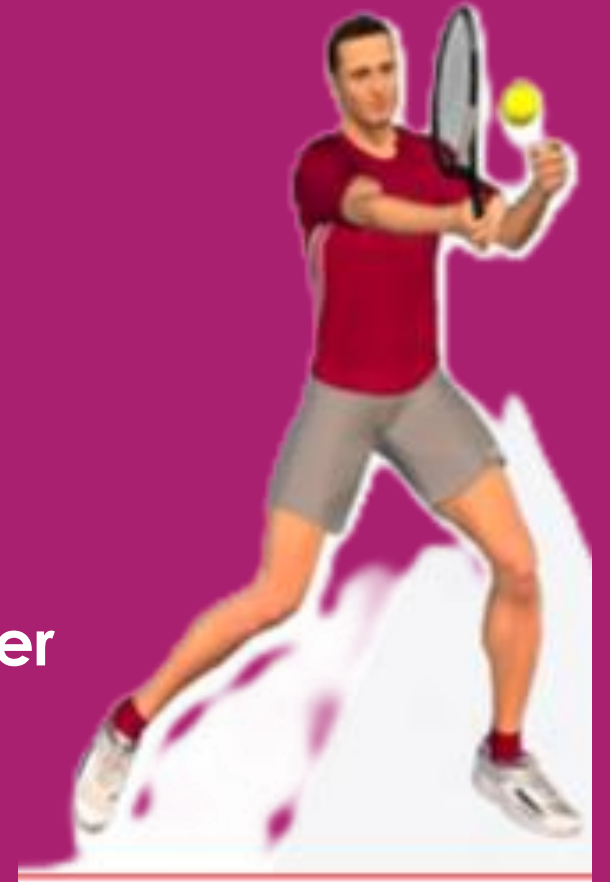
- I balance myself in front in extension
- Look at my body in preparation
- Light and aligned
- I act by rebounding
- I hit the ball
- I position myself forward because I like to move back





TENNIS PLAYER PROFILE GROUNDED

- I balance myself in flexion
- Look at my hip in preparation
How she solid and anchored
- I act in front by pushing
- I hit through the ball
- I favor the rear because I prefer
moving forward
than moving back





GROUNDED	AERIAL
<u>GRIP</u> 3 first fingers	<u>Grip</u> 2 last fingers
<u>RETURN OF SERVE</u> Anchored on the ground, big body angle , COG BACKWARD	<u>Return od serve</u> Light support ;low body angles COG forward
Start from lower body Use quadriceps to push against the ground	Start form the shoulders Use the gravity and dynamic rebound
At ease on low ball At ease moving forward	At ease on high balls
<u>Split step</u> charging Adductor/ push off	At ease moving backward
At ease with adduction motions And pronation	<u>Split step</u> charging Abductor/ step out
Top spin forehand	At ease on abduction movement And supination Top spin backhand
Need to be organized close to the body, talk about core -hips Focus on the motion, the stroke	Need to be organized arm length † Far from body / talk about shoulders-hands-feet Focus on the ball and target

GROUNDING DISSOCIATED

- Grounded dissociated-spinal / cog back
- Crossed muscles chain: obliques to develop
- Triple flexion
-
- Focused vision
- Head stable at impact
- Breathing in
-
- Like to hit at arm's length both sides
- Like to hit on linear stance



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GROUNDING ASSOCIATED

- Grounded associated –parallel/ cog back
- Parallel muscles chains
- Triple flexion
-
- Global vision / focus on the bounce
- Head verity still at impact
- Breath out at impact
-
- Central core to develop
- Like hit open stances
- Weight transfer from back foot to front foot



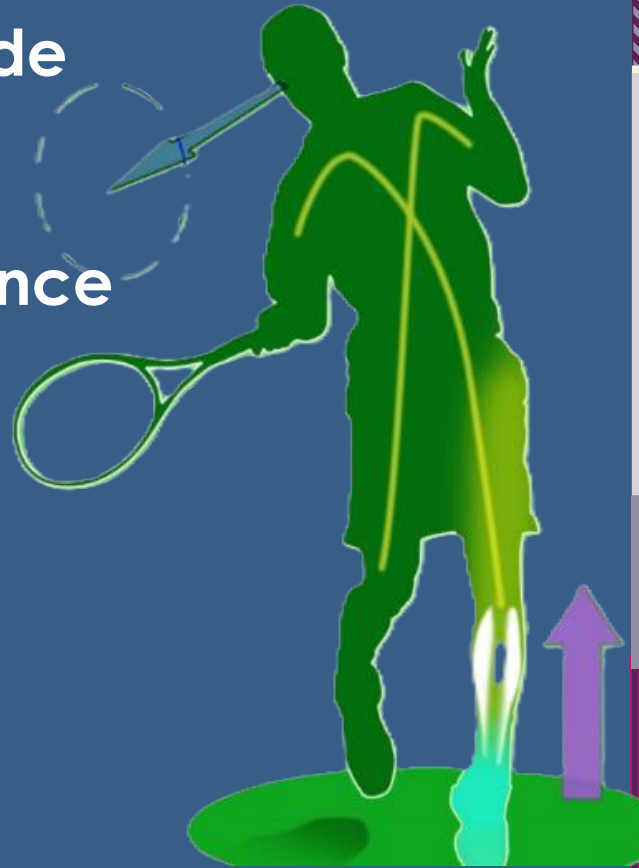
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AERIAL DISSOCIATED

Aerial dissociated-spinal: cog in front
obliques muscles
triple extension quadriceps left side
extension

Global vision focused on the bounce
Head can be tilt
Breath out at impact

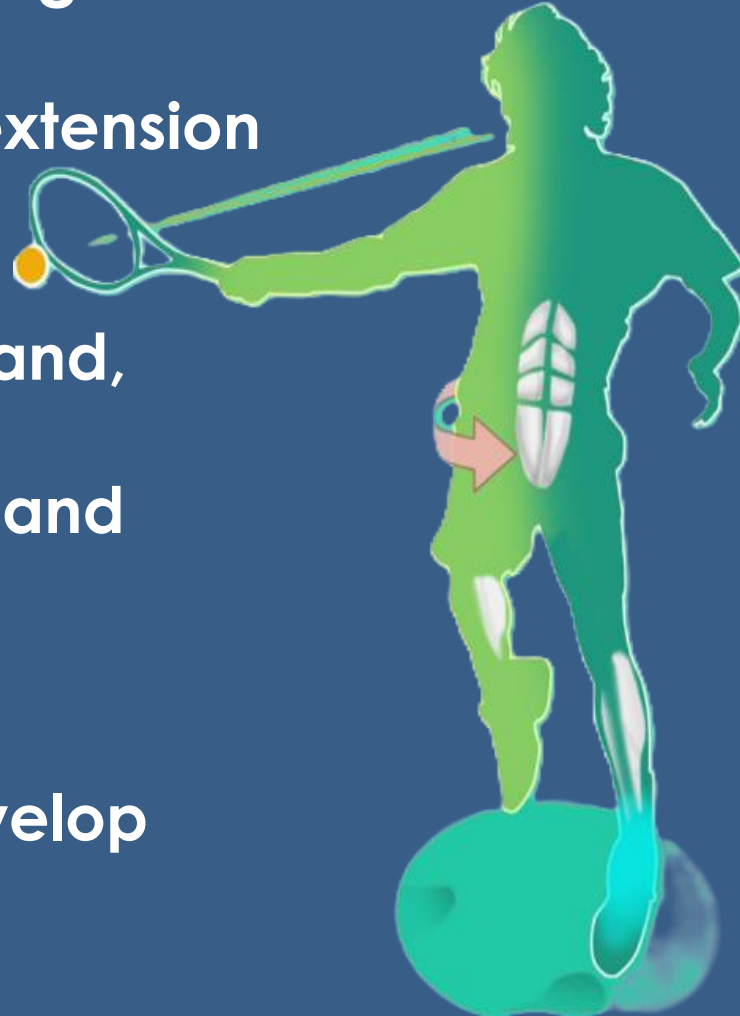
Glutes calve ankles to develop
Like to play linear stance
Like to play cross court



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AERIAL ASSOCIATED

- Aerial associated-parallel/cog in front
- Central core
- Right side extension : triple extension
-
- High position high posture,
- Like play open stance forehand, closed stance backhand
- Like play arm length in forehand
-
- Head still at impact
- Vision focused at impact
- Glutes, calves' ankles to develop
- Breath in at impact



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TECHNIQUE PERSONALIZATION INTENTION-ACTION



- I WANT TO BE ANCHOR
- FEEL THE GROUND
- FEEL SOLID -STRONG

INTENTION-EMOTION-ACTION
SHAPE THE POSTURE

TECHNIQUE PERSONNALISATION

INTENTION-ACTION

AERIAL PLAYER

- I WANT TO BE HIGH
- FEEL LIGHT-FLYING
- WEIGHT IN FRONT

INTENTION-EMOTION-ACTION
SHAPE THE POSTURE





**ENERGY
COME FROM THE SHOULDERS
ANKLES**



**AERIAL PLAYER
REBOUNING SYSTEM**



**ENERGY
COME FROM THE HIPS**

**GROUNDING PLAYER
ANCHORED SYSTEM**



GROUNDING

- HIP FLEXION
- LARGER STANCE
- INTERNAL SUPPORT,BIG TOE
- COG BACKWARD

POSTURE LOADING

AERIAL

- LESS HIP FLEXION
- SMALLER STANCE
- MORE FLAT SUPPORT
- COG ABOVE STANCE





PROPULSION PHASE

GROUNDING

- FROM THE HIPS
- HORIZONTAL
- TALK ABOUT CORE-HIPS



AERIAL

- FROM THE SHOULDERS
- VERTICAL
- TALK ABOUT EXTREMITIES
- SHOULDERS-HAND -FEET





IMPACT

GROUNDING

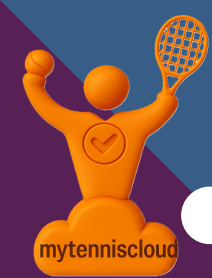
- Horizontal propulsion
- More extension (light from upper body)
- Stance More internal support
- Cog low and forward
- Hit through the ball



Aerial

- Vertical projection
- More extension(important upper body)
- Stance more external support
- Cog more upward
- Compress the ball





TECHNICAL FUNDAMENTALS

What is a Stroke?

The fundamental ingredients of a stroke are: (1) Racquet to Ball Contact; (2) Stability/Consistency/Control; (3) Speed.

What is a Stroke? *A tennis stroke is any action that moves the head of a tennis racquet into the path of a ball.*

An efficient and effective tennis stroke must have three things:

- A method of producing clean contact.
- A method of stabilizing the movement of the racquet.
- A method of accelerating the racquet head to any desired speed.







SEMI CLOSED GRIP = ELBOW **straight**



Prise **CLOSED GRIP = ELBOW BEND** échi



Prise **EXTREM CLOSED GRIP = ELBOW VERY BEND = 90°** (coude < 90°)





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Prise extrême + lift = frappe avec bras très fléchi (coude < 90°)



Wich motor eye eye right / left
Vision focus: global

- Grounded player
- Stronger 3 last fingers
- Aerial player stronger last 2 fingers
- Distal player ST
- Like hit arm length
- GLOBAL PLAYER SF
- Like hit close to the body
- CONCEPTUAL PLAYER NT
- Like to hit forehand arm length
- RHYMIC PLAYER NF
- Like to hit forehand mid distance forehand



- Guide and support the orientation of the take back position

Mobil point rotation

- Reference point to the spacing with the ball

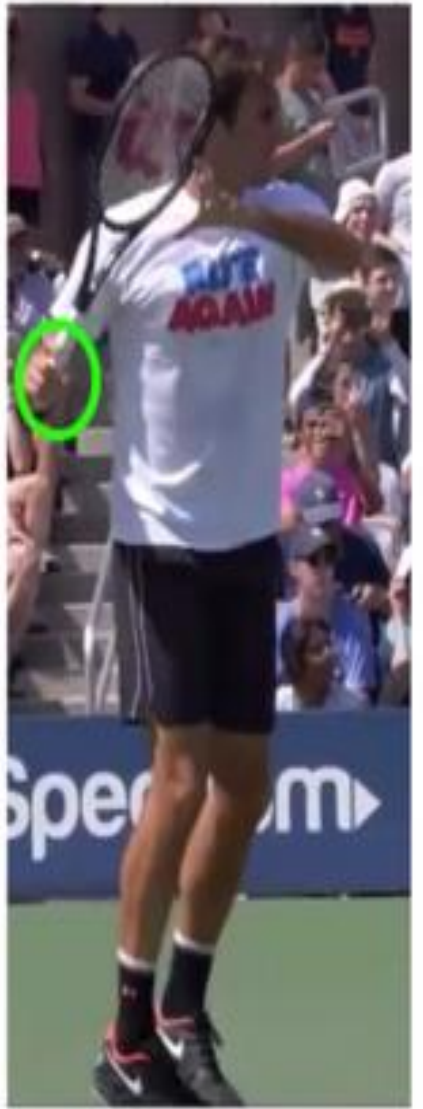
At the end of the take back

- Stabilization- the player uses it to support the front part of the body when load on the ground

- Alignment free hand front foot stance



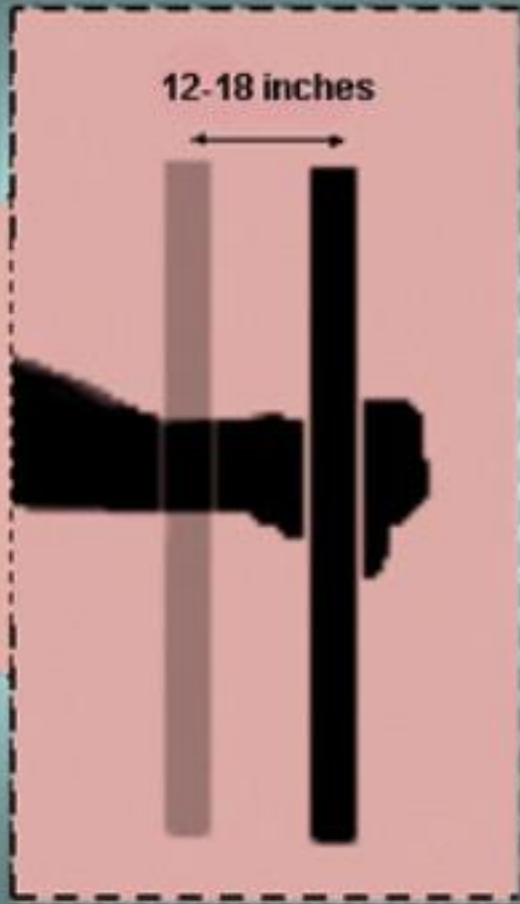
TAKE BACK PREFERENCES





ELBOW IMPORTTANC AND PREFERENCES





Racquet orientation must be maintained for 12 to 18 inches



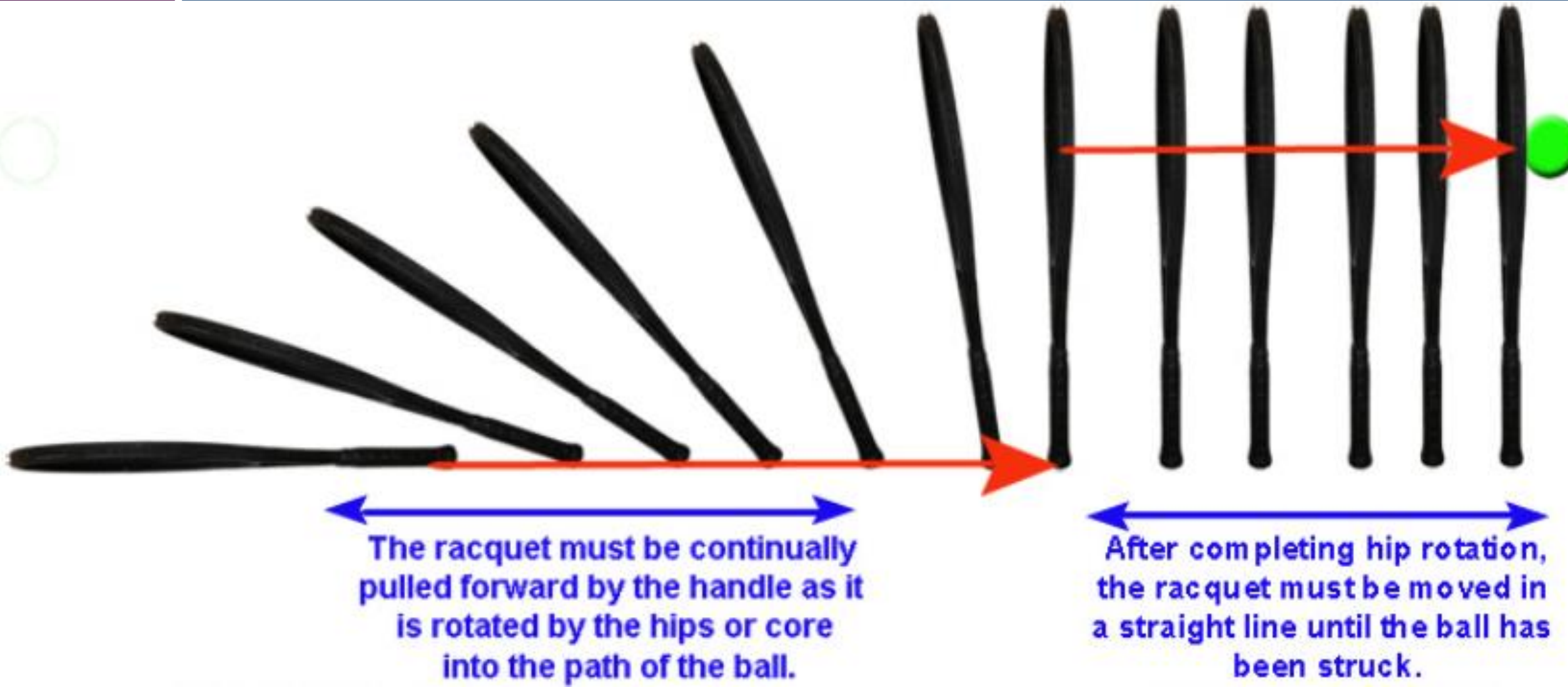


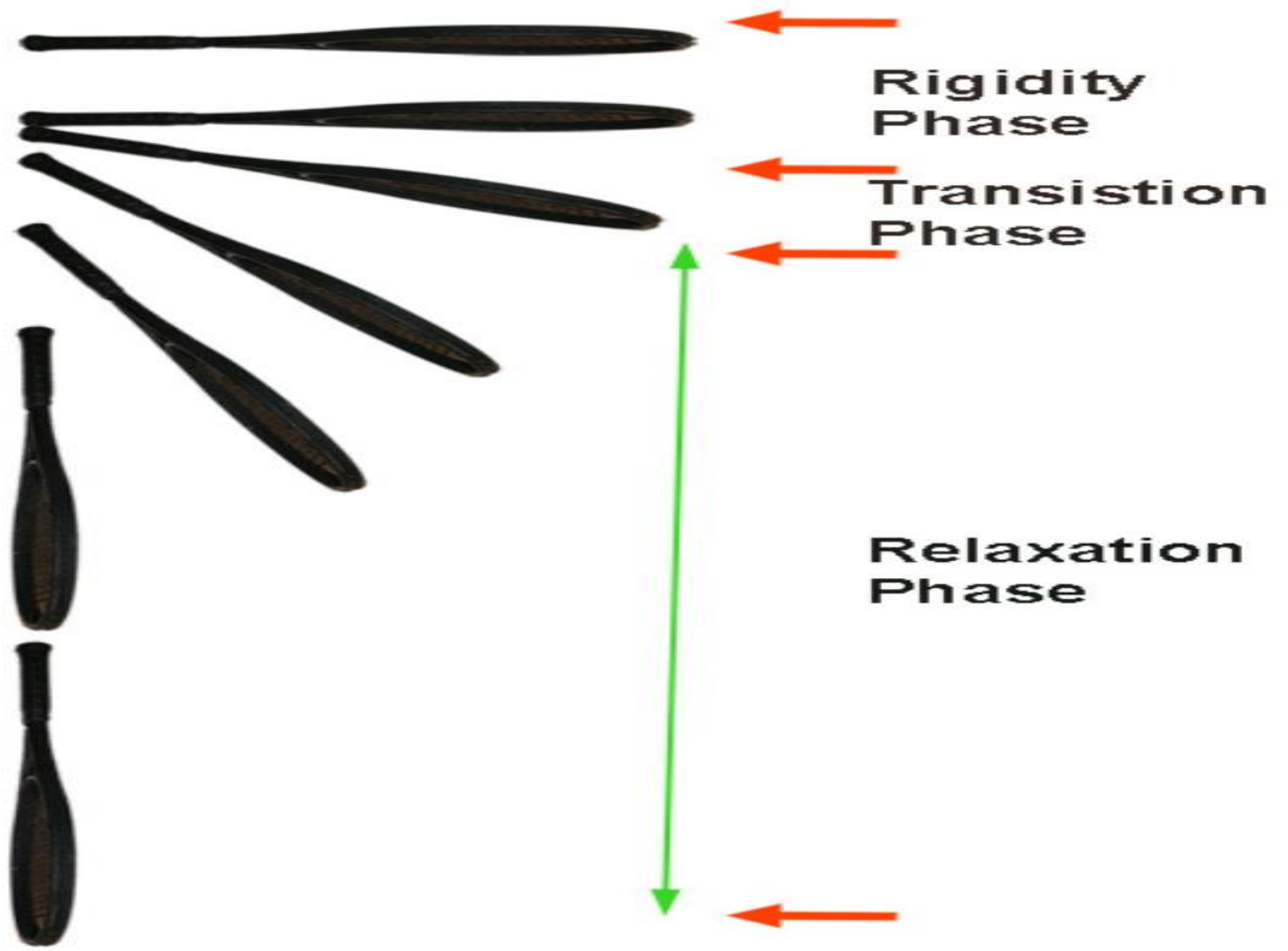


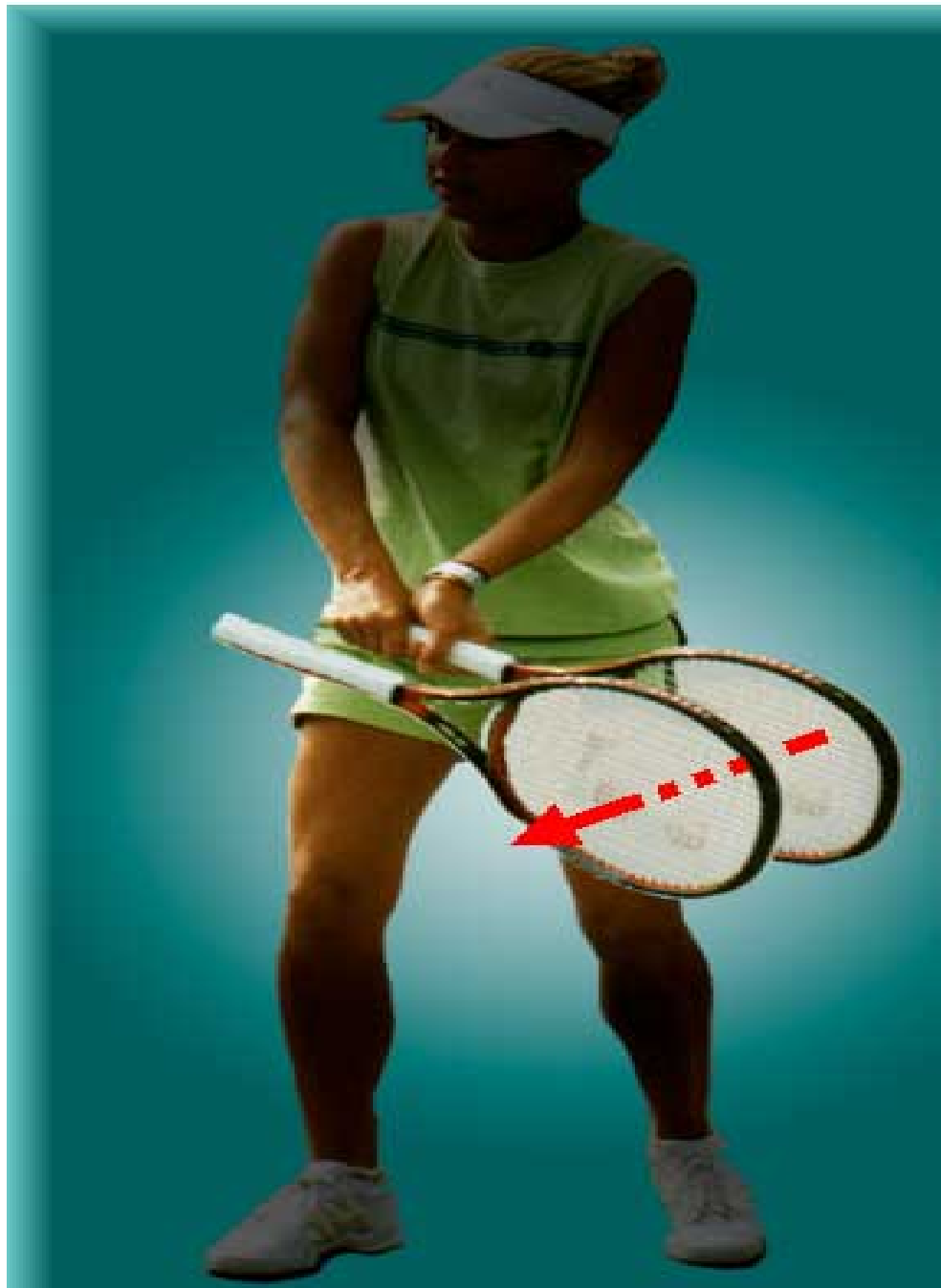
Forearm muscles working to keep the wrist back.



RACQUET PATHWAY







Moving the racquet through the ball in a straight line (4-8 inches) will significantly improve your contact with the ball.

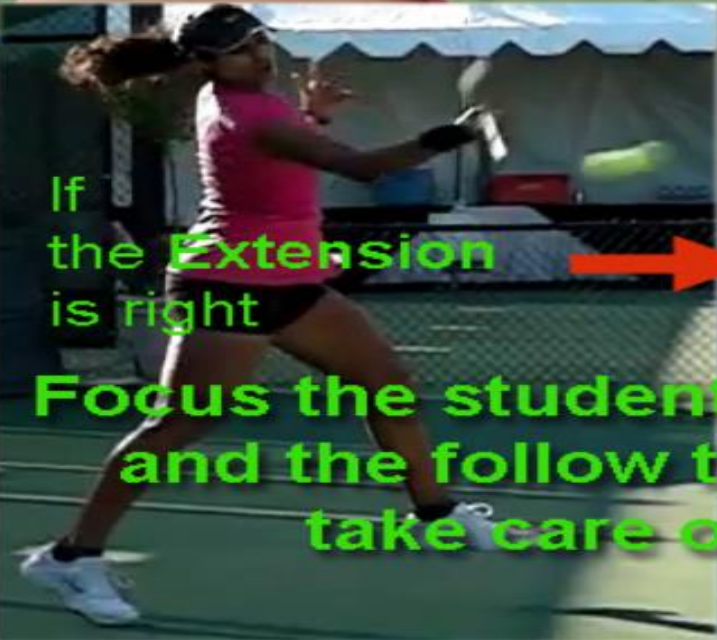
Why?

The reason is that we cannot compute the location of the ball and the racquet head with sufficient speed to correct any errors in alignment as the racquet moves to the ball. Thus, we must line up (essentially fix) the racquet face in the direction we intend to hit the ball and maintain that alignment until after the ball has been struck.

It takes about 1/8th of a second for our brains to get the message that the ball has been struck, thus if you examine high speed video, you will see that professionals maintain their alignment for a long period after the ball has been struck.

Learning to strike the ball cleanly is the first step to the rapid development of professional strokes. Figure 1 is an illustration of how this done. The far left racquet shows the orientation of the face just before striking the ball. The racquet on the right shows the ideal orientation of the racquet face just after striking the ball. Typically, the racquet begins to rise after the strike while still maintaining the pre strike orientation.

The illustration to the left is stylized for the purpose of making this concept clear. In reality, no one has every maintained such perfect racquet face orientation while striking a ball. The degree to which a professional is able to do this determines how cleanly they strike the ball.



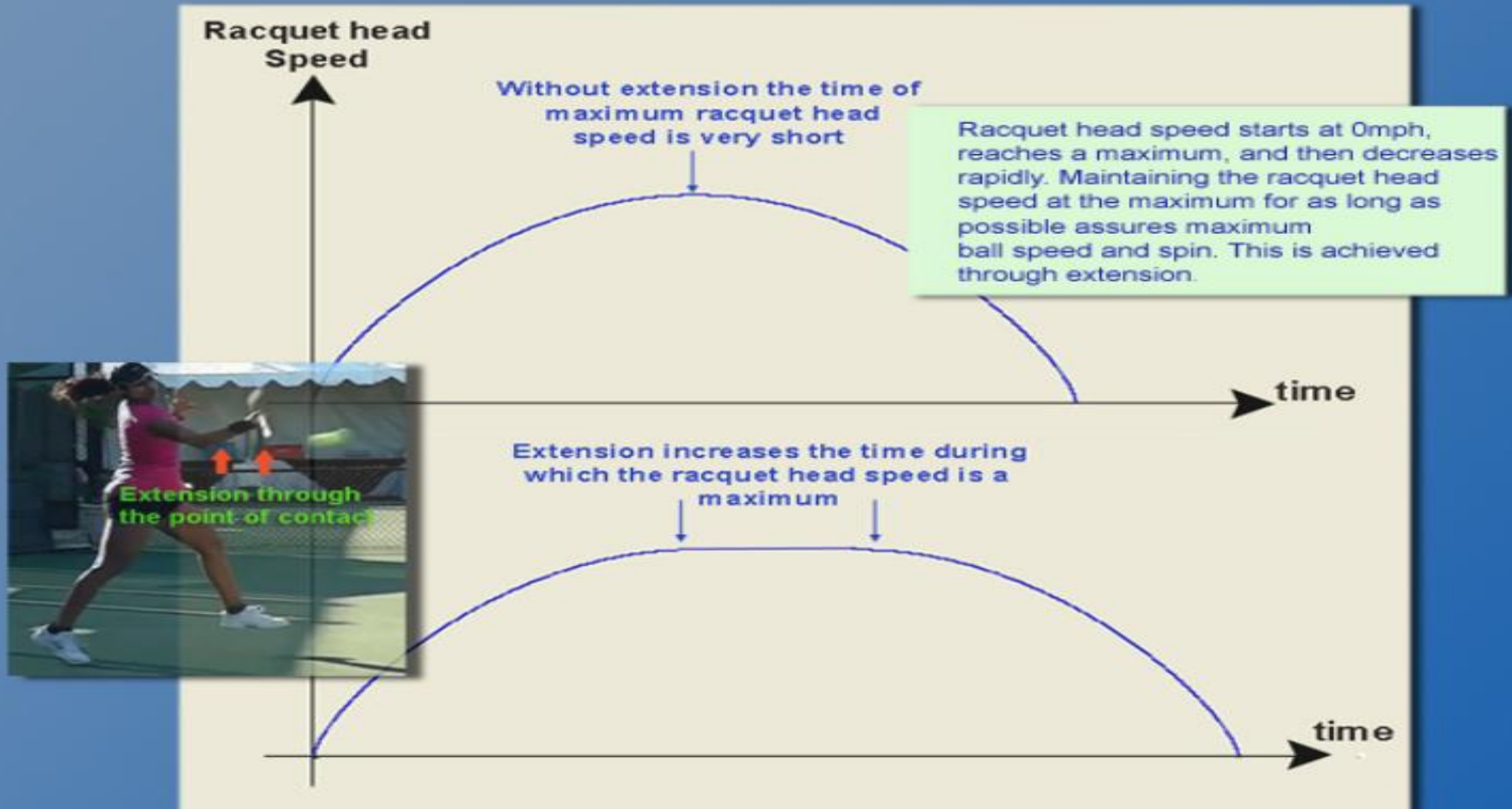
Focus the student on extension and the follow through will take care of itself!



The extension stage must be so exaggerated that the arm seems to come out of the shoulder socket



**The second most important event in any stroke is the extension.
Extension consists in maintaining the racquet face orientation
over an interval of several inches**





**Classical
Follow
Through**



**Flat Ball
Follow
Through**



**Flat Ball
Follow
Through**



**High Top Spin
Follow
Through**



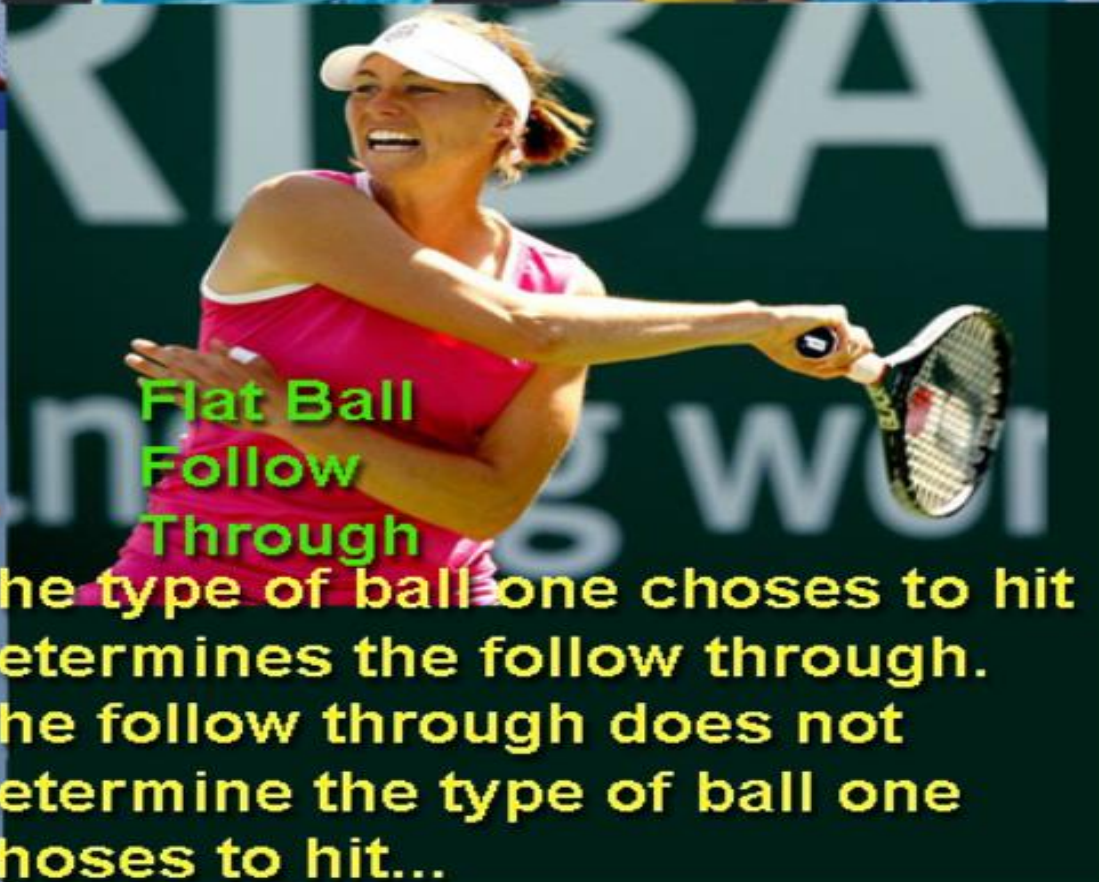
**Top Spin
Follow
Through**



**Classical
Follow
Through
Variation**



**Hybrid
Follow
Through**



**Flat Ball
Follow
Through**

The type of ball one choses to hit determines the follow through. The follow through does not determine the type of ball one choses to hit...

Eastern/Eastern



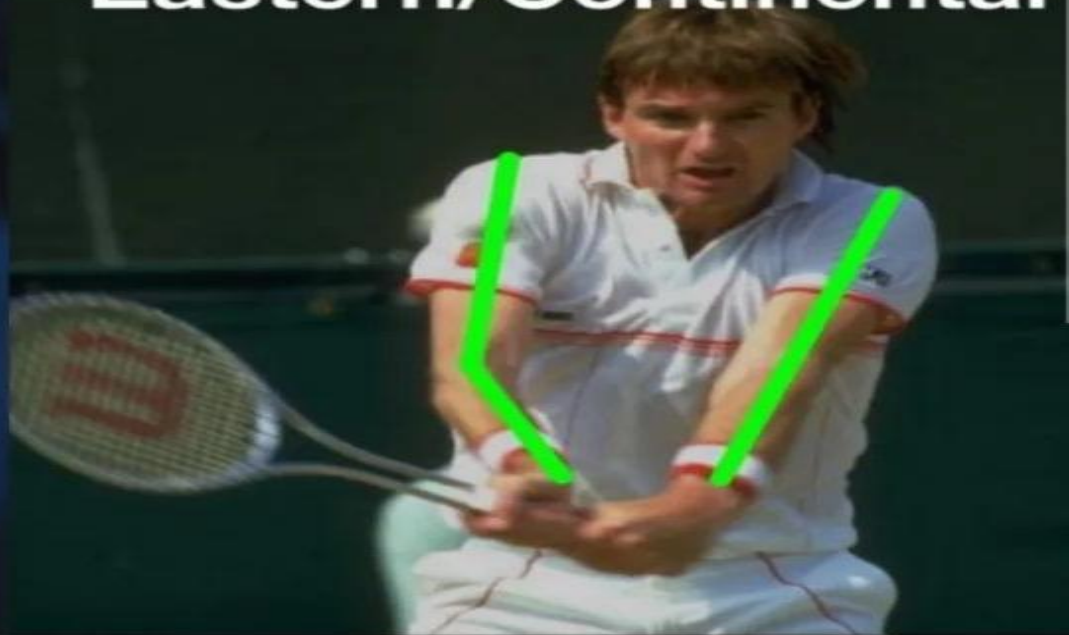
Continental/Eastern

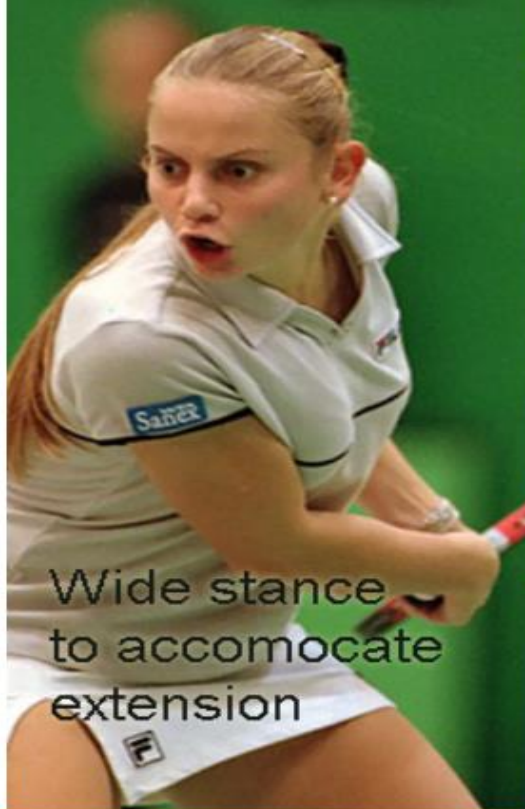


Continental/SemiWestern

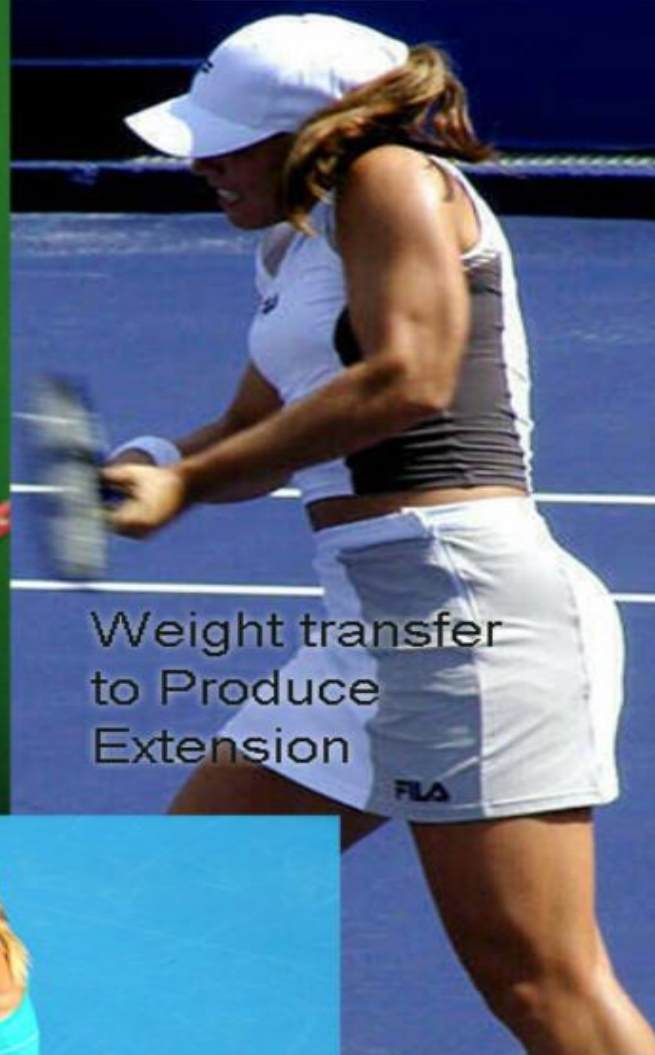


Eastern/Continental

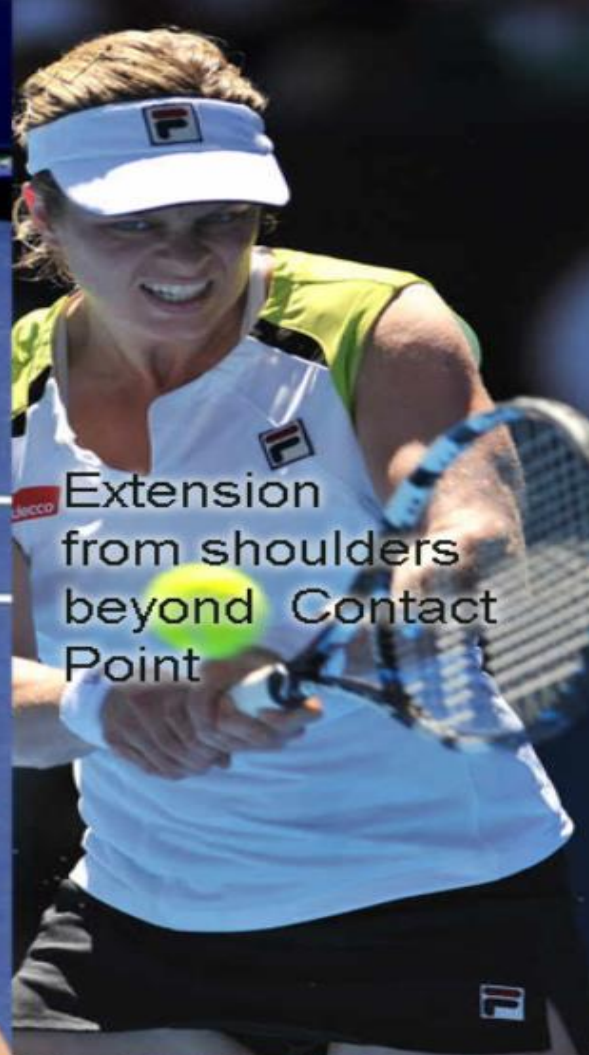




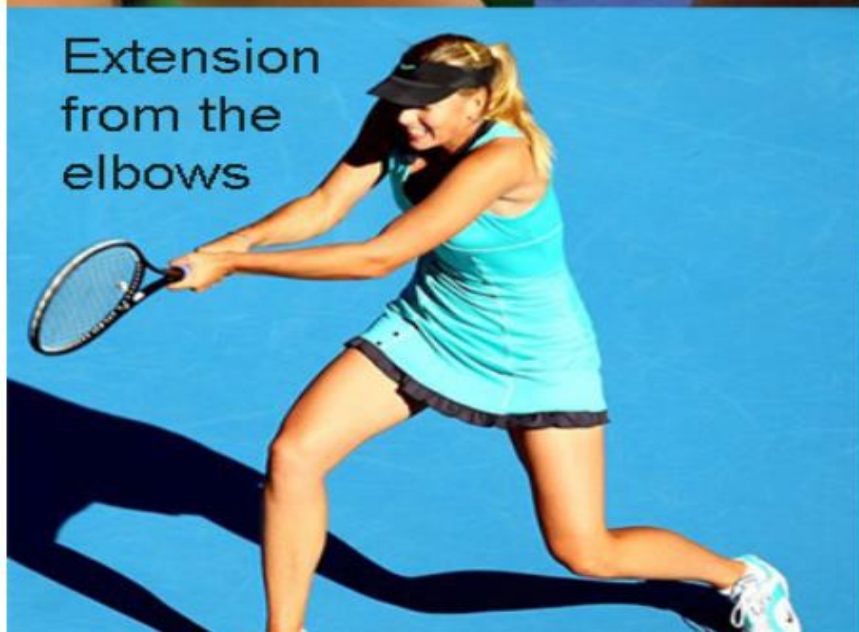
Wide stance to accomodate extension



Weight transfer to Produce Extension



Extension from shoulders beyond Contact Point



Extension from the elbows



Full Extension is seen in the shoulder joint

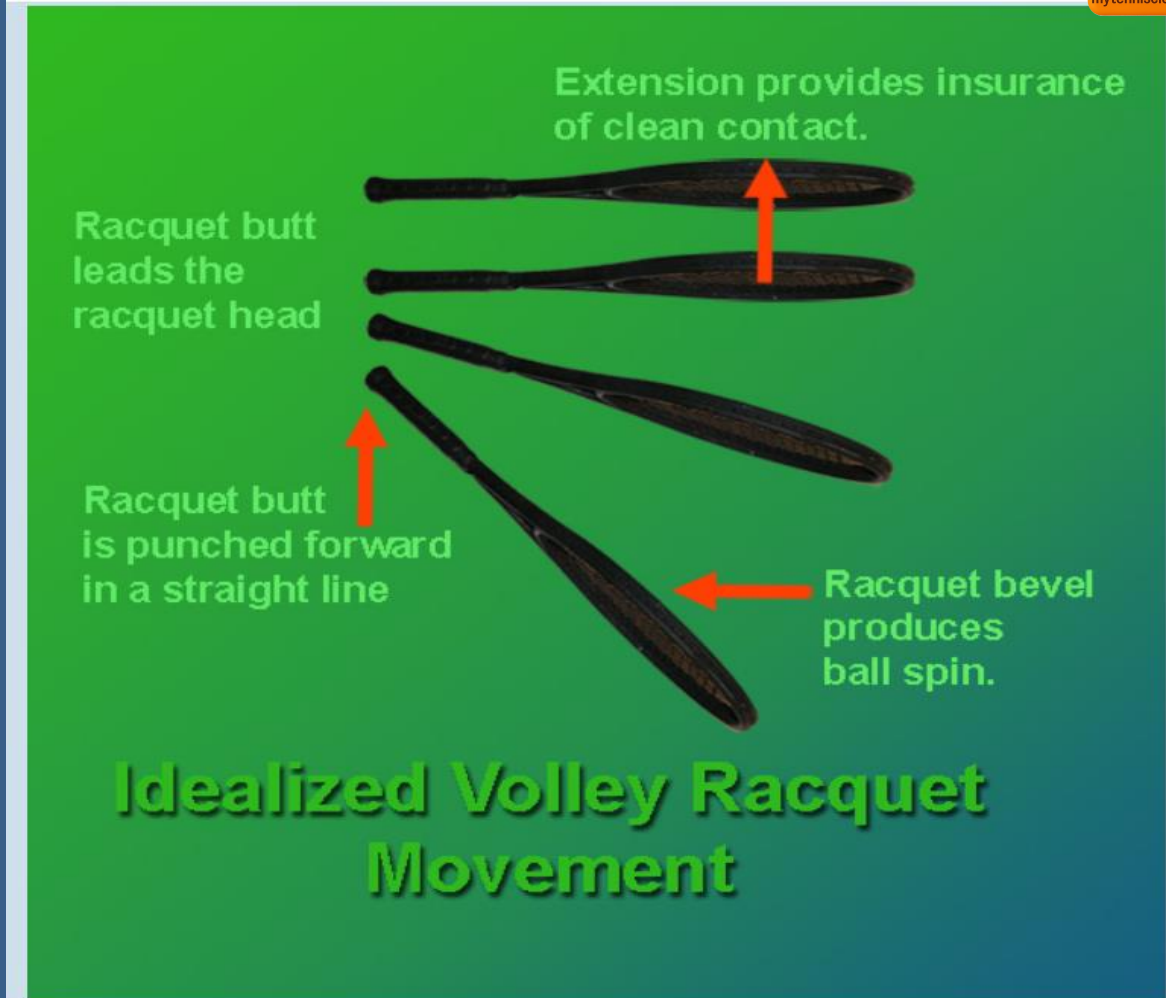
VOLLEY



Three keys to the volley are the Elbow Position, the Bevel of the racquet head and the Ballistic reflex



The role of the Bevel is to create under spin to keep the ball low after the bounce; the role of the elbow is to insure that the player can adjust to any position, which can be very awkward in some cases. The elbow must be in front of the body to assure versatility of motion.



The role of the Bevel is to create under spin to keep the ball low after the bounce; The butt must led the racquet head to assure that biases are removed. If the butt gets ahead of the racquet head, the ball will not go straight toward the intended area.

Volley movement is a punch from the shoulder with minimum wrist movement. As the shoulder movement stops the racquet is automatically snapped forward into the ball. The player does not have to proactively advance the racquet head; only control its stability.



TACTICAL PART

TACTIC DEPEND ON MOTOR SKILLS



Alcaraz tactic from natural motor motions

preferences

- Natural ease with foreword unbalance
- Shoulders initiate the movement
- Explosive, fast, Attack oriented actions
- A game driven by rebound and projection

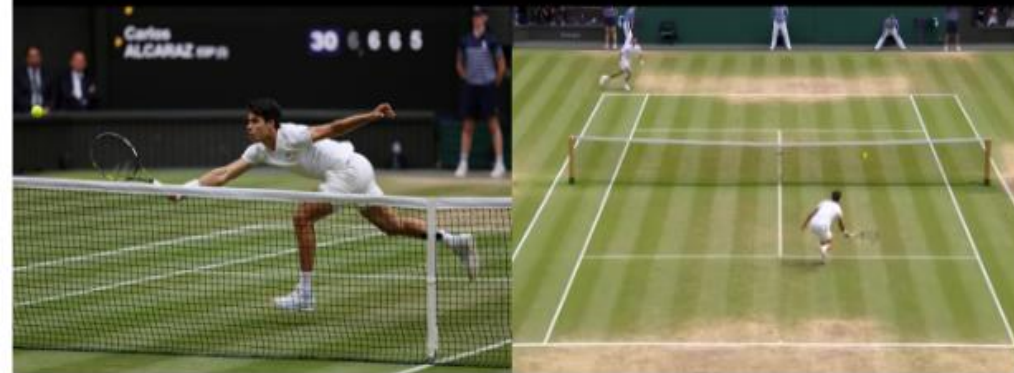
On court:

- Offensive style (positioning in front)
- Taking initiative (projecting forward)
- Close point quickly (fast twitch fibers)
- Body and strategy aligned with his natural motor skills

EXPLOSIVITÉ



POSITIONNEMENT DEVANT - ATTAQUANT



PROPRIOCEPTION ANTÉRIEURE





IDENTITY OF PLAY



TAILLE – ENVERGURE | 6 STYLES DE JEU AU TENNIS ?

DEFENSEUR



CONTREUR



ATTAQUANT
ARRIERE



ATTAQUANT

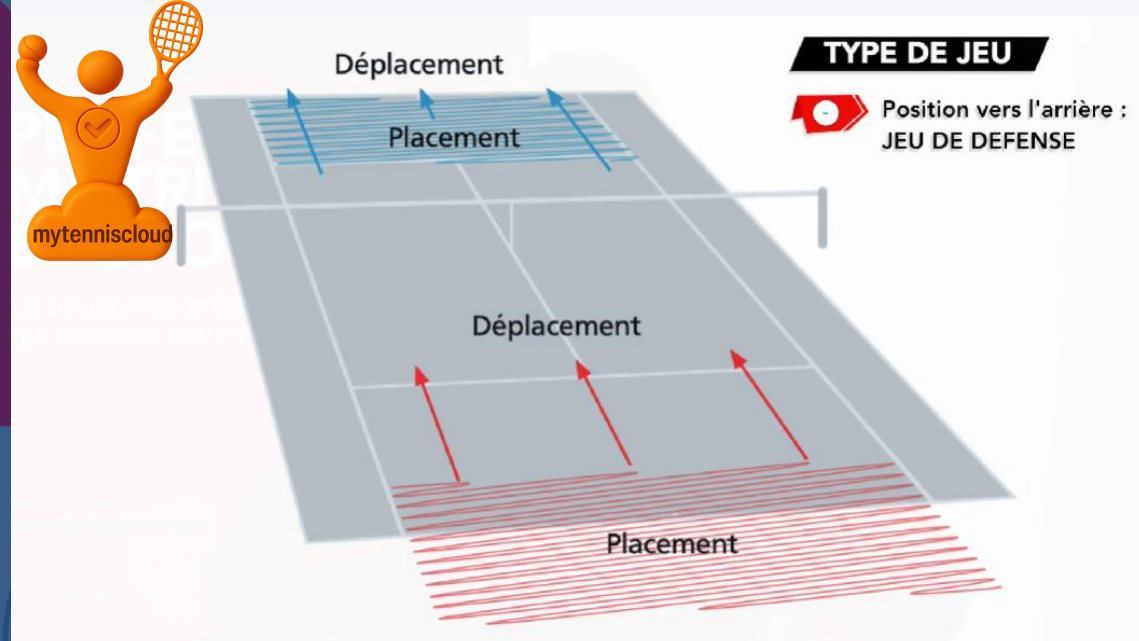


COMPLET
VARIABLE



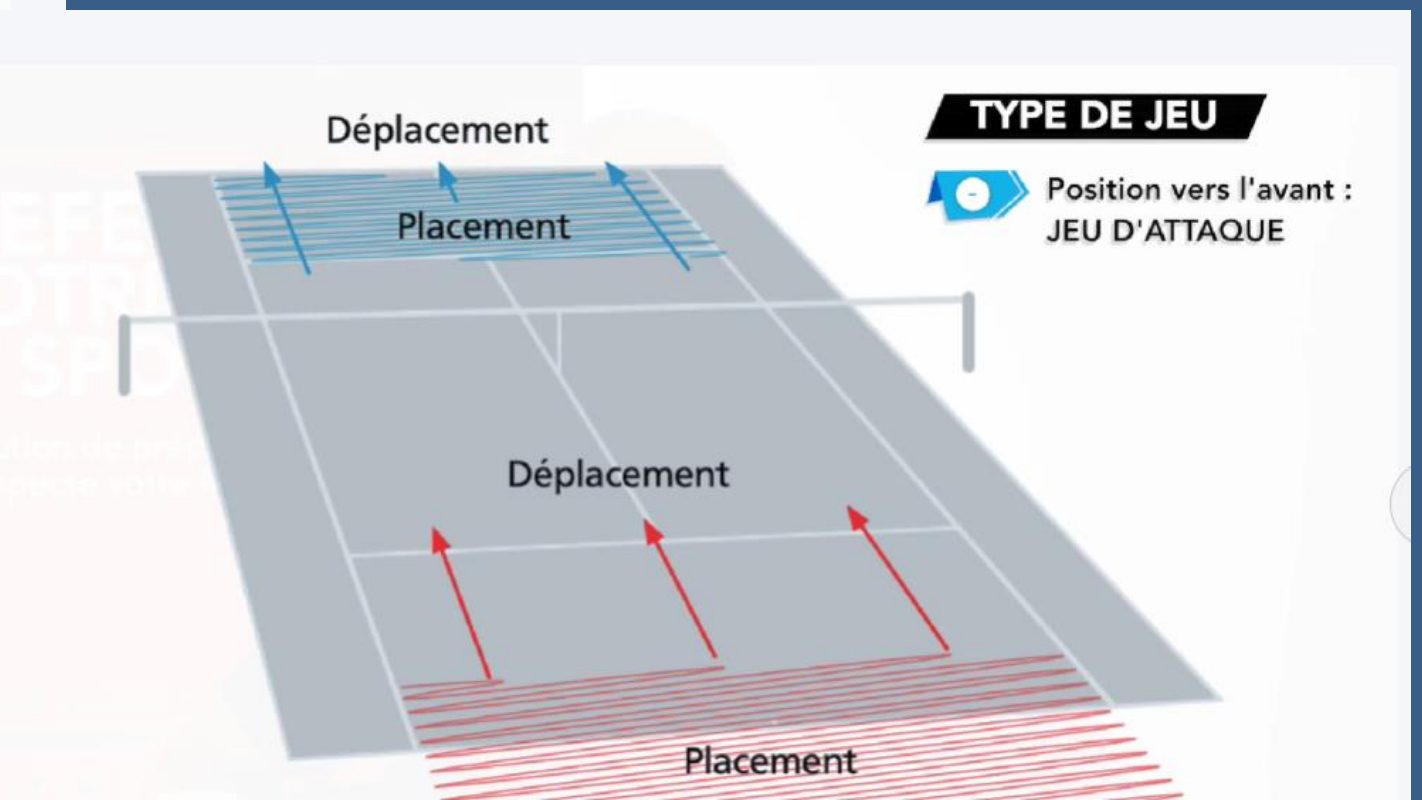
COMPLET
STABLE





**GROUNDNED PLAYER TEND TO POSITION BACKWARD
PREPARE BACK TO PLAY FORWARD**

**AERIAL PLAYER TEND TO POSITION FORWARD
PREPARE IN FRONT TO MOVE BACK**





AGRESSIVE/ AGRESSIVE PLAYER

- LOKE TO ATTACK / TAKE RISK SHORT RALLY
- DON'T LIKE TO DEFEND

AGRESSIVE / DEFENSIVE PLAYER

- LOVE TO ATTACK / TAKE RISK
- LIKE DEFEND TOO

DEFENSIVE / ATTAQUANT

- LOKE TO DEFEND FIRST / LONG RALLY
- ATATCK LATER WHEN OPPONENT TIRED

DEFENSIVE/ DEFENSIVE PLAYER

- LIKE TO DEFEND
- DON'T LIKE TO ATTACKAND TAKE RISK
- ATTACK ONLY WHEN FORCED TOO



PLAYER PREFERENCE TACTICAL TASK

IN ONE WORD WHEN I COACH PLAYER
TACTICAL WHAT WORDS/ PHRASES / TERMS
APPROACHES MEAN MORE TO HIM-HER
AND UNDERSTAND GET BETTER RESULTS

COACH INTENTION -EMOTION- ACTION



PLAYERS/ COACHES MENTRA PREFERENCES

- MOVE FORWARD
- AGGRESIVE
- ATTACK

- MIXED RYTHME
- MIXED SHOTS
- MIXED GAMES

- CREAT SPACE/TIME
- CREATE THE GAME
- CREATE OPTIONS

- BE CONSISTANT
- BUILD THE POINT
- BE SOLID



1 CONSISTENCY RALLY : PLAY CROSS COURT LOW PACE LOW RISK

2 FORCING RALLY : FORCED SPEED AND DEPTH CROSS COURT

3 MOVEMENT RALLY : CHANGE DIRECTION HIGHER RISK TO USE

4 ENDURANCE RALLY : PLAY CROSS THEN CHANGE DIRECTION THEN REPEAT THE RALLY

5 COMPLEXE RALLY : CHANGE CONTINUALLY DYNAMIC OF THE BAL, TOP SPIN, SLICE, HEIGHT, DEPTH, SPEED

6 PERSISTENCE RALLY : USE WHEN OPPT RESIST TO ALL OTHERS STRATEGY, OUTLAST YOUR OPPONENT-PUSH KEEP BALL IN ALL COST

RYTMIC



CONCEPT

1 CONTROL

2 HURT

3 FINISH



PRACTICAL

- **RALLY**
- ATTACK**
- DEFENSE**
- COUNTER -ATTACK**



VISUAL

ARC

DRIVE

LOOP

ANGLES

DROP SHOT



**HANDS
FEELING**

**HIT
ACCELERATE
REDUCE
BLOCK
GUIDE**

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Basic patterns of play



FROM
DEFENSIVE
TO MORE
AGGRESSIVE
PLAY

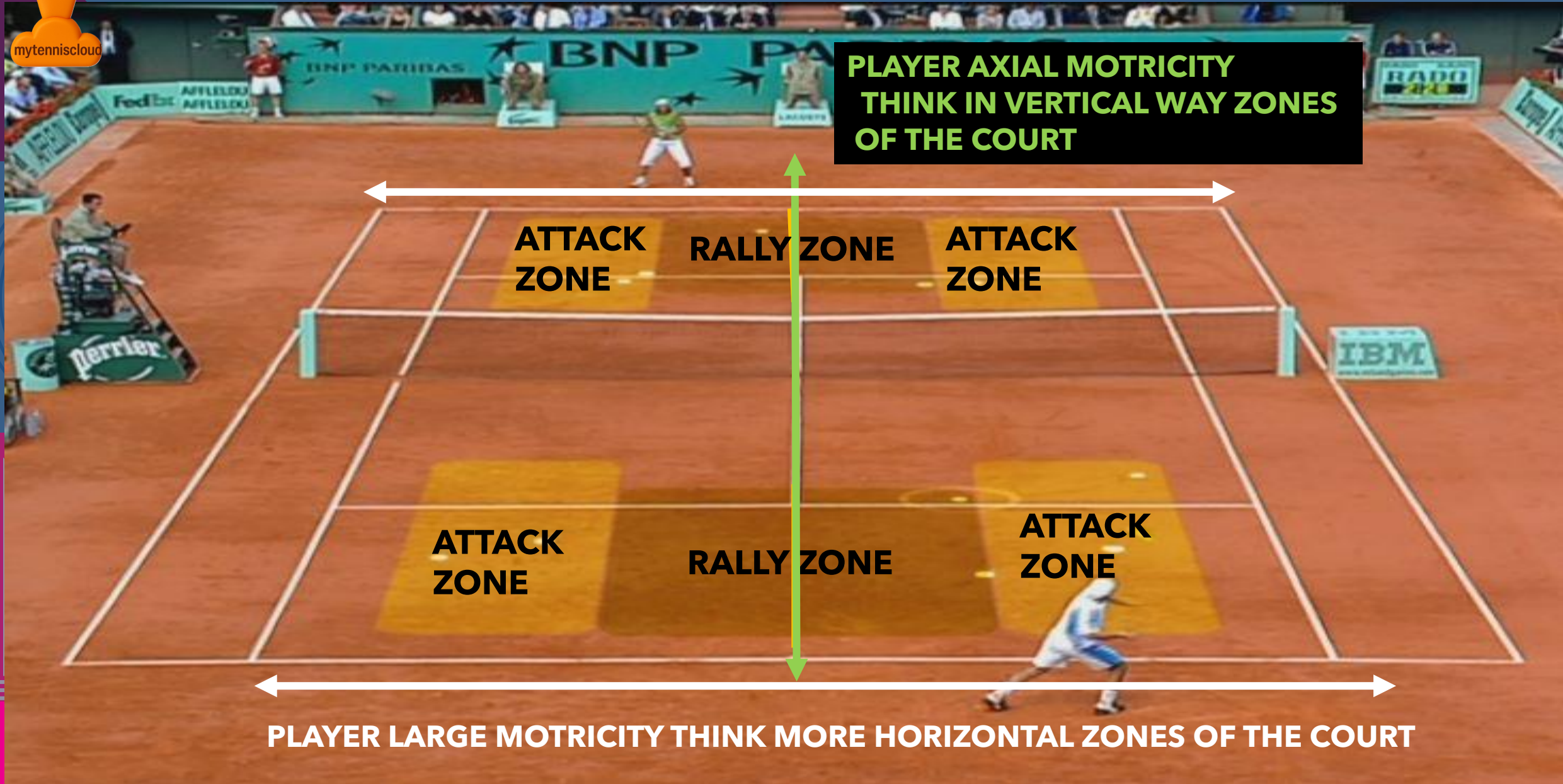


FROM HIGH
RISK TO
LOWER RISK
OF PLAY



Under stress
Or
Under fatigue
Motor preference
changed and
coordination
It affect the way to
of playing and so
my patterns of play.

ZONE OF PLAY PREFERENCES-HORIZONTAL



**PLAYER AXIAL MOTRICITY
THINK IN VERTICAL WAY ZONES
OF THE COURT**

**ATTACK
ZONE**

RALLY ZONE

**ATTACK
ZONE**

**ATTACK
ZONE**

RALLY ZONE

**ATTACK
ZONE**

PLAYER LARGE MOTRICITY THINK MORE HORIZONTAL ZONES OF THE COURT

THANK YOU AND QUESTIONS TIME

