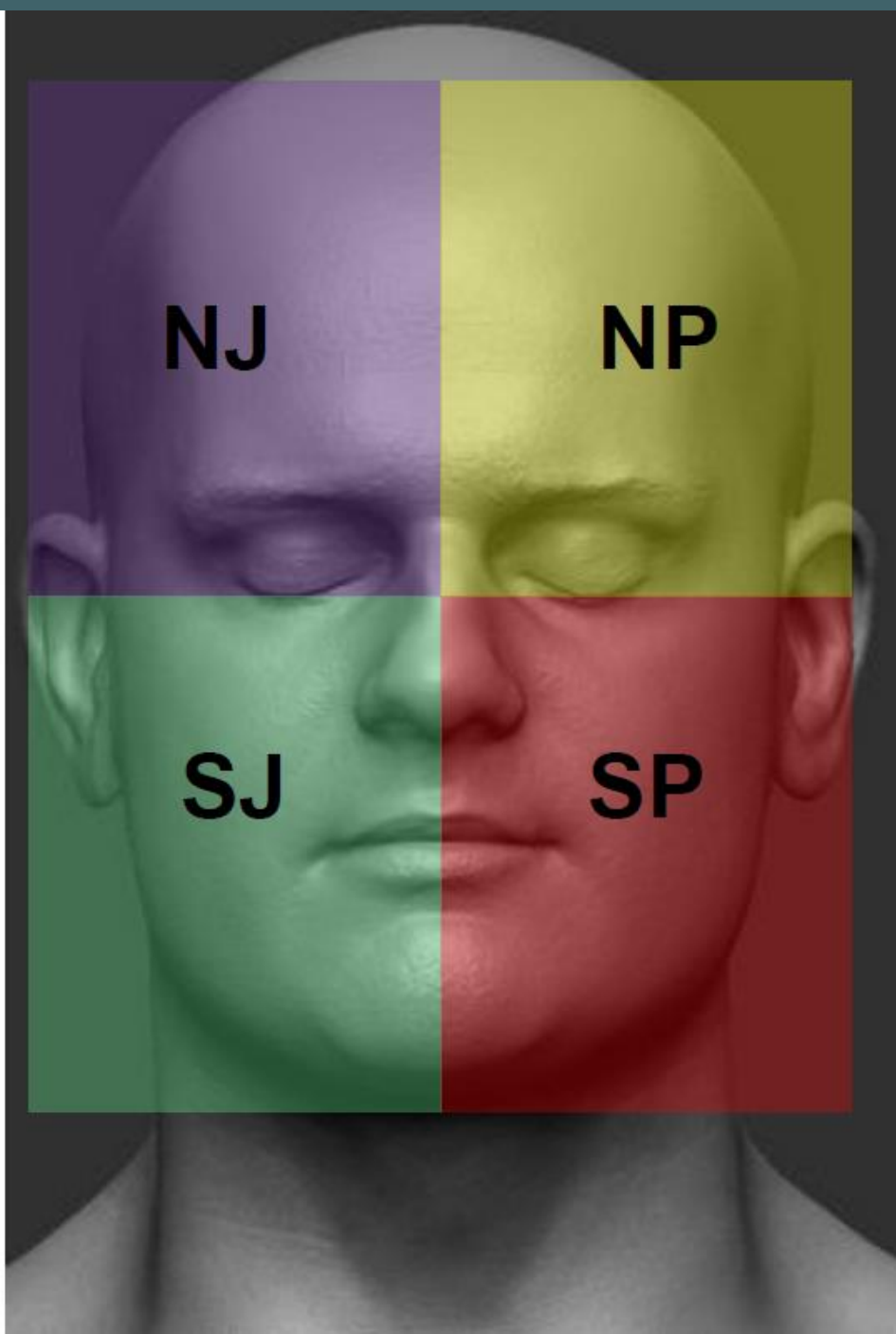




MODULE 8 TENNIS COACHING PREFERENCES GUIDE





TENNIS AND THE 4 BASIC EXPRESSIONS

FEDERER

**TENNIS IN AN
STRATEGIC WAY**



MONFILS

**TENNIS IN AN
ORIGINAL
WAY**



DEL POTRO

**TENNIS IN AN
EFFICACY WAY**



TSONGA

**TENNIS IN AN
TEAMWORK**





PLAYER-COACH ENERGY FREQUENCIES CHANNELS COMMUNICATIONS PREFERENCES



**LEARNING
CHANNEL**

VISUAL/ KINESTHETIC/ AUDITIVE



**QUESTIONS
CHANNEL**

WHY? WHAT? HOW? IF?



**MOTIVATIONS
CHANNEL**



**INTENTION
ELMOTIONS
ACTION**



**VOICE TUNES
CHANNEL**



**TRAINING
CHANNEL**



THE 4 PREFERENCES



<u>ENERGY SOURCE</u>	IN OURSELF I Introvert	THROUGH OTHERS E extrovert
<u>GATHER INFORMATION</u>	factual S sensation	Global I intuition
<u>DECISION MAKING</u>	Logic T Thinking	Affective F Feeling
<u>LIFESTYLE</u>	Organized J Judgement	Spontaneous P perception



THE DIFFERENTS PREFERENCES

Where do you get your energy?

EXTROVERSION

INTROVERTION

How do you prefer gather information?

SENSING

INTUITION

How do you prefer make decision?

THINKING

FEELING

How do you organize your external world?

JUDGING

PERCEIVING



S F GROUNDED ASSOCIATED GLOBAL Tsonga

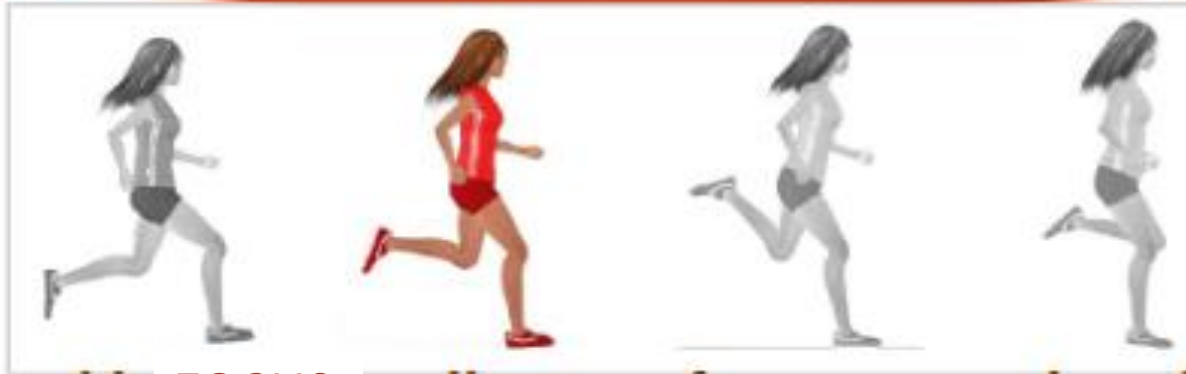


S F THE GARDIAN need to focus on fact and how fact will affect people

- Put first personal relation , need to show the & solution will help them and the one they love in a quick way they like testimonies
- Give me practical info and samples of used by others with adding a personal touch pour create relational



THE S T GROUNDED DISSOCIATED DISTAL J MC ENROE

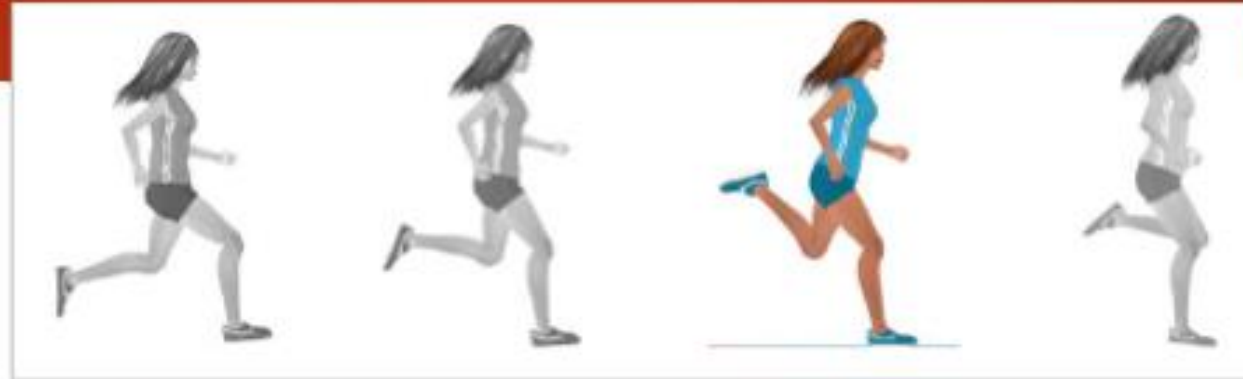


S T the CONCRETE need to FOCUS on the proof you present and the logical analysis step by step

- Need to show a solution that is profitable and measurable net to test , need to be answer to their questions, in synthase need to show them evidence
- Give me all info that I can compare, weighted them and make my choice with rationality
- Tell me from where to start and where to go and it will be quick



N F AERIAL DISSOCIATED / RYHTMIC Monfils



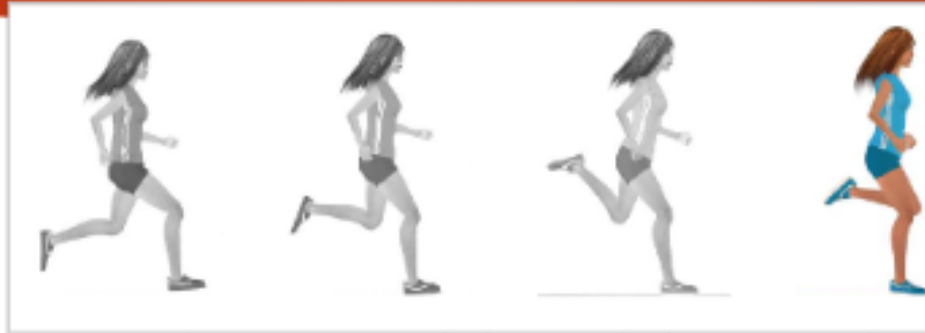
N F IDEALISTIC seek for identity Sens , like deep relation enthousiastic
want make the world better , trust their intuition and imagination, like help
others , find a goal in life they like authenticity

Understand that my situation is unique and give me an overview of all
possible options

With sympathy and sincerity , love liberty



NATIONAL AERIAL ASSOCIATION CONCEPTUAL: Federer



NT THE STRATEGIC oriented towards the theory and look to understand how what principles things work, they trust the logic and reason and are sceptic and precise, they think in term of differences, categories, definitions and structure, focus on strategies and models who can help reach their long-term goal and generate improvement, seek competences and deep knowledge

Proof your competences and give me an overview of all possible options for me to be able to make a global vision of things and put a strategy in place



Introversi/ estroversi

Where do you get your energy ?



ENERGY AND MUSCLES CHAIN

**MUSCLE CHAIN
OPENING THE BODY**
Median posterior

**MUSCLE CHAIN
CLOSING THE BODY**
Latéral anterior

**E
EXTROVERT**

INTROVERT



→ Geyser interne « Faible »
ne permettant pas de se recharger
en énergie de façon autonome



→ Geyser interne « important »
permettant de se recharger en énergie





EXTROVERT / INTROVERT



EXTROVERT

Take his energy from outside world

- Take energy from contact, easy brake ice
- Action/ reflection/action
- Make his thought when talking
- Sponatenous to express himself
- Inteense communication and interactivites

INTROVERT

Take his energy from his internal world

- Like to be isolate to refresh
- Reflection/action/reflection
- Speak after having develop one's thought
- Show reserve
- Deep contact without been interupted



	EXTROVERT	INTROVERT
TENDENCY	High energy, waste, exaggeration, overactivation	Low energy, economy, withdraw, under activation
CONSEQUENCES	Lack of patience, fight of fly	Lack of commitment Conserve and withdraw
NATURAL STRATEGY	External toward internal Sympatric nervous system	Internal toward external Parasympathetic nervous system
UNDER STRESS	Internal toward external Lost of fluidity and get tense Precipitation in action, too early	External toward internal Lost timing rhyme Delayed action , too late or not at all
MOTRICITY	use priority of opening muscle chain to attack and aggress Posterior chain	Use priority of closed muscular chain to protect and after evaluation to defend
NEEDS	Express his aggressivity	Control his energy quality
PROPABLE DEPENDENCE	environment	Internal landscape, internal mechanism
DIFFICULTIES	Concentration and let go	Activation and start to engage
SOLUTION	Relaxed, relaxation, Focus on & element Focus = relaxed for nervous system	Engage in a project, who make <u>Sens</u> , Learn to exaggerate





ENERGY COACHING CUES



EXTROVERT	INTROVERT
SHORT FOCUS FOCUS ONLY ON THE MOVEMENT OF ACTION	LONG FOCUS NEED TO STAY IN THEIR BUBBLE DURING THE MATCH
NEED FAST ACTION	LOVE TO THINK BEFORE TO ACT
HE PREPARE WITH SHARING AND TALKING WITH OTHERS	HE PREPARE ALONE
LOVE TO BE SURROUNDED AND TEAMWORK	LOVE WORK ALONE OR TIME TO TIME IN SMALL GROUP



BETTER COMMUNICATION



WITH EXTROVERT

- SHOW YOUR ENTHOUSIASM
 - QUICK RESPONSE
 - LET THINK LAUDLY
 - LET SPEAK FREEL
- GIVE ATTENTION TOP OUTSIDE WORLD

WITH INTROVERT

- GIVE TIME TO ESTABLISH CONFIDENCE
- DO NOT OVER QUESTION
- GIVE TIME TO REFLECT
- DON'T TAKE SILENCE FOR NO INTERESTED



SENSATION / INTUITION

MOTOR PREFERENCE : GROUNDED OR AERIAL
COGNITIVE PREFERENCE : S SENSATION OR I INTUITION



TAKING INFO SENSATION OR INTUITION



MOTOR PREFERENCE : GROUNDED OR AERIAL

COGNITIVE PREFERENCE : S SENSATION OR I INTUITION

SENSATION

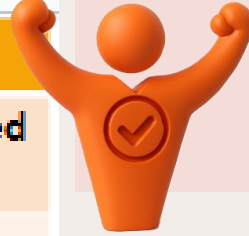
Gather information by prioritizing reality
as it is
(elements that compose it)


- Focus on fact ,element
- Realistic, practical ,result oriented
- Proceed step by step , with proven methods , with progression

INTUITION

Gather information by prioritizing
That could it be
(element linked)

- Focus on possibilities, relationship
- Imaginative ,conceptual, attracted by new things
- Proceed by fit and start, with original method, jump to conclusion



 TENDENCIES	SENSATION	INTUITION
TENDENCIES	Anchored in the result Oof the moment	Attract by the furor and the associated possibilities
CONSEQUENCES	Concrete ,factual and In the present	Abstract feed by the projection
NATURAL STATEGY	Act without thinking, prioritize limits, rules framework proof	Reflection without action, prioritize opening and combination,
UNDER STRESS	Muscular tension, anchored in the past Forced the inverted natural curves of the spine and muscular chain	Mental tension, forced inspiration, rigidity of the spine, specially in the neck and pelvic lost of spatial-temporal reveere
MOTRICITY	Anterior muscular chain enable to anchor o the ground Walk form the bottom Accelerate from L4 Maintain the natural lumbar curve	Posterior muscular chain, Who make spine extension toward sky, Walk for the top, natural acceleration from the shoulders, Look for extension
NEEDS	Direct use of the 5 Sens , express himself in the movement and the immediate pleasure	Use of inspiration breath in to help generated scenario, option ideas
PROBABLE DEPENDENCE	Internal : external stimuli , need affective and anchored	Sufficient degree of complexity And intellectual stimulation
18 DIFFICULTIES	Adaptable to complexity, ignore the intention, easy submerge by affectivity	Accept simplicity, give simple message



BETTER COMMUNICATION



WITH S

APPROVED CONCRET FACT
BE REALISTIC AND SHOW
SUCCESS APPLICATION

HAVE A PRECISE PLAN
INCLUDED ALLD ETAILS

BRING FORWARD THE CONTINUITY

BE CLEAR AND DIRECT

BE ORGANISED AND PLANIFIED

WITH N

PRESENT A GLIBAL VUE OF THING

DON'T GIVE TOO MUCH DETAIL

STIMULATED IMAGINATION

SHOW NEWS POSSIBILITIES

SHOW FUTUR ADVANTAGES

SHOW NEW THINGS



DECISION MAKING FEELING OR THINKING

MOTRICITY AND VISION PREFERENCES

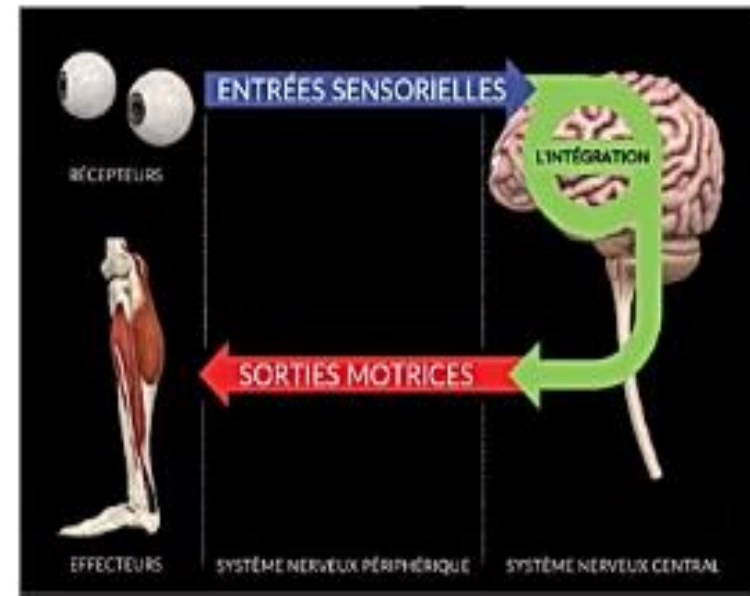


DECISION MAKING AND VISION

MOTOR PREFERENCE FOCUS OR GLOBAL VISION

LINKED TO

COGNITIVE PREFERENCE
T THINKING OR F FEELING





DECISION MAKING

THINKING

- EVALUATE PRIORITIZED
- LOGICAL AND OBJECTIF ASPECT
- WITH INTELECTUAL

- DECIDE USING A GRID OF OBJECTIVE CRITER

- MORE UNPERSONAL.
- JUST FIRM AND SCEPTIC

- LOGIC
- INDEPENDANT

FEELING

- EVALUATE PRIORITISZD
- PERSONAL LINK AND AFFECTIVE

- DECIDE TO BE COHERENT WITH HIS VALUES

- MORE PERSONAL
- WARM

- EMPHATY
- LOOK FOR HARMONY

	THINKING	FEELING
TENDENCY	Anchored in principles and Using relationship cause effect	Anchored in the proximity Use his feeling like referee
CONSEQUENCE	Focus on career projection, Conflict tendency ,cold approach	Focus on relation, need consensus, warm relation
NATURAL STRATEGY	Goal, plan, precision Linear temporal structure In tennis must be like a killer to perform	Seek contact, human network, Personalized, individualization In tennis need to become an avenger or wrong rectifier
UNDER STRESS	Seek for perfection and unique solution, become rigid and dogmatic	Seek valorization,, inn the relation Lost of discipline and rigorous
MOTRICITY	Stretch the spine , go up ,need physical distance, focus <u>vison</u> Clear and precise	Spinal compression, rhythmmed, Need proximity Global <u>vison</u> (large and blurry)
NEEDS	Planification and understanding, precis reapers Clear vision distant plan	Freedom of speech, global reapers, eyes scan Express fallings and values
"PROBABLE DEPENDENCY	Order, duty , precis visual reapers	Values, confidence ,recognition, feelings, Global visual reapers in relation with the body
DIFFICULTIES	Relational,	Put conflict into perspective, Be dissociated from the context, emotive
SOLUTION	Lear to relax, using global vision <u>Tolerate</u> uncertain, patient Be more nuanced	Learn to respect and use the structures Dissociated action and personality





DECISION MAKING TENNIS



FOCUS VISION THINKING

NEED TO FOCUS THE GAZE
PRECISE TARGET
FOCUS ON THE BALL AT IMPACT

PREFER BREATH IN
SERVE WITH FULL AIR LUNGS
OR BREATH IN

PREFER BLUE COLOR
VISUALISE BLUE COLOR BEFORE SERVE
TARGET
GRIP
TOWEL

GLOBAL VISION FEELING

TARGET = LARGE AREA
FEEL THE IMPACT WITHOUT
PRECISE VISION

PREFER BREATH OUT
SERVE WITH EMPTY LUNGS OR
IN BREATH OUT

PREFER RED COLOR
VISUALISE BEFORE SERVE
RED TARGET
GRIP
TOWEL



BETTER COMMUNICATION I / N



WITH T THINKING

BE BREF AND PRECISE

BE LOGICAL

SHOW PRO AND CONS

BE CALM

BE RATIONAL

BE OBJECTIVE WITH CRITICAL
MIND

WITH F FEELING

BREAK ICE FIRST

BE PERSONAL AND WARM

LOOK FOR POINT OF AGREEMENT

SHOW HUMAN INTEREST

KNOWING CAN HAVE DIFFICULTIES
TO BE CRITICAL

OBSERVE BODY LABNGUAGE



MOTOR EYE / LYFESTYLE

MOTOR EYE RIGHT / LEFT



MOTOR EYE PREFERENCE / LYFESTYLE

RIGHT MOTOR EYE

LINKED TO
LEFT BRAIN

- MVT MORE MECHANICAL
- ORGANISED
- RIGOURUS
- ROUTINES



OMD

Œil moteur droit

OMG

Œil moteur gauche

LEFT MOTOR EYE

P LINKED TO
RIGHT BRAIN

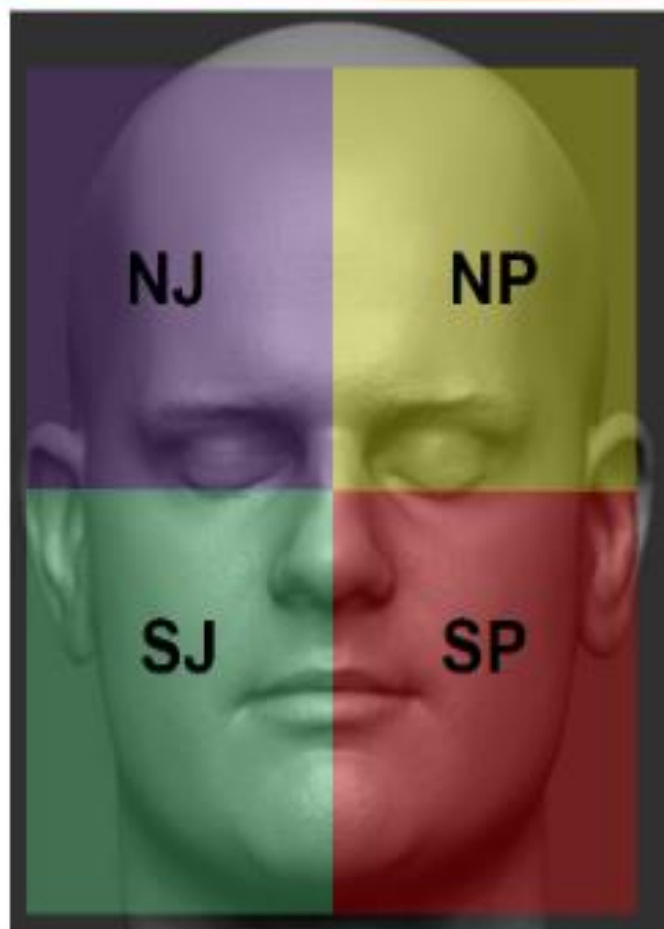
- ADPTATIVE
- CREATIVE
- SPONTANEOUS



MOTOR EYE PREFERENCE / LIFESTYLE

RIGHT MOTOR EYE

- ANTICIPATION
- ORDERLY
- MOVMENT MORE MECHANICAL
- HIERARCHY OF DECISION
ANN ACTION
- TACTICAL DISCIPLINE
- RIGOUR
- NEED A SECURE ROUTINE



LEFT MOTOR EYE

- ADAPTATIVE / CREATIVE
- MESSY / ARTISTIC
- FLUIDITY OF MOTION
- NEED OPTIONS
- NO CONSTRAINT, LIBERTY TO ACT
- TO ADAPT



MOTOR EYE J AND P



J JUDGEMENT right eye

IN HIS SPATIAL-TEMPORAL LINK
PRIORITISE
ORGANISATION AND PLANIFICATION

- Organization, planification ,ranking
- Plan ahead , like to know in advance
- Act by anticipation, avoid last minute stress

P PERCEPTION LME left eye

IN HIS STATAIL-TEMPORAL LINK PRIOROTISE
ADAPTATION AND FLEXIBILITY TO THE
CIRCUNSTANCES

Adaptation, flexibility, smoothness,
Dispersion

Improvise, act when moment come

Stimulated by the stress,
• Act under pression



MOTOR EYE IN TENNIS

JDOKOVIC

FEDERER

J RIGHT MOTOR EYE

EASIER ON BACKHAND SIDE
COURT VISION DURING PREPARATION
ORIENTATION/ TAKEBACK MORE EASY

AT EASE ON LEFT SIDE OF THE TENNIS COURT

P LEFT MOTOR EYE

EASIER ON FOREHAND SIDE
TENNIS COURT VISION DURING
PREPÄRATION
TAKEBACK MORE EASY

AT EASE ON RIGHT SIDE OF THE
TENNIS COURT



BETTER COMMUNICATION

WITH J JUDGEMENT

MAKE A PLAN AND STICK TO IT

DON'T USE SURPRISES

LET TIME TO PREPARE

PROOVE YOU CAN BE TRSUTED

SHOW RESULTS

TAKE FIRM POSITION

WITH P PERCEPTION

LET EVENTS MAKE THE
CALENDAR

BRING NEWS INFORMATION

GIVE TIME TO SEE ALL ASPECTS

AUTORISE TO CHANGE

GIVE AUTONOMY

ADMIT THAT A CHANGE ITS NOT
ALWAYS IMPULSIVE



JUDGMENT

PERCEPTION



TENDENCY

go to the final movement , decide quick

Go to different possibilities
Like the process

CONSEQUENCE

Be very careful to details in the action and environment

Procrastination, have to much option,, don't go to end of process

NATURAL STRATEGY

Seek perfection and dynamic of improvement
Sens of personal responsibility and discipline

Seek tendencies ,multitasks,
Do lot things same time
Adaptable and improvisation

UNDER STRESS

Not able to gather new information, total blockage
of spatial logic
Extreme tempol dependence

Not able to choose clearly
Compulsive difficulties to finish
Extreme special dependence
Need to extend

MOTRICITY

Mechanics rigid
Want to see exact close things and environment
Difficulty to perceive multiple info
Right visual file dominant
Temporal sequency

Fluidity ,inaccurate Sion
Use peripheric vision
Easy to perceive multiple information
Left eye dominant
Spatial organization

NEEDS

Take position , finished things ,finish the process to reach his goal

Life the process like a goal, explore

PROBABLE DEPENDENCE

Big preparation, seek precision to avoid been surprised

Lot of space, global vison,

DIFFICULTIES

Turning the page, be patient
Want to be right

Forget details, lost timeline
Not able to take quick decision

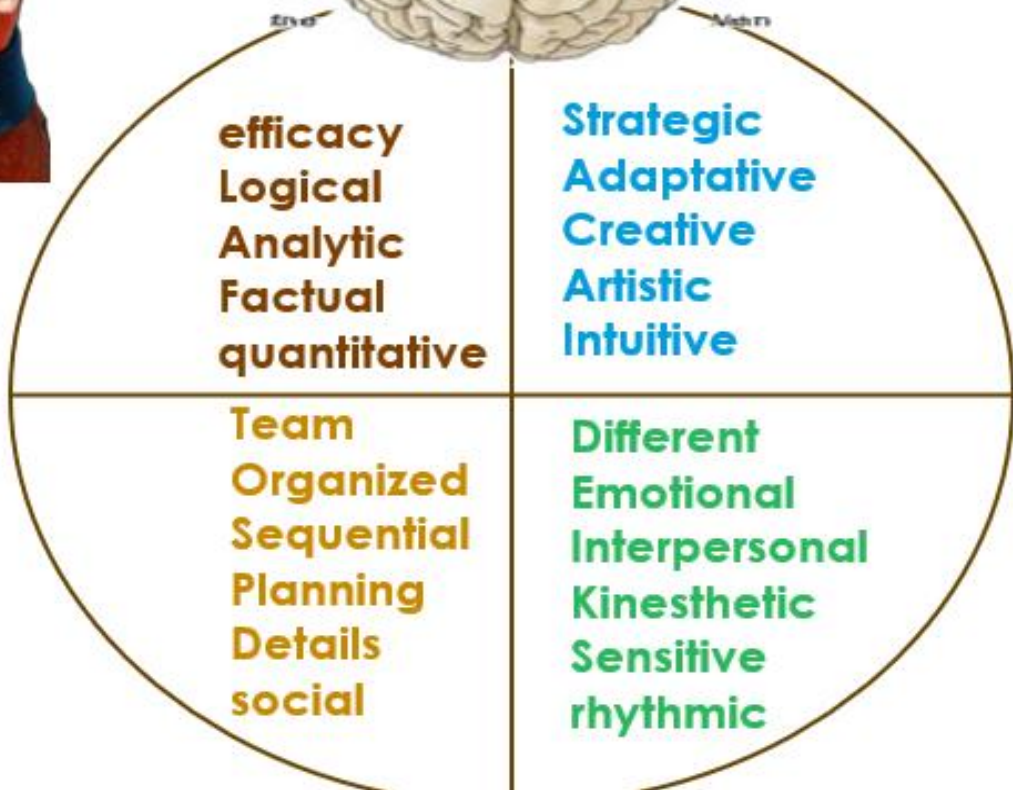
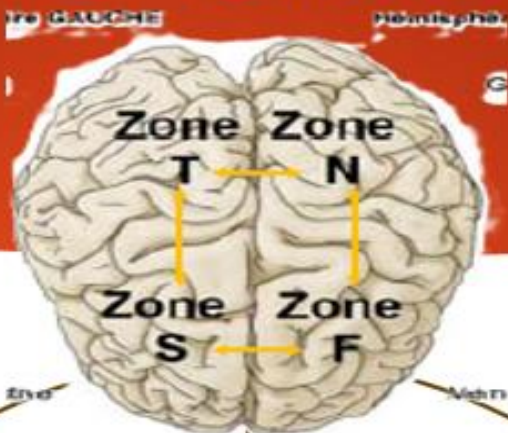
SOLUTION

Be relaxed, accepted globality, , incertitude

Anticipate events,
Take conscious of fiming and conclusion



COGNITIVE PREFERENCES





NEED FOR DIRECTION
PRACTICAL

Info

- Concrete
- Pragmatic-action
- What it is (present)
- detail

Decision

- Rational logic
- facts



*NEED FOR CREATIVITY
RATIONAL*

Info

- Projection
- Imaginative
- What could be (futur)
- In globality

Decision

- Rational logic
- concepts



NEED FOR
GREGORISM
RELATIONAL

Info

- Concrete
- Pragmatic-action
- What it is (present)
- In detail

Decision

- Affective logic
- I like or don't like



NEED FOR RELATIVITY
IDEALISTIC

Info

- Projection
- Imaginative
- What could be(futur)
- In globality

Decision

- Affective logical
- I like or don't like

THANK YOU AND QUESTION TIME



mytenniscloud