



**BUCS Captain
Team Principles**

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The journey so far





GOLD MEDALS

2015: World University Games, South Korea

Mens Doubles

Joe Salisbury

Darren Walsh

2017: BNP Paribas Master U, France



SILVER MEDALS

World University Games:

2015 South Korea: Mixed Doubles

Darren Walsh

Alex Walker



2017 Taiwan: Mens Doubles

Jack Findel-Hawkins

Luke Johnson



2019 Italy: Women's Singles

Emily Arbuthnott

BNP Paribas Master U, France

2018 2019 2022



BRONZE MEDALS



World University Games:

2017 Taiwan: Women's Doubles

Olivia Nicholls

Emily Arbuthnott

BNP Paribas Master U, France

2013 2016



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Team events: considerations



Your goals

- What do you want to achieve through team events?
- What does success look like?



What do we want to achieve?

- Win
- Educate
- Instill values
- Create memories
- Create/strengthen relationships



What does success look like?

- Medals
- Positive memories
- Players who want to play for the team
- Former players who promote team events
- Players who are better for the experience





How can we achieve this?

Team Considerations

- What is our team identity/team culture?
- How do we develop team spirit?
- How do we get the best out of our team players?
- How/what/when do we educate/instill values?
- How/when do you communicate key messages?

Player considerations

- Will I be selected?
- How is it decided? Is it fair?
- What is expected of the team?
- What is expected from me?



**Team event or
Individual event?
Both!**



There is an 'I' in tennis team!

The team is made up of individual players

We need to consider both



How can we achieve this?

By looking after the interests of both



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Team event principles





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Preparation



Preparation: off-court

- Recruitment
- Selections
- Camps
- Tournaments
- Logistics
- Communication
- Promotion



SELECTION CRITERIA

- Based on player application
- Final selection will be at the discretion of the selection panel and will take into account the following criteria:
- In the case of a close selection decision, potential will be given to athletes who are currently both eligible and have the potential to medal in the World University Games 2023.
- World Ranking (ATP/ WTA/ITF Tour) (singles/ doubles) – it is desirable that athletes will currently hold or previously have held a ATP/WTA ranking for national team seeding purposes
- Composition of overall team and potential to medal taking into account singles or doubles*
- Previous track record in international team events
- LTA open ranking/ NCAA ranking/WTN/Universal Tennis Rating (UTR)

- Recent performances in ATP/ WTA /ITF /LTA /BUCS or NCAA competition
- Commitment to a full weekly training schedule
- Preparation/competitive schedule in the run up to the event
- Commitment to the GB Tennis Student Team's ethos
- ** In selecting doubles teams, BUCS recognises that the best partnership on court must be put forward and this may, in certain circumstances, mean that the best ranked individual players may not be paired together. In making this decision, the BUCS Selection Panel shall take into account the previous playing record of the proposed doubles team (if applicable, and with particular consideration being given to performance in relevant tournaments/events), and use its expert knowledge to analyse whether the players under consideration have complementary playing styles.*

Team Captain

- What are the different roles of a team Captain?
- How many can you list?
- Where can you improve?



Team Roles

- What roles do you need?
- Who manages off court? Food, warm up, medical issues
- Who can help? Support staff? Students? Player Captains? Reserves? Parents?
- Is everyone clear on their roles?





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Team Training/Camps



GB STUDENTS' TEAM CULTURE



Trust
Team Principles
Sharing of Team
Member Preferences

OPEN COMMUNICATION

UNDERSTANDING

Support of Team
Member Preferences



GREAT BRITAIN

Fun, relaxed off-court
Support of Team Members

POSITIVE ENERGY



Connect with your players

- What is their run up to the event?
- How do they prefer to play?
- Deadlines at university?
- Social events/holidays?
- Who do you want to play doubles with (3 options)
- Players who are not in the team
- Who do you want on court with you as Captain?

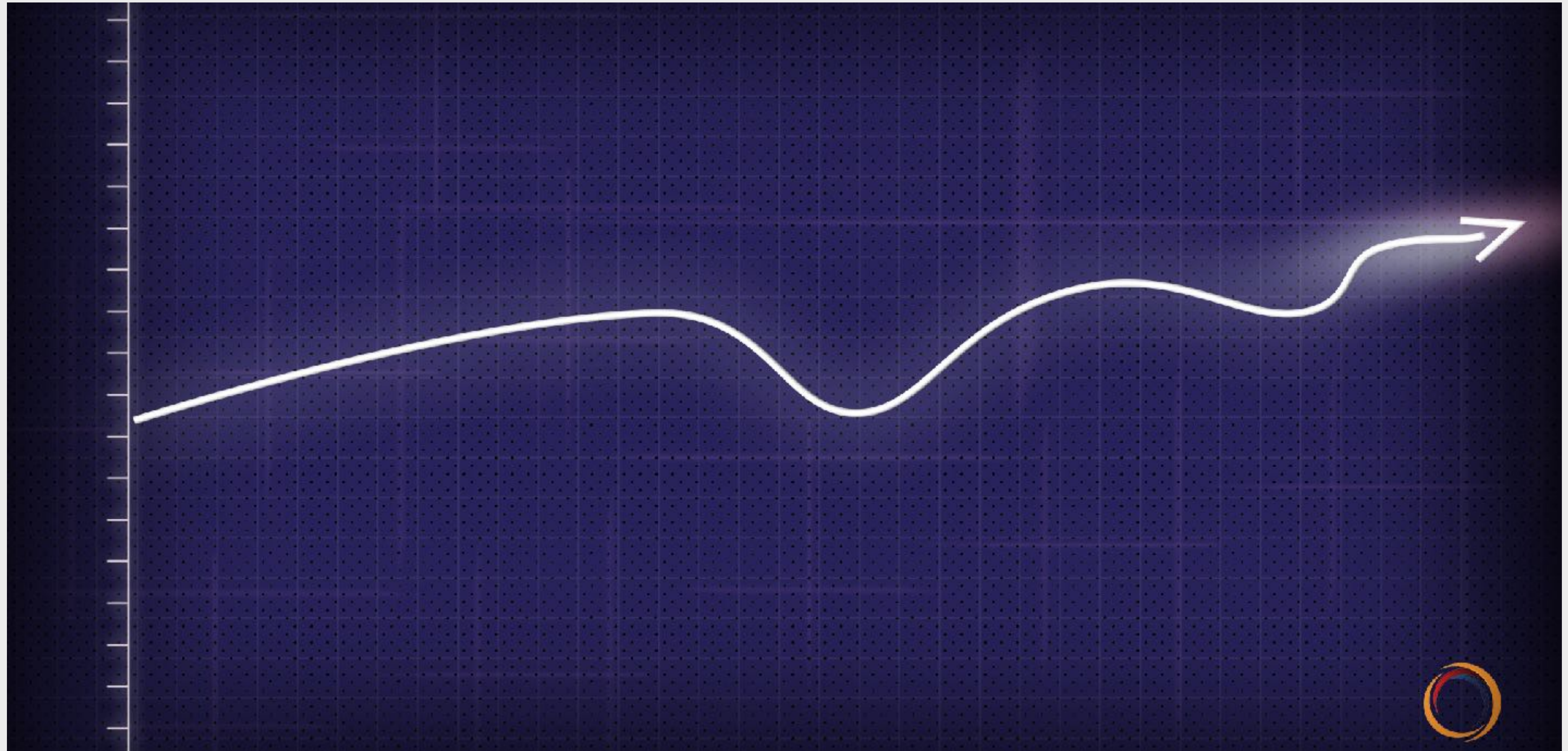
INDIVIDUAL PREFERENCES

1. How do you want to be supported by the team?
2. What is your match preparation to be 100% ready to go from the start?
3. What routines or strategies do you use on court to help you?
4. What are you going to do if things start to go wrong? (e.g. lose first set, break down)
5. How are you going to pick your doubles partner up if their head or level starts to drop?
6. What is going to be your contribution to the team?

How matches develop

These phase when joined together, create the flow of the match which can also feature:

- Turning points
- Surges of momentum for you
- Surges of momentum against you



Match Flow and Momentum

The basis for some simple match play concepts

What can you consciously adapt in-match?

- Technical

- Tactical

- Mental

- Physical

- Technical

- **Tactical**

- **Mental**

- Physical

Mental

**Turning
Points**





**MOMENTUM
IN TENNIS**



YouTube

Turning Points

The journey of the match can change after defining moments known as Turning Points

Turning points all have one thing in common: they have the potential to cause a change in the balance of the match, causing a change in the momentum flow of the match moving the journey of the match from one phase to another.

They often centre around significant match events and appear to be the moment when performances begin to change. They often happen when a player is boosted by something or when a player is distracted by something.

Understanding Tennis Scoring

Scoring systems affect the thoughts, feelings and actions of both players as it is seen as the major measure of progress.

We know however, momentum is linked to progressing not necessarily linked to the score, the relationship is an interactive one.

Examples

Understanding Tennis Scoring

It's a devious system with some features you need to understand and explain:

It is three tiered and therefore:

it brings you to a pinnacle when match events can take on significance (especially missed opportunities)

You are required to start again regularly

You may not get anything at all for your efforts

It suits the person who is losing

Match Management

New set: new start

Take your opportunities

It's your response that counts

Value your performance

See what's possible - Match Point down could be the best opportunity to turn the match around

Fighting spirit is not only needed when you're behind

On court

- Key match management messages
- Key tactical messages
- Key mental messages
- Team warm-ups



Establishing core performance messages

- **Good energy:** it's your response that counts
- **Clear tactical decisions:** Actor or reactor? Actor if you're not sure.





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Team Management



Team Meeting Considerations

- Pre-competition
- During the competition
- When?
- Where do they take place?
- How long?
- Structure



Team Meeting: content and structure

- Facts first - set the context Day 1/2/3, opponents
- Reflections from day before - tell the story of the day, highlight positives within matches, support, etc. Shot of the day/test of the day.
- Selections and reasons (prep with team captains), reinforce roles/support
- Details of the day, who's on first, warm up timing and facilities, when to eat, support
- Reminders of team approach
- Motivating finish



Shot of the Day

- Nominated by players
- Can't vote for your own shot
- Captains decides in event of a tie



Battles of the day

- Recognition for winning battles
- Recognises great effort
- Part of the team history
- Players nominate each other, not themselves - Gold/Silver/Bronze
- Captains decides if it's a tie



Motivating

- Mostly about creating a positive, optimistic atmosphere in which they can flourish
- Today - you need to be a self starter
- Won the car, let's go for the speedboat
- Play better than your usual level: save break points when you wouldn't normally, get to balls you wouldn't normally get to; find a way when you wouldn't normally, return serves you wouldn't normally.
- Energy and clear decisions





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Match Management





On court Captaincy

ON COURT CAPTAINCY

- Relate information to individual preferences
- How 'to be' is as important as what to say
- Let their heart-rate come down and have a drink
- Messages should be familiar and simple
- Ask the player for their opinion at the end of sets
- Shall I talk or do you want to?

As the match develops

Differences between approach and content



First set

- Sense of calmness and relaxation
- Remind players of key points
- Initial view of opponent's actual strengths and weaknesses
- Transition from initial nerves into relaxed play

Second set

- Sense of calmness, focus, and intensity
- New set, new start (for both - watch for opponent's change)
- Match revealing itself
- Ensure clarity of tactical thinking

MTB

- Final opportunity for coaching, critical to maximise impact
- Sense of controlled urgency and high motivation
- Communicate trust and belief in player. Reinforce body language and high energy early in MTB
- Ensure clarity of tactical thinking
- Match has revealed itself except for the pivotal deciding moments

ON COURT CAPTAINCY

- How do you analyse a match in the heat of the battle?
- Analyse the State of Play

Who's on top? Why?

- Do we want to gain, maintain or regain momentum?
- What is our level compared to normal? Why?
- Who is setting the energy?
- How are we responding to match events?
- How are we winning points? How are we losing points?
- Actor or reactor? Stick or twist?
- Where could this game go?



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