



COACH FORUMS 2024



ORDER OF PLAY

Times	Session	Length
9.00 - 11.30	On-court session Group photo	2hrs 30mins
11.30 – 12.00	Networking break Refreshments	30mins
12.00 – 13.00	Off-court session	1hr

Coach Forums that have a 9.30am or 10 am start time will change accordingly.

All slides can be found in [LTA Coach Hub](#)



OUR LEARNING ENVIRONMENT

- Large amount of experience in the room
- You get out what you put in
- Engage constructively and with curiosity
- Thank you for investing in yourself



LEARNING OBJECTIVES

1. Understand the '5Cs framework' for developing practical mental skills
2. Be able to train concentration, control emotions and communication on court
3. Understand how to introduce body language, self-talk & visualisation on-court (mental tools)
4. Gain ideas to improve communication with parents and venues to maximise the success of your coaching and business (Off-court)



TRAINING MENTAL SKILLS

ON-COURT UNIT





CONTRIBUTORS



Chris Harwood, PhD

- Director of the Sport, Health and Performance Enhancement (SHAPE) Research Centre at NTU
- Chartered Sport Psychologist, British Psychological Society
- LTA Senior Coach (Level 4)



Liz Jones

- Director of uCoach CDC
- Top 100 WTA, Top 10 ITF Junior
- Coach of the Year 2001
- LTA Tutor & LTA Level 5 Coach
- B Ed Hons Phys Ed, MSc Sports Science
- LTA Accredited+



Merlin van de Braam

- Head of Coach Development, LTA
- MSc Sport & Exercise Psychology, Loughborough University
- Member, ITF Coach Commission
- LTA Senior Performance Coach, ITF Coach of Advanced Players
- LTA Accredited+

MENTAL SKILLS





GROUP DISCUSSION

What are the demands of tennis from a mental perspective i.e. why are mental skills important?

What skills and competencies do 'mentally tough' players show?

Discuss in groups of 3 or 4 for 2 minutes.



MOTOR

Agility, balance and coordination: what they need to play tennis (and all sports) with skills for life.

MENTAL

Commitment, concentration, confidence and control of their emotions when things get tough.

TECHNICAL

Skilful serves, forehands, backhands and net shots. Technique is efficient, effective, repeatable, and adaptable to any game or opponent.



TACTICAL

How to rally, attack and defend at the right time, in singles and doubles.

SOCIAL

Communication and cooperation – so they get the most out of group activities.

COMPETITION

How to serve, rally and score – and get stuck into healthy competition with a focus on personal best, not just winning the game.

Image 1. LTA Youth cites mental skills as a key part of the overall competencies a player should develop

MENTAL SKILLS

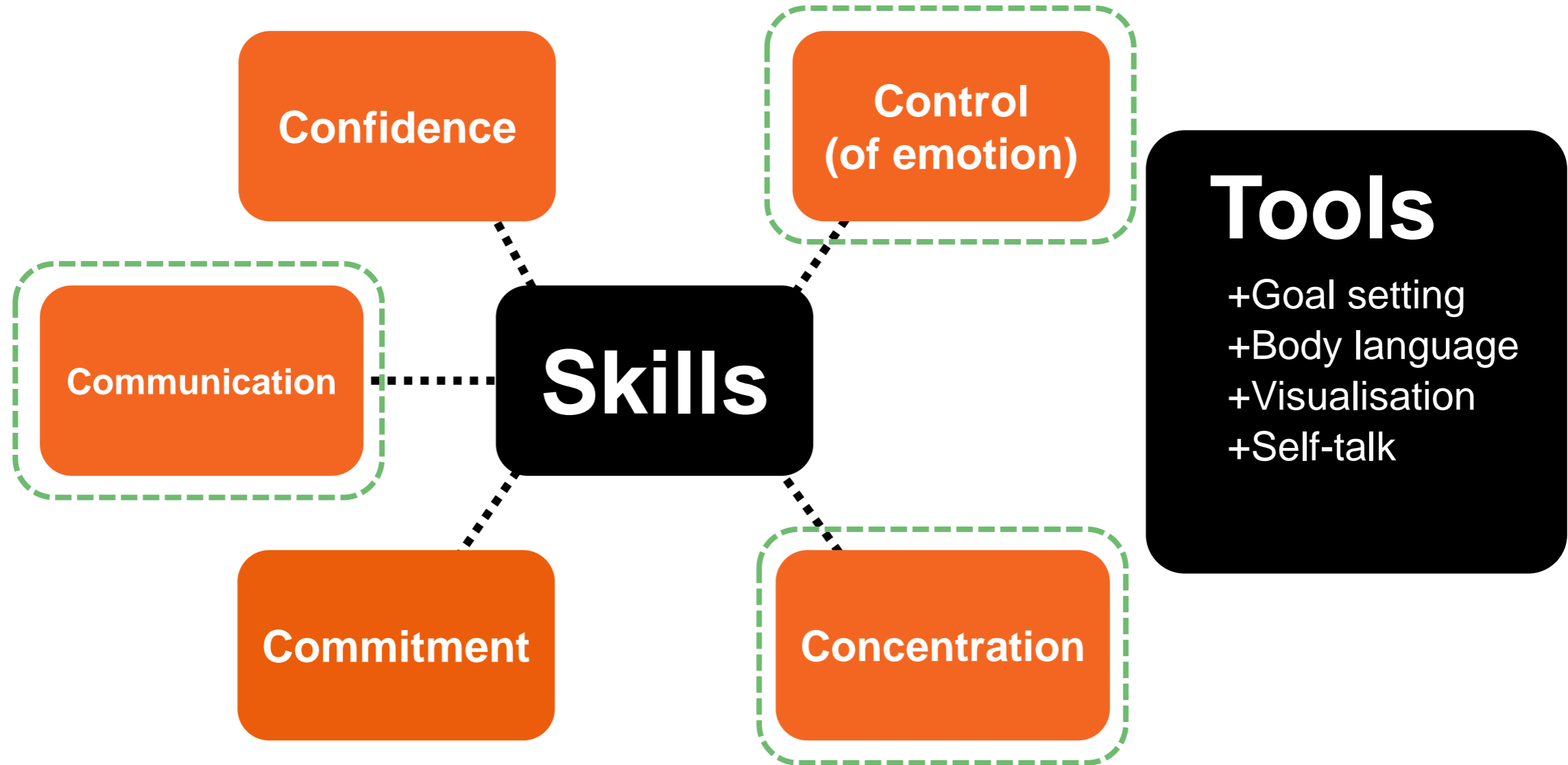


References & Source: Harwood, Barker & Anderson (2015); the5cs.co.uk;
ITF Advanced Coaches Manual (1998); Crespo, M. Reid, M., & Quinn (2006) Tennis psychology. ITF, London.

MENTAL TOOLS



MENTAL SKILLS AND MENTAL 'TOOLS'



**LET'S GET
PRACTICAL**



CONCENTRATION





CONCENTRATION IS LIKE A
MENTAL SPOTLIGHT

“ I think the most important thing is just **focusing**... I did that well today...I think just staying **in the zone** and in your own little world...creating that environment is the most important thing to serve out a match ”

- Emma Raducanu, second round post-match interview Wimbledon 2024

CONCENTRATION

ORANGE BALL

WARM-UP/BODY & BALL

Work in pairs.

Step 1: A basic throw, bounce and catch exercise with yellow ball. If the ball goes left, catch with left hand. If the ball goes right, catch with right hand.

Step 2: Introduce orange ball. Rule = Orange ball must be caught with dominant hand only (using an inside out FH movement).

CONCENTRATION

CONCENTRATION RACKET & BALL

Example tasks:

1. SPIN STAR - Players focus **visually** on calling the spin they are **receiving**
2. 'YES Tennis' - Players shout 'Yes' when they **hear** a good sound on their contact
3. 'YES YES Tennis' – Players shout 'Yes' when they beat the bounce, and 'Yes' if they **feel** they “win the collision”
4. BREATHE TENNIS - Players focus on exhaling on contact

CONCENTRATION

ATTACK DRILL

Decision making exercise where players rally on half court down the line. One player must concentrate on the incoming ball during a rally and decide on when to attack using power (when receiving an easier ball) and when to rally (when receiving a neutral/tough ball). The second player plays the role of sparring partner and tries to 'rally' all shots at a similar pace.

CONCENTRATION

YOUR TURN TO GET CREATIVE

Work in groups of 4 or 5 to develop 1) A physical warm up and/or 2) a racket warm up that forces concentration on a Task Or Decision (TOD)



CONTROL OF EMOTION

THE HARSH REALITY OF TENNIS

“Not a single player ranked between 51-100 had a winning record in 2016”.

“Federer has won 51% of points in his career.
49% of the points he plays he has lost”

CONTROL (OF EMOTION): HOW CAN WE MEASURE IT?

Goal
setting




Exercise: Analyse body language behaviour after each point, using emojis to keep track. Each point can also be given an emoji or a value: +1, 0, -1.



4 Osaka JPN ● 1 6 1 30
Azarenka BLR 6 3 1 15

CONTROL (OF EMOTION): BODY LANGUAGE

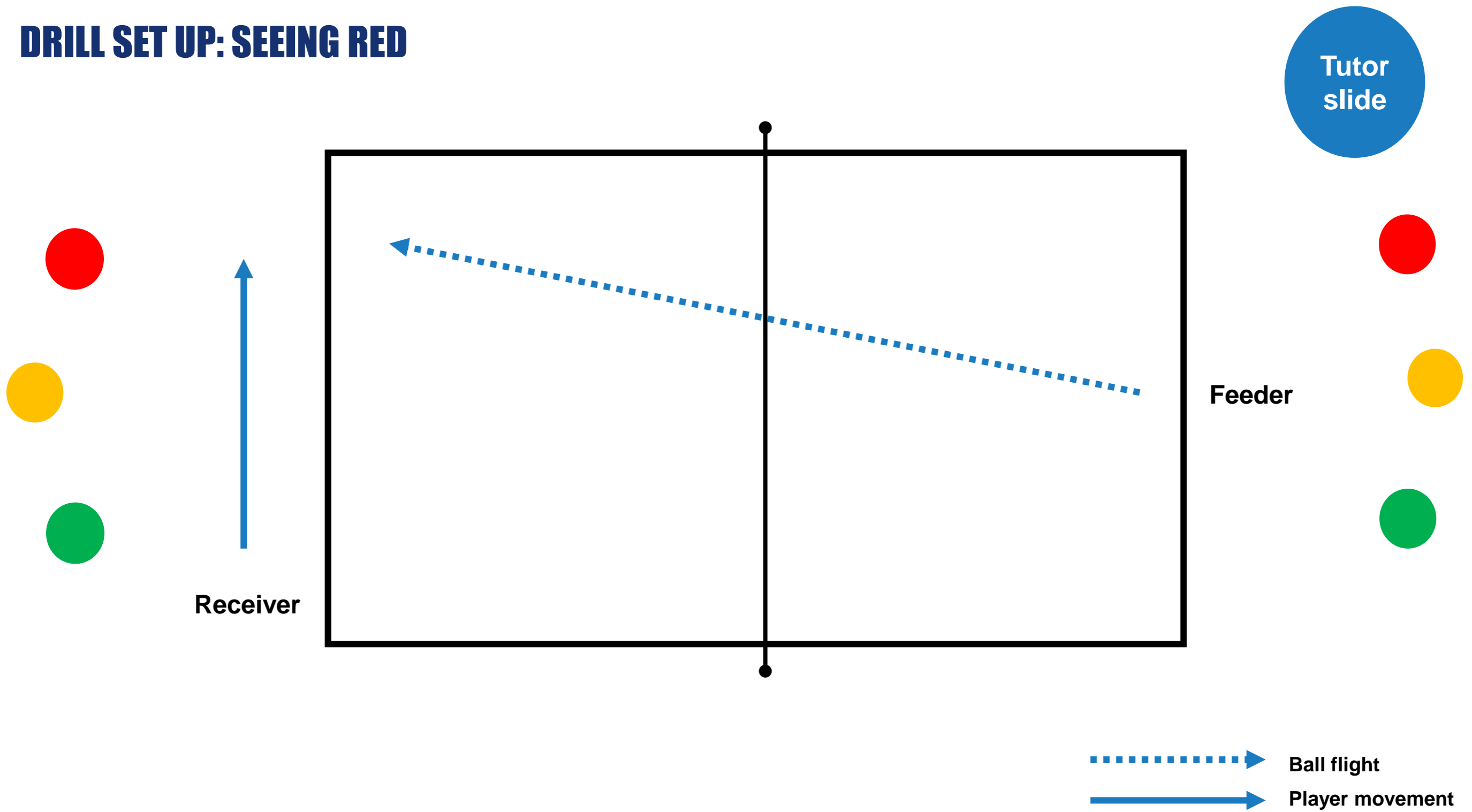


Body
language

SEEING RED DRILL

Full court drill: One player receives a running backhand then the point is played out. After each point, players assess their behaviour by standing between a green spot (positive) and a red spot (negative).

DRILL SET UP: SEEING RED



CONTROL OF EMOTION: BODY LANGUAGE

*“No, I was not calm. I was nervous, but all the body language that is not in a positive way is stupid to make it, because it’s going against you. [It] is one of the things that I tried to do all my life, that the body language helps me, not go against me. Because [body language] is one of the things that depends just on me, not on the opponent –
Rafael Nadal”*

CONTROL (OF EMOTION)



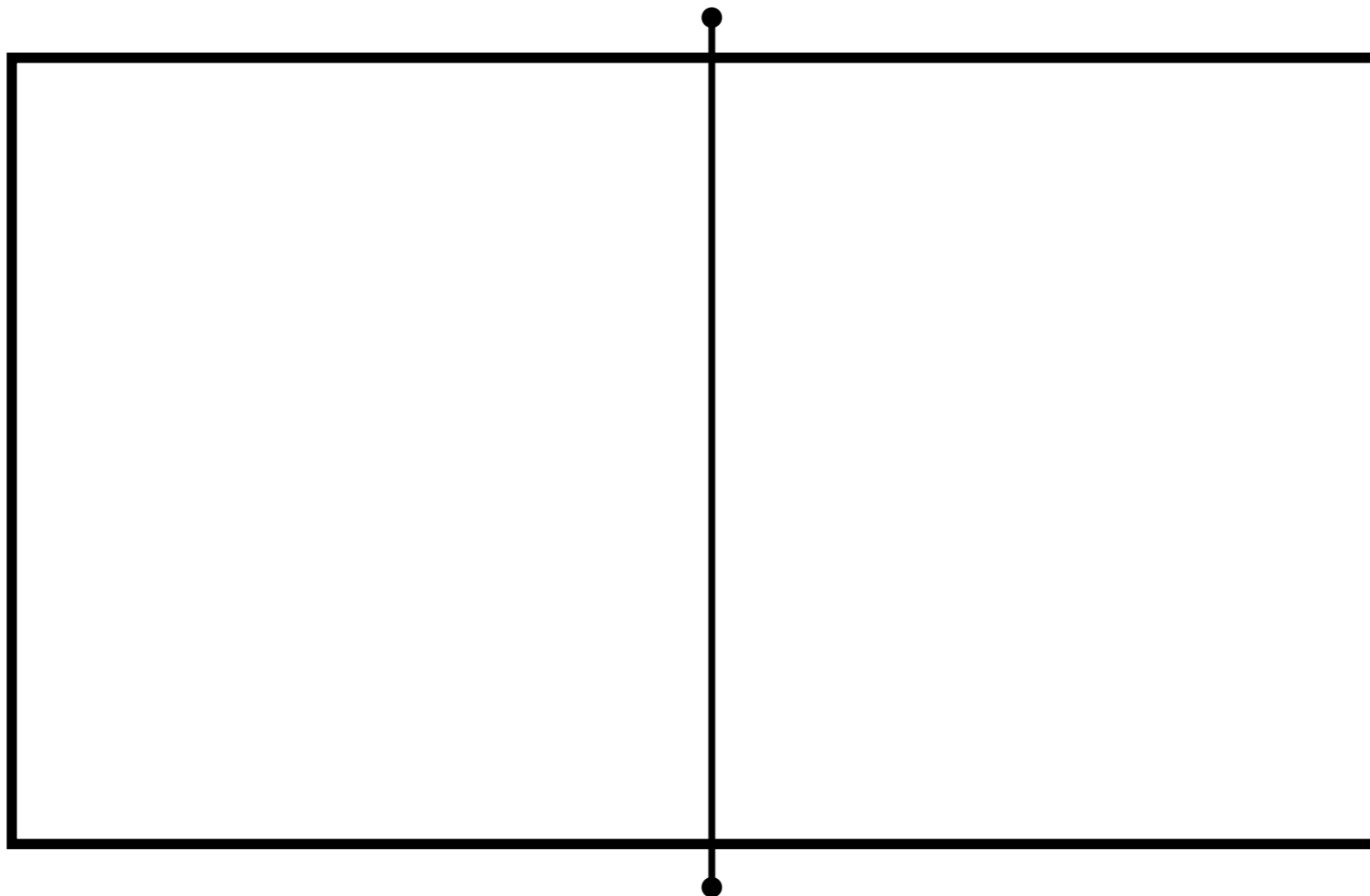
Self-talk

BETWEEN POINT CHAMPION

After each point, each player should walk to the marker at the back of the court and a) acknowledge their emotions to themselves and then b) reset using an intervention (self-talk)

DRILL SET UP: BETWEEN POINT CHAMPION

Tutor
slide



CONTROL (OF EMOTION): POSITIVE VISUALISATION

COACH SCRIPT

Bounce ball. Close eyes

1. Imagine contacting the ball cleanly above your head.
2. Hear the sound of a great contact.
3. Imaging hitting a '50 pence piece' just inside the T
4. See your opponent struggle to make contact

SERVE

NERVE

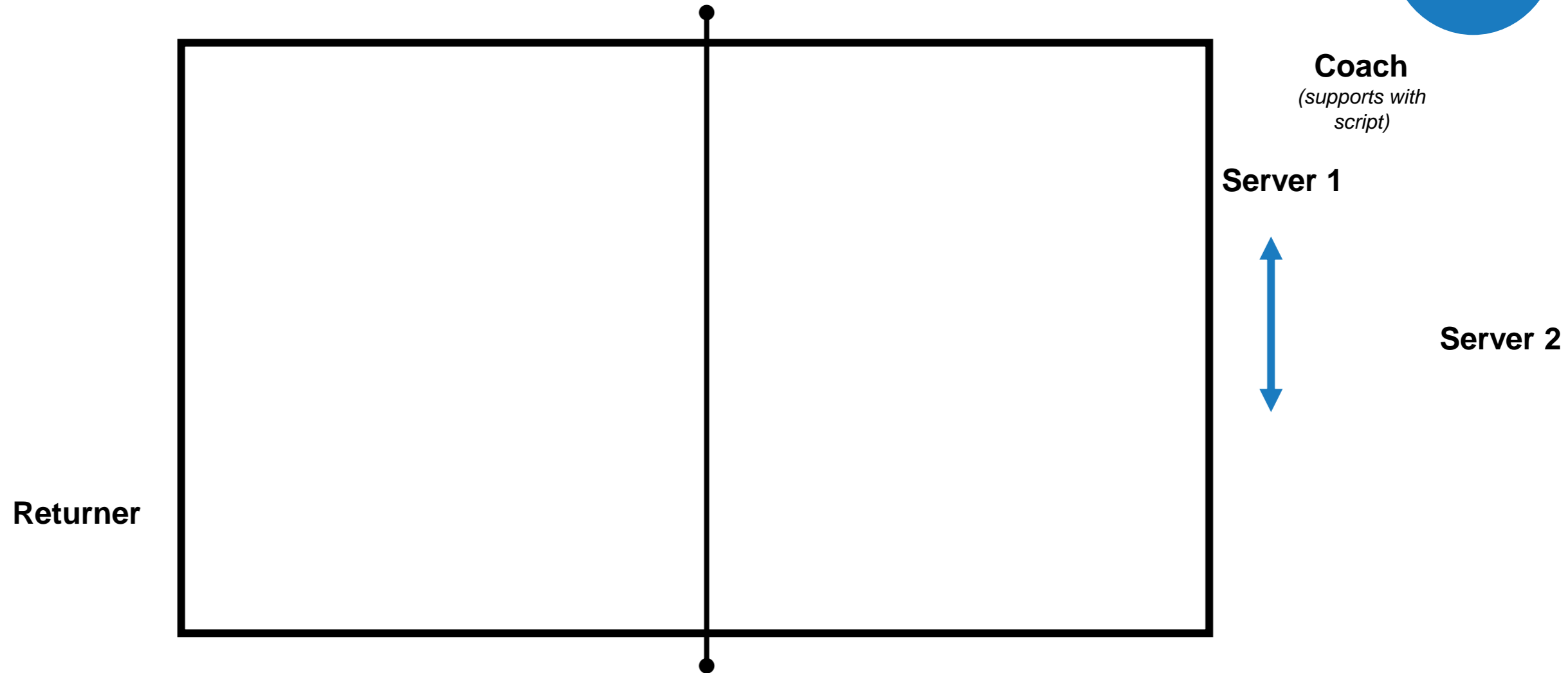


Visualisation

Competing in 2s serving from the same baseline. One returner on other side.

If a player can hit four 1st serves in a row (change sides every serve), then they win a game. Missed serve = change server. First to win a game/set is the winner. Try out your **positive** visualisation before serving.

DRILL SET UP: SERVE NERVE





COMMUNICATION

COMMUNICATION



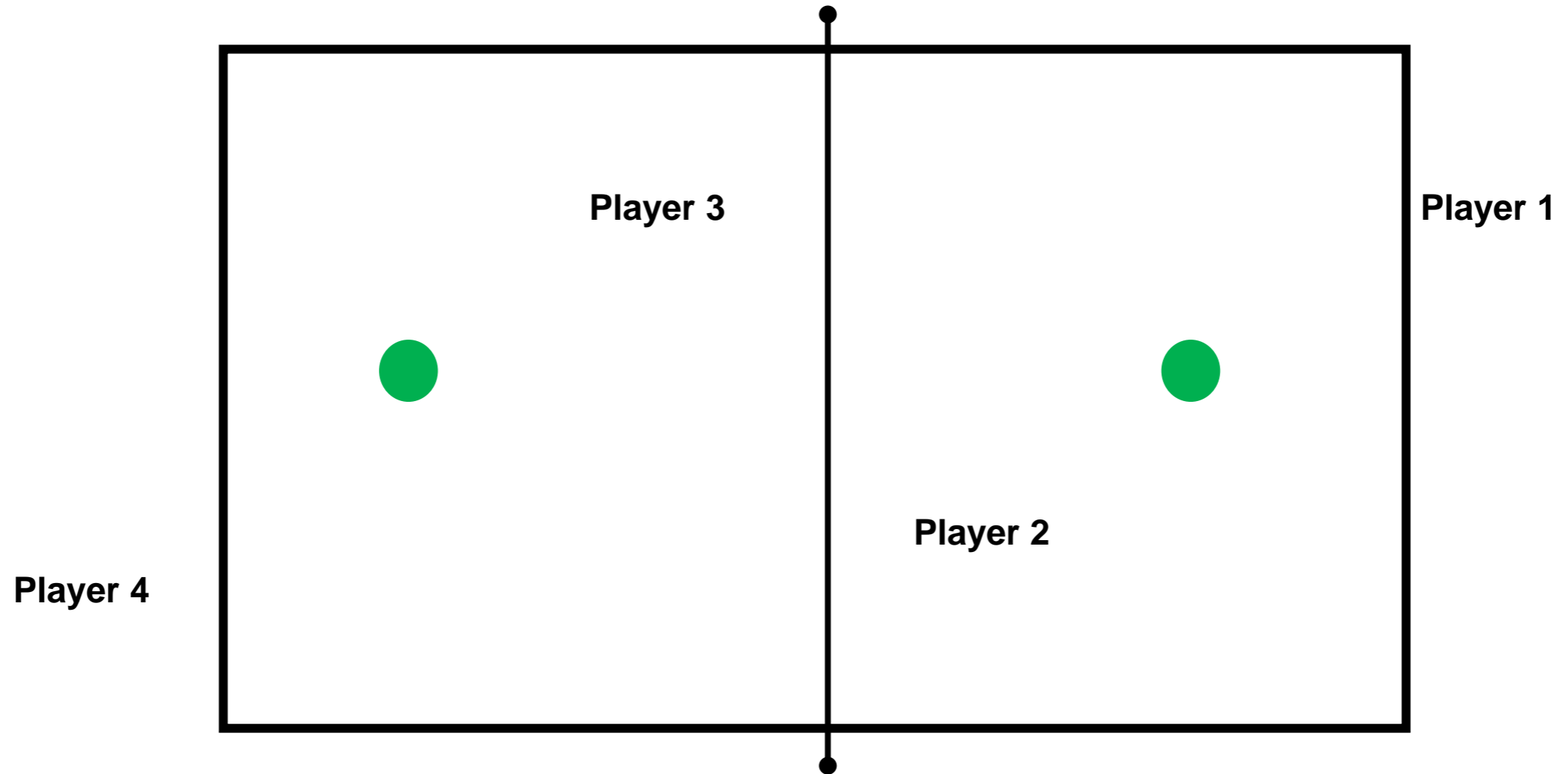
Goal-setting
& Self-Talk

POSITIVE PAIRS

Standard team challenge fun match (best of three points) however partners must return to the 'meeting room' to a) agree serve direction and b) deliver a positive self-talk message

DRILL SET UP: POSITIVE PAIRS

Tutor
slide



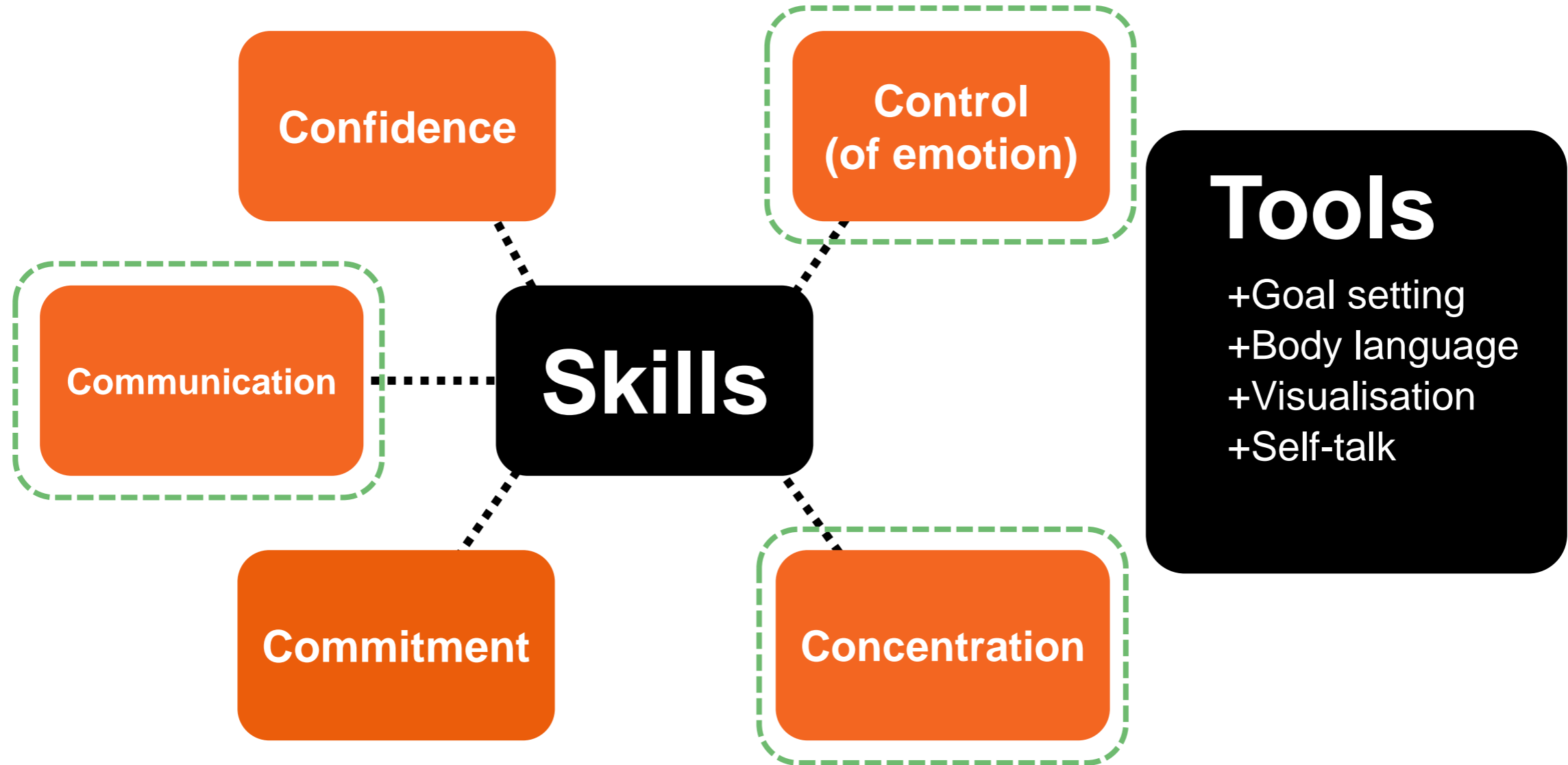
7 COMMUNICATION TIPS

FROM LISSEY BARNETT: BJK TEAM MEMBER

1. Have a chat before competing. Key questions include; “How can I best support you?” “How do you feel in your best performance?”
2. Identify your game styles and agree how you can compliment each other when playing together
3. Honest communication is key e.g. In a tournament in Croatia in early 2024, her partner asked her to be more aggressive to set up net play opportunities for partner.
4. Each player’s coach must be involved and in the conversation. She believes this is vital.
5. Energy in the team is important. Lissey takes on role of energiser and tries to get in opponents head e.g. at 2-8 down in BJK v France
6. Body language: High 5s between points helps
7. Communicate intention for both serve and return. When returning a 1st serve, returner decides. When returning a 2nd serve, usually returners partner decides.

CONCLUSION & SUMMARY

MENTAL SKILLS ARE TRAINABLE



TAKE HOME MESSAGES

1. We are training mental skills e.g. control of emotion, all the time on-court. Just like physical skills, they are trainable
2. There are mental tools that can help players e.g. setting a goal (tool) fosters commitment (skill).
3. In addition to training mental skills in training, the most valuable learning environment is level-based appropriate competition

COMMUNICATION WITH PARENTS & VENUES

Off-court unit (1 hour)



COMMUNICATION WITH PARENTS

Discussion 1a: What are the key **challenges** when communicating with parents? What do you struggle with?

Discussion 1b: What **solutions** can you share on effective communication with parents? What has worked for you? What successes have you had?

COMMUNICATION WITH VENUES

Discussion 2a: What are the key **challenges** when communicating with venues? What do you struggle with?

Discussion 2b: What **solutions** can you share on effective communication with parents and venues? What has worked for you? What successes have you had?

FURTHER RESOURCES & REFERENCES

LTA COACH HUB ARTICLES

[Chris Harwood – 3ABC Routine](#)

[Chris Harwood – How to use the PROGRESS model when applying the 5 Cs in your sessions](#)

[Callum Gowling: Bringing mental skills to training](#)

[The simple approach to happy club coach relationships](#)

[The Tennis Parents Community \(FB\)](#)

[Mental skills course for parents of competing players \(online\)](#)

OTHER RESOURCES AND REFERENCES

- Harwood, Barker & Anderson (2015). The 5Cs.
- UKCoaching – Search “psychology” at www.ukcoaching.org/resources
- Crespo, Reid & Quinn (2006). Tennis Psychology. ITF.
- Morris, T., Spittle, M., & Watt, A. P. (2005). Imagery in sport.
- Nideffer, R. M. (1976). Test of attentional and interpersonal style. Journal of Personality and Social Psychology, 34(3), 394–404. <https://doi.org/10.1037/0022-3514.34.3.394>
- Kremer & Moran (2007). Pure Sport. Routledge.
- ITF World Coach Conference (2019). Integrating mental skills [key-note click here](#). Accredited+ coaches get free access when you use the voucher code (see MyBenefits area, in CoachHub)
- ITF Coaching & Sport Science Review



LEARNING SUMMARY: WHAT HAVE WE COVERED?

1. The '5Cs framework' for developing practical mental skills
2. Concentration, control emotions and communication on court
3. How to introduce body language, self-talk & visualisation on-court (mental tools)
4. Ideas to improve communication with parents and venues to maximise the success of your coaching and business (Off-court)

3 THINGS BEFORE YOU GO...



50% OFF INCLUSIVE FOCUSED FACE- TO-FACE WORKSHOPS BOOKED BEFORE 31ST DECEMBER 2024

COACHING FEMALE PLAYERS: FROM PHYSIQUE TO TECHNIQUE

HOW TO COACH THE PERSON AND NOT THE DISABILITY

PHYSICAL, TACTICAL AND TECHNICAL TOOLS FOR COACHING FEMALE PADEL

**THANK YOU FOR
INVESTING IN YOUR
CONTINUOUS
PROFESSIONAL
DEVELOPMENT**



A NOTE ON OUR 'REMIT OF COMPETENCE'

- As coaches we are not trained psychologists. Whilst we can develop mental skills, we should not operate beyond our remit of competence.
- If you notice a player has significant challenges e.g. anxiety, eating disorders, these are clinical conditions
- Consult with the parents and consider referral to a chartered psychologist.