



TENNIS
FOR BRITAIN

LTA COACH FORUM 2023



ORDER OF PLAY

Times	Session	Length
09.00 - 11.00	On-court session Team photo	2 hrs
11.00 –11.30	Networking break Teas/coffees & pastries	30 mins
11.30 - 13.00	Off-court session LTA bonus gift	1hr 30 mins

All slides can be found in your Coach Secure Area



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



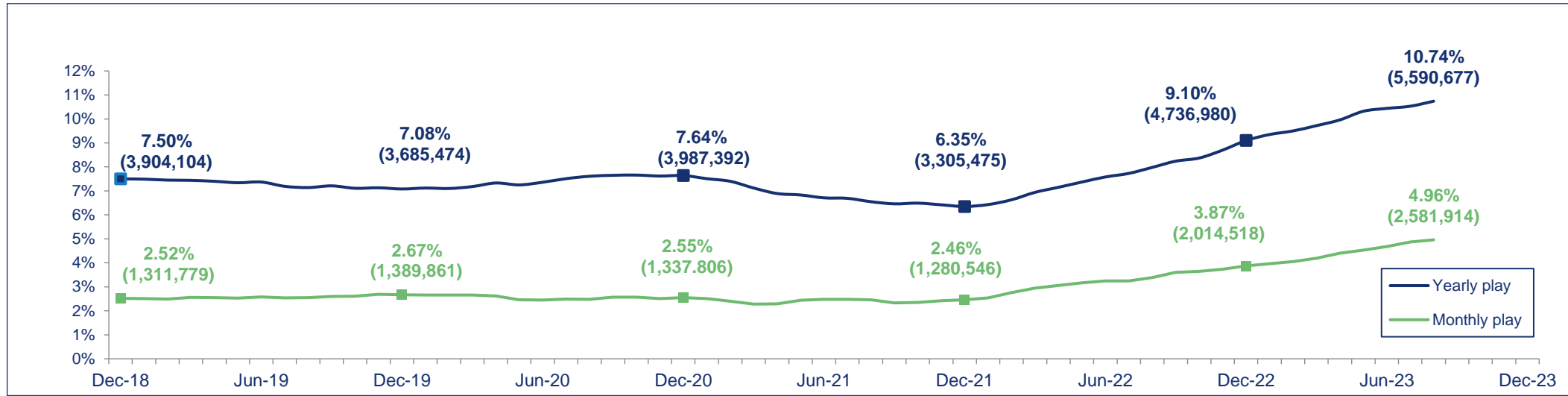
LEARNING OBJECTIVES

1. Understand the LTA tactical development framework and its application to doubles
2. Be able to deliver and adapt attacking and defending drills linked to the British Tennis doubles system
3. Be able to rotate up to 8 players on one court whilst maximising activity
4. Gain ideas and actions to develop yourselves and your business

PARTICIPATION IS GROWING

ADULTS INCREASING, YOUTH IS UP AND STEADY. THANK YOU

ADULTS



YOUTH

WHY DOUBLES?

LIVE LONGER


- Tennis = 9.7yrs longer life expectancy (Schnohr, P. Et al, 2018)
- Study showed that sports with more social interaction = greatest longevity. I.e. doubles

POPULAR AT GRASSROOTS

- Doubles is an approachable and popular format that is played across venues
- Doubles is the majority of tennis competition in Britain.

CRITICAL AT ELITE LEVEL

- Juniors ITF 25% of points come from 6 best doubles results
- Critical for team tennis final rubber. I.e. Billie Jean King Cup, Davis Cup & Junior Cup



Schnohr, P., O'Keefe, J. H., Holtermann, A., Lavie, C. J., Lange, P., Jensen, G. B., & Marott, J. L. (2018, December). Various leisure-time physical activities associated with widely divergent life expectancies: the Copenhagen City Heart Study. *Mayo clinic proceedings* (Vol. 93, No. 12, pp. 1775-1785). Elsevier.



TENNIS
FOR BRITAIN

BRITISH TENNIS DOUBLES SYSTEM

LOUIS CAYER'S DOUBLES PHILOSOPHY:

1. Play high percentage tennis
2. Force low percentage shots through positioning
3. Create uncertainty and pressure through poaching and shot variation

TACTICAL DEVELOPMENT FRAMEWORK

DOUBLES POSITIONS.
Each player has their own
game situation

NEUTRAL used today
instead of **RALLY** in
doubles



ON-COURT SESSION

**DOUBLES DRILLS:
ATTACKING AND
DEFENDING**



LET'S MOVE!

**Volley reaction
footwork**

**As used by
Neal Skupski and Joe
Salisbury**



DEMO & PLAY



DRILLS TODAY

- Start the point
- In the point
- End the point



FEARS TO OVERCOME

FOR RECREATIONAL PLAYERS (FROM LOUIS):

- **Fear of getting hit**
People end up staying back out of fear, be prominent, squeeze the net and create pressure for the opponents. Top tip: block the ball.
- **Fear of getting passed in the tramlines**
Almost impossible for opponent to down your line on a tough ball. 'If you make 2/5 passing shots, you'd be the best in Britain', Louis Cayer.
- **Fear of getting lobbed**
You just need to be able to pass the service line, and you will reach it

STARTING THE POINT

RULING RETURNS ATTACK THE 2ND SERVE

BRITISH DOUBLES SYSTEM NORMS:
In ATP/WTA, Returners are attempting to
win 55% of second serve return points and
33% of first serve return points to break



POSITION

6	BOPANNA // EBDEN	3	15
3	RAM // SALISBURY	1	40



PRECISION

• GONZALEZ / MOLteni	7	5	40
RAM / SALISBURY	6 ⁴	5	0

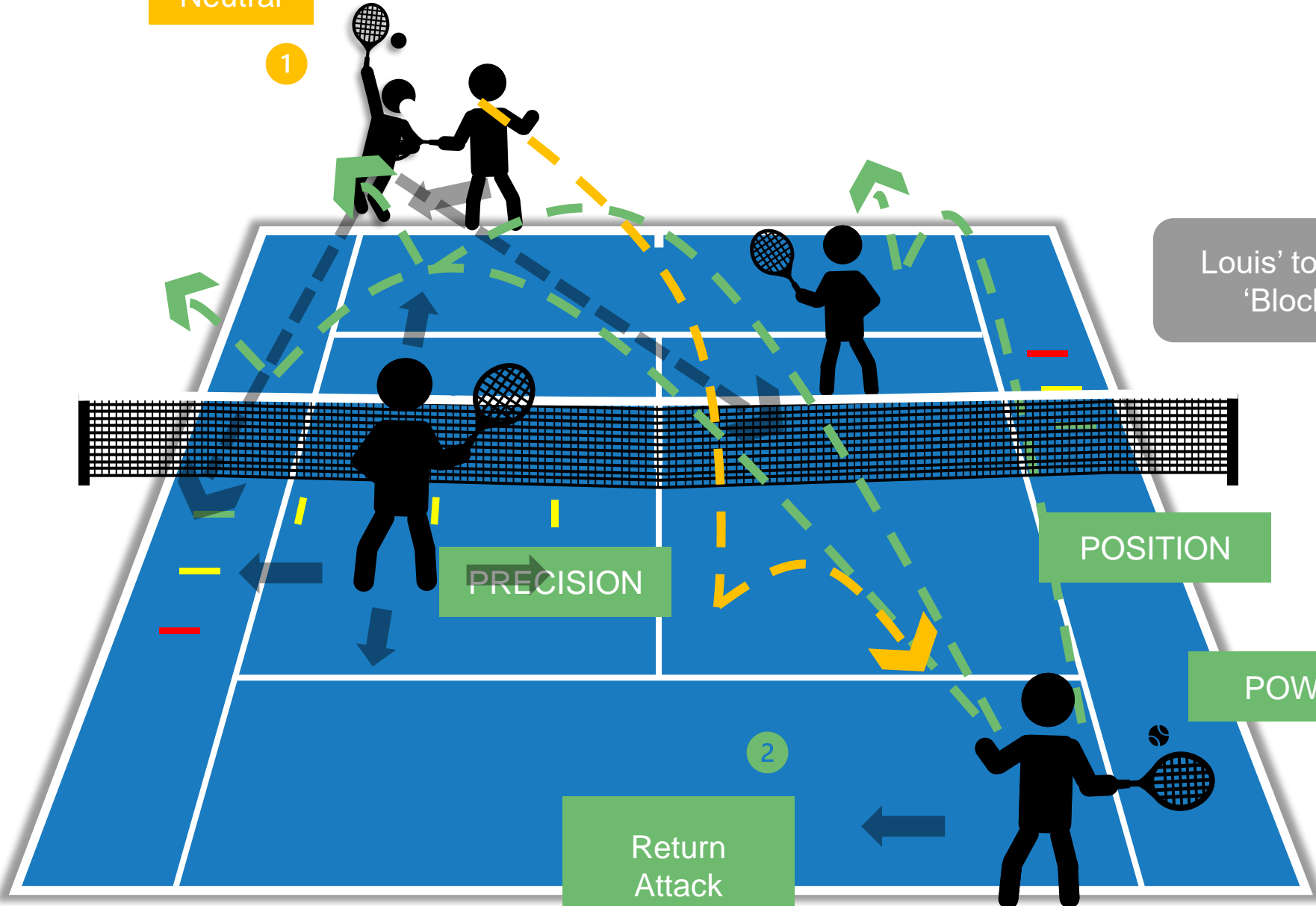


POWER

MCDONALD // MIES		0	40
3 RAM // SALISBURY		1	30

2nd Serve
Neutral

1



Louis' top tip
'Block'

PRECISION

POSITION

POWER

Return
Attack

2

DEMO

POSITIONING & MOVEMENT WITH ROTATIONS

ORGANISATION



LINE



TRIANGLE



CIRCLE

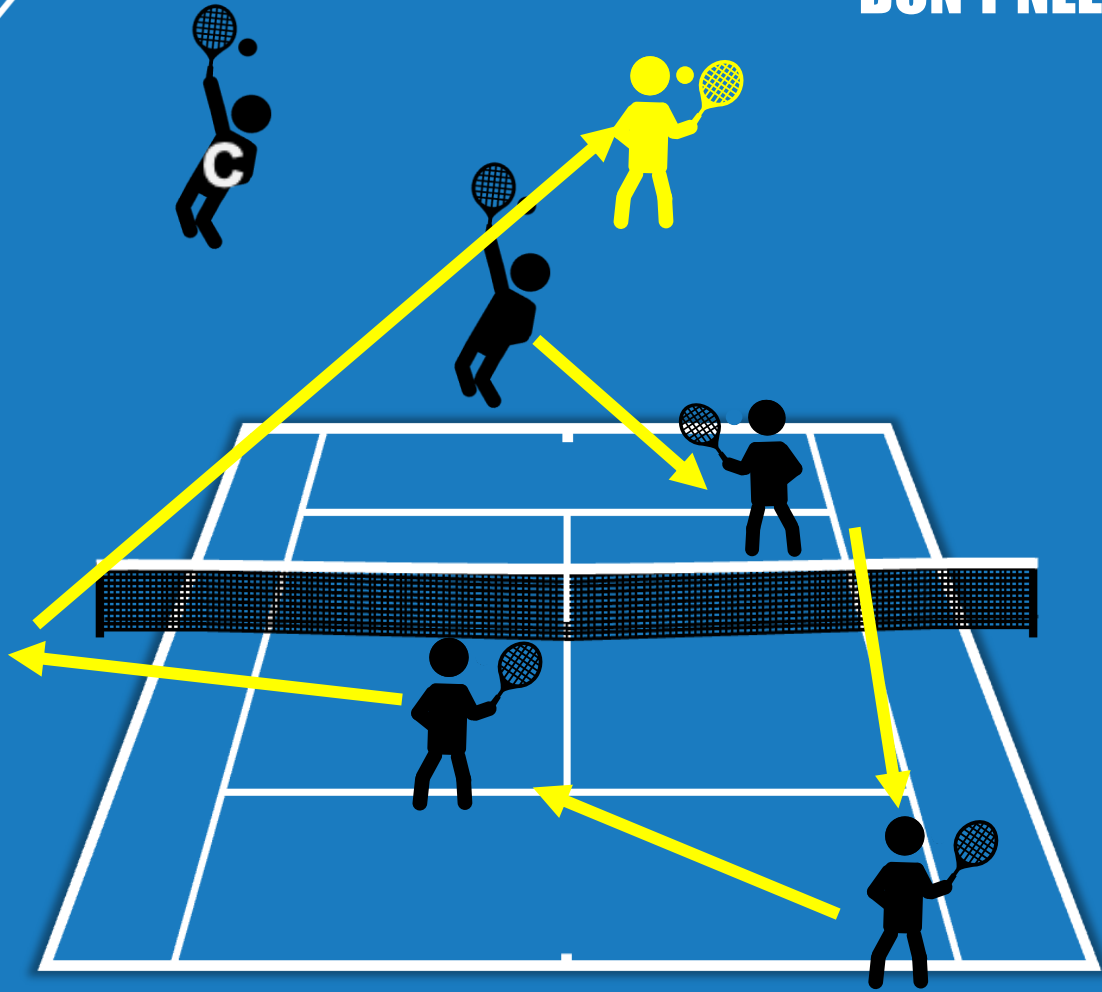


TEAM



LET'S PLAY (5)

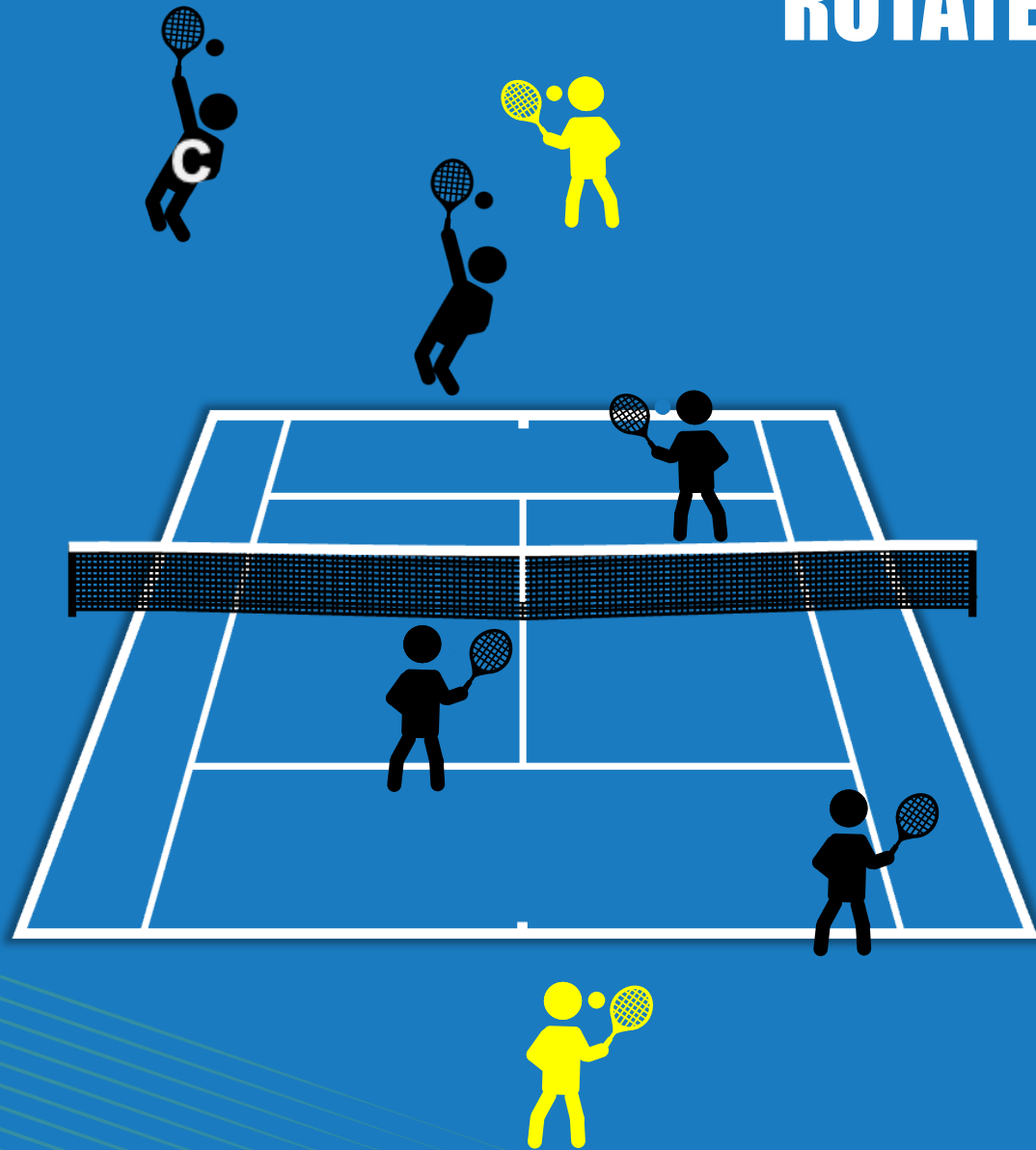
DON'T NEED TO SHOW THIS ONE



Tutor
Slide

LET'S PLAY (6)

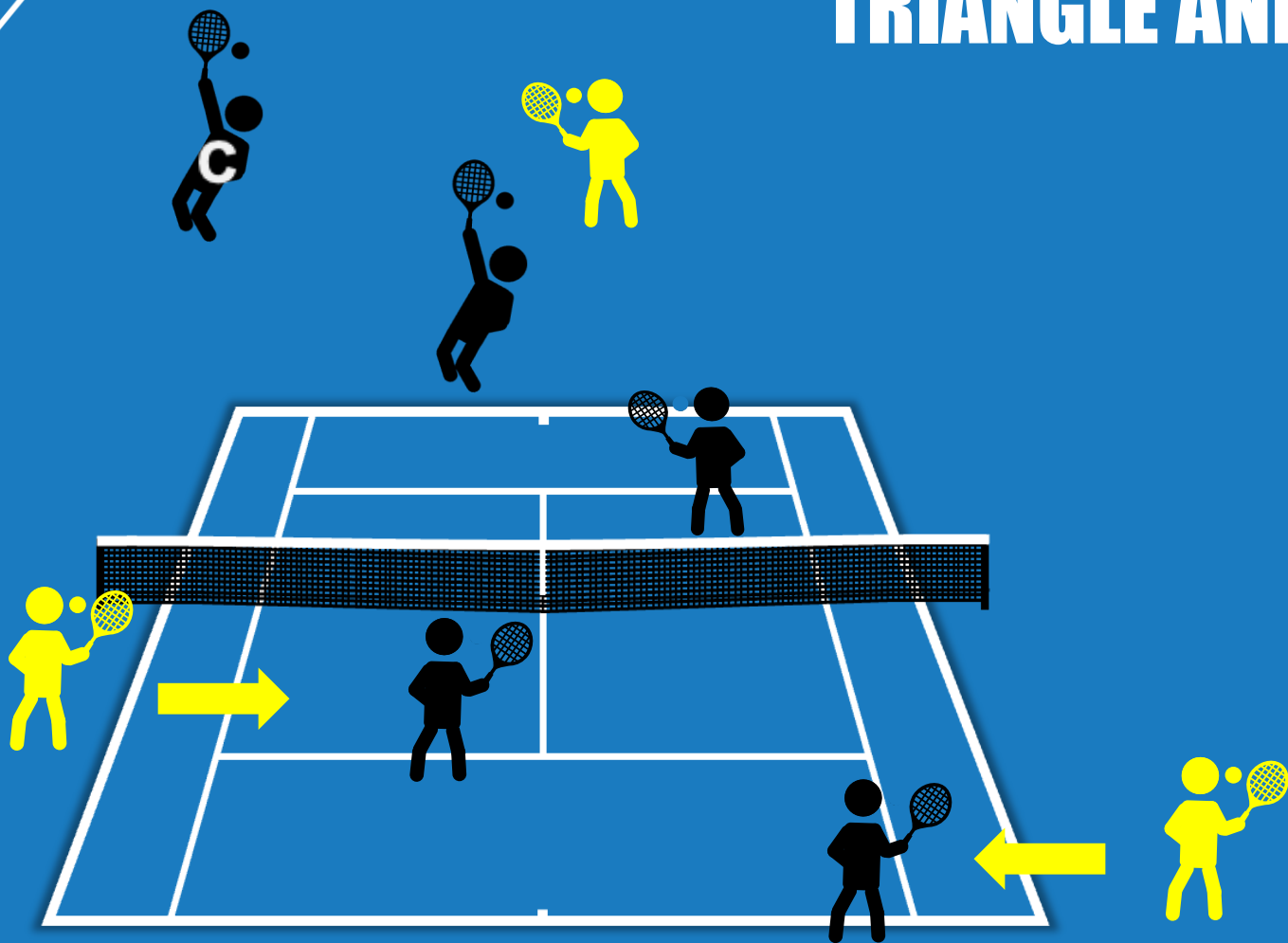
ROTATE IN A TRIANGLE



Tutor
Slide



LET'S PLAY (7) TRIANGLE AND LINES

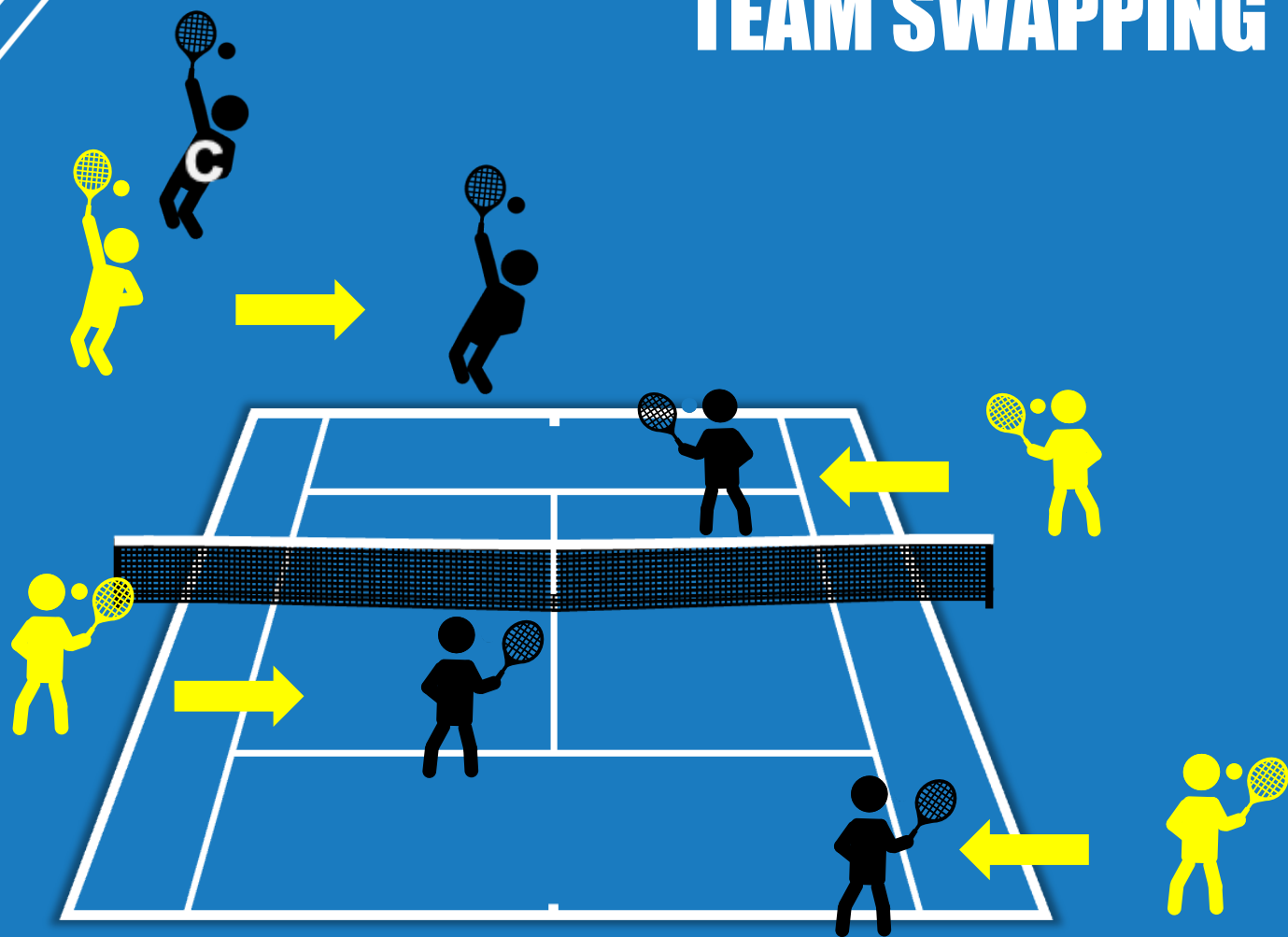


Tutor
Slide



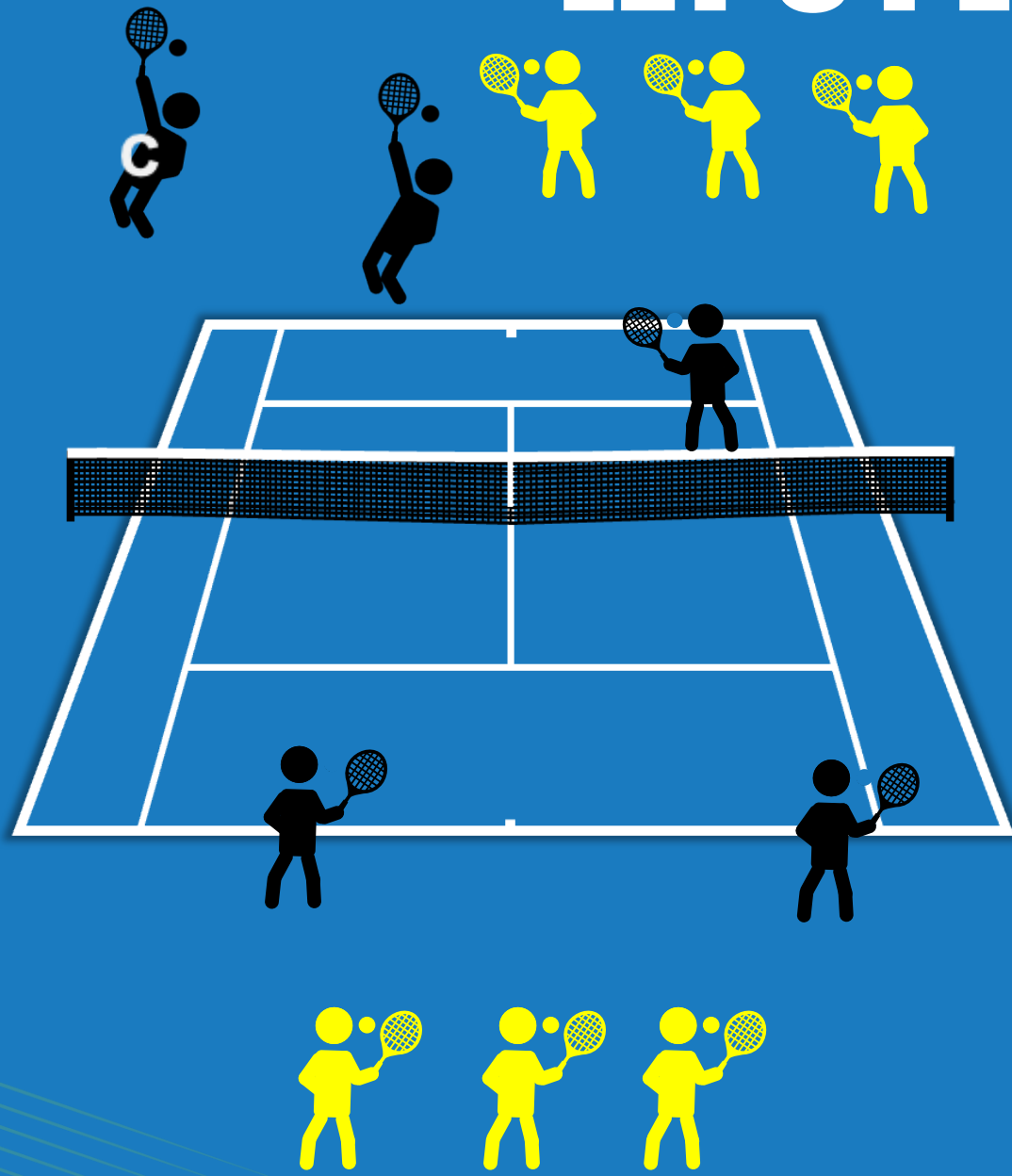
LET'S PLAY (8)

TEAM SWAPPING IN AND OUT



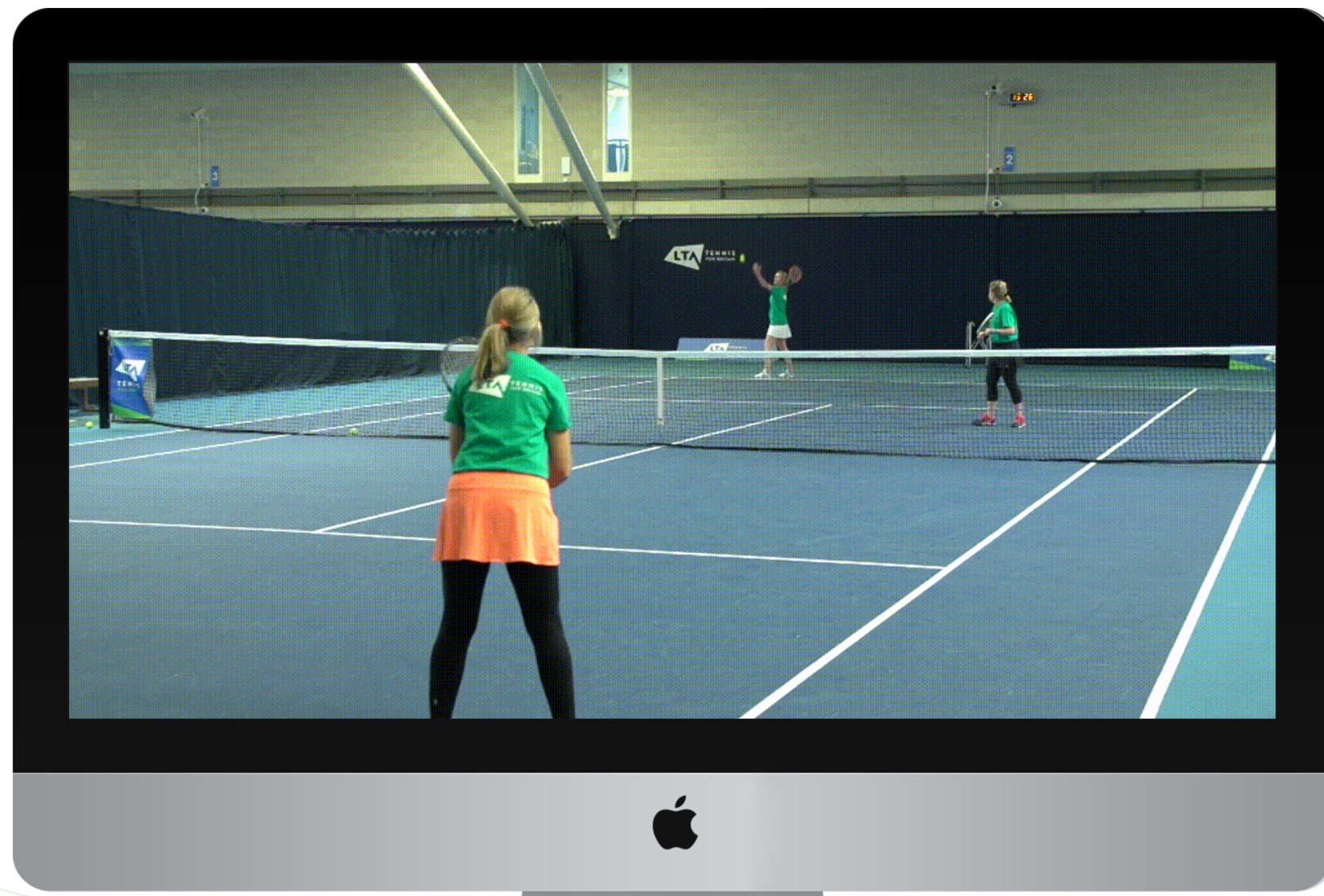
Tutor
Slide

LET'S PLAY (10)



STARTING THE POINT

How it might
look at your
venue



**IN THE
POINT**

CROSS-COURT BATTLE

**BRITISH DOUBLES SYSTEM
NORMS:**

At pro level 55% of men and 90% of
women in top 100 stay back after
their serves



A female tennis player is shown in a white tank top, holding a blue tennis racket in her right hand and a yellow tennis ball in her left hand. She is looking slightly upwards and to the left. In the background, several people are visible, some wearing blue and white clothing. A scoreboard is overlaid in the bottom left corner of the image.

	GBR	7	3	0	8
	FRA	5	6	0	9

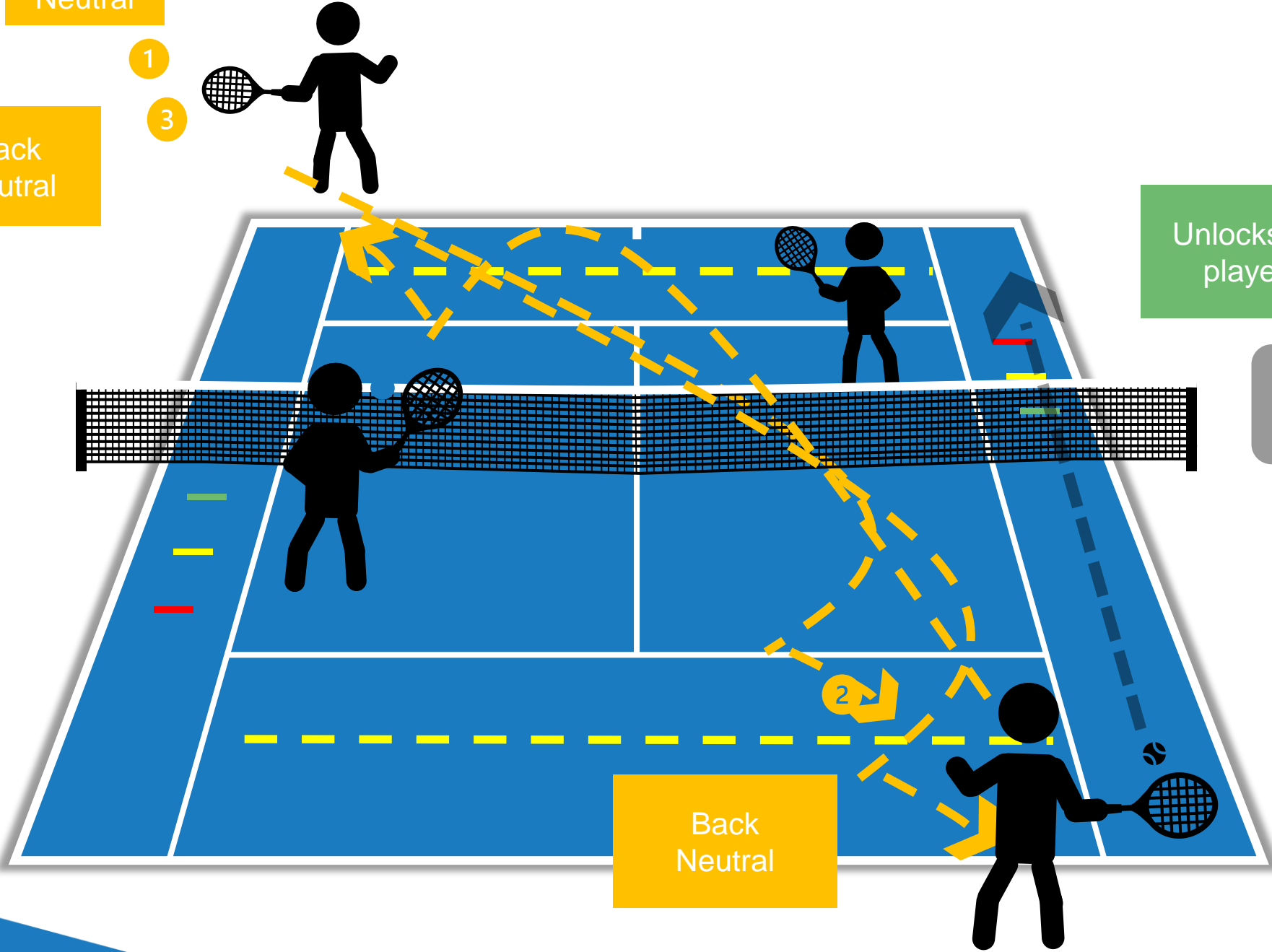
Back Neutral

Back Neutral

Unlocks net players

Louis' top tip
'Good luck'

Back Neutral



DEMO



POPULATION SPECIFIC

Group	Population
1	Beginners (Just starting)
2	Intermediate (Play regularly)
3	Advanced (1st team competition)

SHOW & TELL

IN THE POINT

How it might look at your venue



PAIR & PLAY.



END THE POINT

THE WALL

BRITISH DOUBLES SYSTEM NORMS:
ATP/WTA: when at the wall (both at
yellow) players win 60% of points

ROAD TO
MALAGA
NOVEMBER 21 TO 28

DAVIS CUP

CERVEZAS
VICTORIA
MÁLAGA

ROLEX
1:08

CERVEZAS
VICTORIA
MÁLAGA

CERVEZAS
VICTORIA
MÁLAGA

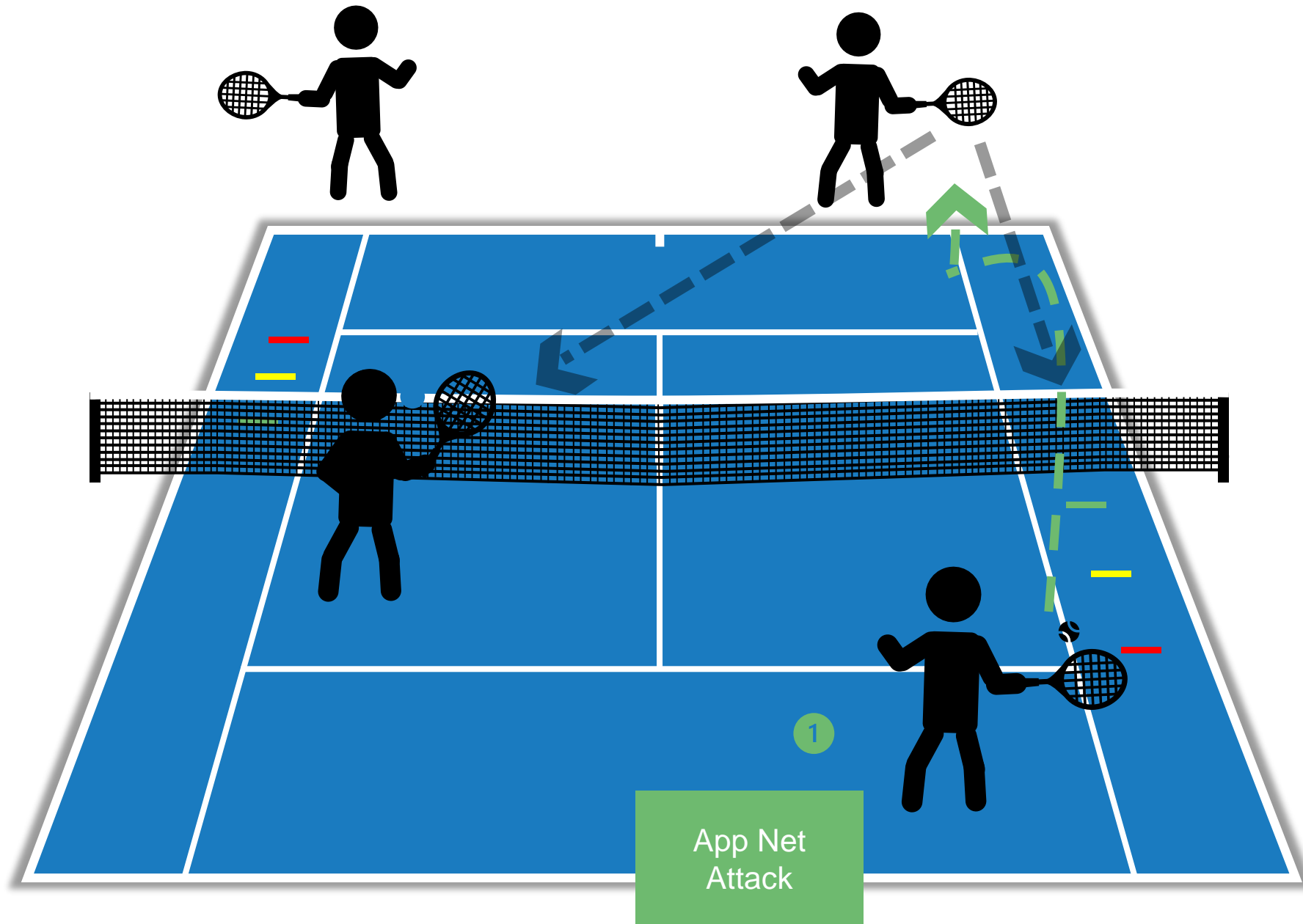
MANCHESTER

ROAD TO
MALAGA

AUSTRALIA		7	1	0
• GREAT BRITAIN		6	0	30

DAVIS CUP FINALS

	AUS	0		2	GBR	
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App Net
Attack



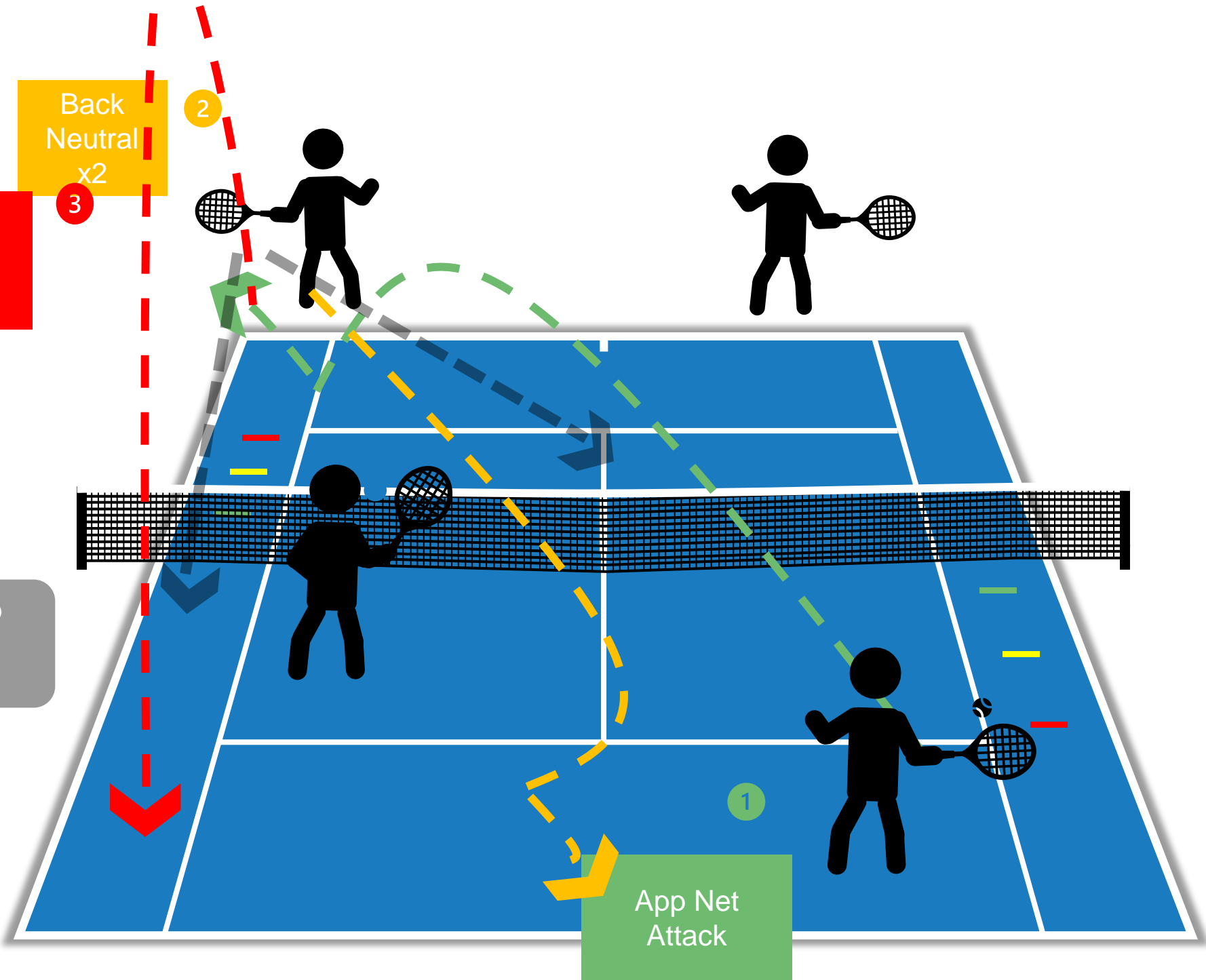
Back
Defend

Back
Neutral
x2

3

2

Louis' top tip
'Cross the
service line'



App Net
Attack

1



DEMO



GAMES



ENDING THE POINT

How it might look at your venue



PAIR & PLAY.



WHAT WE'VE COVERED

- British Tennis Doubles System philosophy
- Doubles fears to over-come (hit, line, lob)
- Positioning on-court for all players
- Importance of attacking the second serve
- Cross-court battle will happen more often (don't force your players into the net)
- Create a wall and windscreen wiper when you're both at the net



**PAIR
&PLAY.**

24 weeks of doubles lessons for you to use in your recreational programme

Each week is structured:

- **Warm-up**
- **Drills**
- **Points**
- **Game**

Rotation of 6 weekly themes:

- **Baseline Warrior**
- **Get In To Win**
- **Got It Covered**
- **Serve & Return**
- **Working Together**
- **Putting It All Together**

OFF-COURT SESSION

DEVELOPING YOURSELF AND YOUR
BUSINESS



You said: “less powerpoint, more peer-to-peer sharing”

We did: Keeping the coach discussion format for the off-court session this year



LEARNING ENVIRONMENT

- Safe place to share ideas and collaborate
- Listen with intrigue
- Keep it open, friendly and supportive
- No-fail environment. Refrain from judgment. There are no silly questions or ideas
- All here to help open tennis up and grow the game



By the end of this session, you will:

- Reviewed best practice ideas from last year on ways to **look after yourself** as a coach.
- Explored and shared ideas on **developing yourself and your business**

LOOKING AFTER YOURSELF



LOOKING AFTER YOURSELF

REVIEW FROM LAST YEAR

Last year we asked you to highlight what you do to look after your **psychological, physical wellbeing and work/life balance**?*

1. There's **more than just tennis**. Have other interests and outlets.
I.e. hobbies, other sports
2. Look after our bodies. **We are athletes also** (20,000+ steps a day).
I.e. stretch, massage, roll, yoga, nutrition
3. Structure **rest** into the day, week & year.
I.e. mindfulness apps, sleep, 5-day work week, schedule holiday
4. **Switch off** outside of hours.
I.e. boundaries on emails, have a business number/whatsapp
5. **Prioritise time** for friends and loved ones.
I.e. Get better at saying 'no'

*38 events in 2022, c.1000 coaches

**WHAT HAVE YOU DONE WELL TO
SUPPORT YOUR PSYCHOLOGICAL,
PHYSICAL WELL BEING AND
WORK/LIFE BALANCE IN 2023?**

FEEDBACK

DEVELOPING YOURSELF & YOUR BUSINESS



**1. WHAT ADVICE WOULD YOU GIVE
YOUR YOUNGER SELF?**

**2. WHAT ARE YOUR TOP TIPS FOR
DEVELOPING YOURSELF & YOUR
BUSINESS?**

FEEDBACK

**3. WHAT ARE YOUR LONG TERM
ASPIRATIONS FOR YOURSELF & YOUR
BUSINESS?**

**4. WHAT INTERVENTIONS WILL HELP
YOU ACHIEVE THIS?**



SEEK DEVELOPMENT OPPORTUNITIES

Watching tournaments/volunteering/help your county training



MAKE PLANS

Set your goals by completing an IDP

LOOKING AFTER YOUR CAREER



QUALIFICATIONS

To develop yourself and open more opportunities



MENTORING

Informal and formal opportunities



FUTURE PROOFING

Succession planning, developing coaches and others



LTA CPD & INDEPENDENT LEARNING

LTA recourses/UK Sport/SE/NGBs

FEEDBACK

LINKS & REFERENCES

- [Individual Development Plan](#)

Where Am I Now?

My Career Goals

My Action Plan

- [LTA Coach Mentoring](#)
- [CPD Menu](#)
- [Course Search Tool](#)
- [Coach Qualifications](#)
- [Tennis Leaders - information for coaches](#)
- [Copenhagen research paper on longevity](#)
- NEW LTA Coach Secure Area coming 2024!



LEARNING SUMMARY: WHAT HAVE WE COVERED?

1. Worked through the LTA tactical development framework and its application to doubles
2. Explored how to deliver and adapt attacking and defending drills linked to the British Tennis doubles system
3. How to rotate up to 8 players on one court whilst maximising activity
4. Shared peer-to-peer ideas to help develop yourself and create actions for the future



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

Safe trip home!

APPENDIX



BRITISH DOUBLES SYSTEM NORMS

In ATP/WTA, Returners are attempting to win 55% of second serve return points and 33% of first serve return points to break

At pro level 55% of men and 90% of women in top 100 stay back after their serves

ATP/WTA: when at the wall (both at yellow) players win 60% of points

Bonus norms on first serve return:

Returners are trying to win 33% of first serve returns.
When Jamie Murray finished world no. 1 he lobbed 232 times off of first serves (won 84 of them).
Winning 33% off them!

75% of returners stay both back when facing first serve ATP/WTA