

COOPERATING BETWEEN COACHES



1 | The first fitness coach for a young player is their tennis coach.

It is essential to consider and quantify the physical requirements of tennis sessions and to communicate it with other coaches. Especially among teenagers, because at this time, young people are dealing with the instabilities of physical growth and the exponential needs to deliver power. This is a crucial period when the player must sometimes balance intense sessions on court to ensure their tennis development as well as prevent overuse as much as possible. It

is possible to achieve this, but we must therefore avoid doubling sessions on the fitness level. And conversely, if the athlete is in a priority period for off court development, the tennis coach must adapt the intensity of on-court sessions. You cannot do everything all at once. Training periods must be determined, and the two coaches must complement each other and align their goals for the player.

2 | The cooperation of the two coaches goes beyond a follow-up and a schedule.

A technical bond must be created because the tennis coach will have to use purely physical tricks to integrate the right movement, the right feeling to a student. Fitness work is thus a great gateway into the tennis technique of a young player, with the advantage of suppressing the athlete's self-judgment on their performance.

It is essential that the two coaches share the same values and the same mentality. We know that every tennis session contains a mental component. Why should it be any different for fitness sessions? You have to use this opportunity where the two coaches

can combine their messages, pushing the player in one direction.

WARNING: In recent years, there has been a sharp increase in the use of fitness sessions with highly specific components, which is a good thing. However, when we do these exercises with which we hope for a technical transfer to tennis, it is important that the technical performance is good in order to avoid specific wrong gestures. Vigilance and complicity between the two coaches are therefore essential. It is necessary to agree on the desired technique, especially on the tennis objective.

3 | Do not forget the basics.

Each age includes stages of development (see flash memo beside) and the tennis coach and fitness coach should agree on the basic principles of athlete development and then adapt the strategy to the individual peculiarities of the young athletes with whom they work.

While specialized training methods have received a lot of media attention

in recent years, remember that training can be demanding while remaining simple. It will always be the quality of the objectives and the requirement of coaches in their achievement that will make the difference. This requirement can be found in various capacities, intensities, variability, precision... and the combination of these parameters.

Cooperation between a tennis coach and a fitness coach among teenagers

A tennis coach and a fitness coach working together is a concept that many of us probably take for granted. However, in reality, it is a concept that is more important than ever and is worth further clarification.

MEMO ON THE KEY ELEMENTS OF FITNESS TRAINING

- U12** Having fun, adapting to the proposed physical situations, general autonomy of the athlete. The beginning of prevention. Learning to run, jump, catch, bike, team sports and swim.
- U15** Building endurance, power and specific tennis skills.
- U18** Continuation of the U15 plan with more individualization. Greater consideration of the importance of competitions. Taking into account the importance of serving and recovery.