

European Coaches Symposium

PERFORMANCE WHEELCHAIR TENNIS

Mark Bullock ITF Wheelchair Tennis Manager

Martyn Whait GBR Men's National Wheelchair Tennis Coach

Stuart Wilkinson Performance Coach



www.itftennis.com/wheelchair



Background

- Men, women & quad
- 2 bounces (if required!!)



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The presenters



Martyn Whait

- LTA PCA (Performance Coach Award) Coach.
- Great Britain's Men's National Wheelchair Tennis Coach from 2000 until today.
- Coached at 3 Paralympic Games in 2000, 2004 & 2008.
- Former coach to former British number 1, Jayant Mistry.



Stuart Wilkinson

- LTA qualified and licensed coach.
- Centre Manager for Triplets Community Tennis Centre in Middlesex, UK.
- Worked with Paralympic Gold medallist Peter Norfolk at the 2008 Paralympic Games.
- Worked as Jayant Mistry's individual coach for 4 years.
- 2008 ITF Wheelchair Tennis Development Team



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The players

- Jayant Mistry Former top 10 Camozzi Doubles Masters and Wimbledon Doubles Champion
- Peter Norfolk Paralympic Gold Medallist
- Marc McCarroll ITF World Ranking 41
- Andy Laphorne ITF Junior Ranking 9



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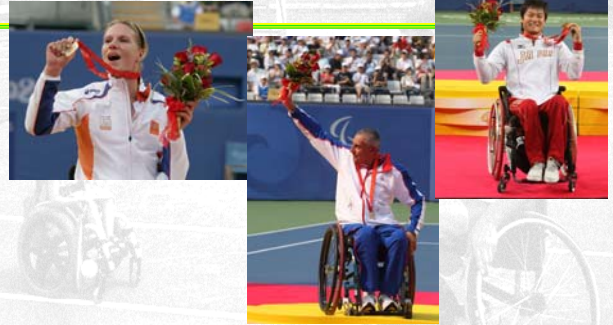
Grand Slams



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Paralympics



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The evolution

- Techniques – focus of this presentation
- Tactics
- Sports Science
- Equipment



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Tactics

- Early 1990s: 2 bounce tennis/consistency/perhaps a big forehand
- Today: 1 bounce tennis/serve & volley/more aggressive play off both sides



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Sports Science

- Fitness Testing
- Nutrition
- Psychology



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Equipment – the tennis wheelchair

- New designs
- Lighter frames
- Custom made



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The serve



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The inverted backhand

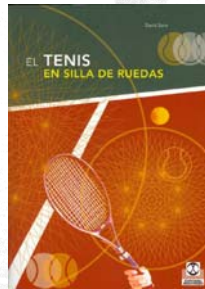


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Coaches Manuals

- ITF Manual
Marko Polic
- French Manual
Pierre Fusade
- Spanish book
David Sanz



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Thank you for your attention



'Everything is possible..if you believe' Ann Quinn
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