

## **DEVELOPMENT OF SUCCESSFUL PATTERNS IN WOMENS TENNIS**

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### ***Introduction to the topic matter:***

Women's tennis is at the core of player development. The women's game is characterised by specific and identifiable patterns of play. These defined patterns need to be developed, practised and mastered by women players in order to reach the top. Coaches should be aware of these patterns and of how they can be best developed in order to help their female players.

### ***Aim of the presentation:***

In this presentation, I will try to show the most important patterns of play in the women's game together with an emphasis on the main characteristics of the women's game. Differences between the men's and the women's game will also be indicated and explained.

### ***Content of the presentation:***

1. Introduction
2. Patterns of play in the women's game
3. Characteristics of the women's game
4. Differences between the men's and the women's game
5. Specific warm-up drills for women
6. Specific tennis drills for women
7. Guidelines on how to work more effectively with women players

### ***Practical consequences & applications:***

It is intended that coaches attending this presentation will be able to understand the patterns, characteristics and main features of the women's game as well as the specific warm-up and tennis drills that can be conducted in order to work more effectively with women players.

### ***Background to the presentation:***

It is evident that women's tennis has gone through a depth revolution during the last years. This revolution has caused the survival of women's tennis which was in danger due to the lack of players able to attract spectators to tournaments and consequently unable to generate interest in previous years.

This revolution was originated with the appearance in the circuit of players such as the Williams sisters, the Belgian players Henin and Clijsters, Mauresmo and the new generation of Eastern European players such as Kuznetsova, Zvonareva, Dementieva, Sharapova, Bovina, Safina, Myskina, Hantuchova, etc.

These players have shown that women's tennis can be more spectacular and this has generated interest in the media, so there are more players that are well known by the fans and that new sponsors are investing in the women's circuit.