TennisLMS



MONITORING TRAINING LOAD (LONG TERM PLAYER DEVELOPMENT)

Sasha Frljanic – Founder & CEO

Kelly Jones - President

Agenda

- Data Collection Points
- Data Collection Types
- Player Report Card
- Player Development
 Plan
- Match and Point Analysis
- Video Analysis

TennisLMS Overview

Partnerships:

• Pat Etcheberry, Prince (Prince Plugged In)

Players using system today:

- Mardy Fish, John Isner
- Rajeev Ram, Heidi El Tabakh

Currently developing pilots in:

- •Tennis Canada
- •Hong Kong Tennis
- •Thailand

Following Academies Using Today:

Kelly Jones Suzshif Coaching Strangis for Torris and Life



LISONO TIMOLOMY

TENNIS ACADEMY







Focus Areas

- Players and Coaches Education
- Long Term Player Development
- Developing High Performance Players
- High Performance and Tour Coaching
- College Recruiting Network
- National Association End To End Platform

TennisLMS Certified Coaching

- 1. TennisLMS | Certified Junior High Performance Coach
- 2. TennisLMS | Certified Tour Coach
- 3. TennisLMS | Master Trainer

Quick Poll

- How many of you use Video Analysis ?
- How Many of you use a Match Tracking Program?
- How many of you use Periodization?
- How many of you use both video and match analysis?
- How many of you use video analysis, match analysis and periodization?
- How many of you have easy (instant) access to all your players videos?
- How many of you have access to all your players match analysis?
- How many of you have easy (instant) access to all your players video analysis, match analysis and periodization?
- How many of you can compare players side by side by skills, competencies, focus areas, gaps, age group and levels?

- Do you have full visibility of your national and regional level players?
- Can you provide parents (and others) with regular access to your players development plans?
- Do you have easily accessible documented history of players in place (training, injuries, tournaments won, etc.)
- Do you have visibility to your local coaches activities with national/regional level players?
- Do you have access and history of updates from your players, when they are traveling and playing tournaments?
- Can you get a report in less than two weeks that shows your entire generation of players, (i.e. U14B) their skill gaps, focus development areas, fitness plans, tournaments and periodization?
- Where Do You Store All Of This Data Today?

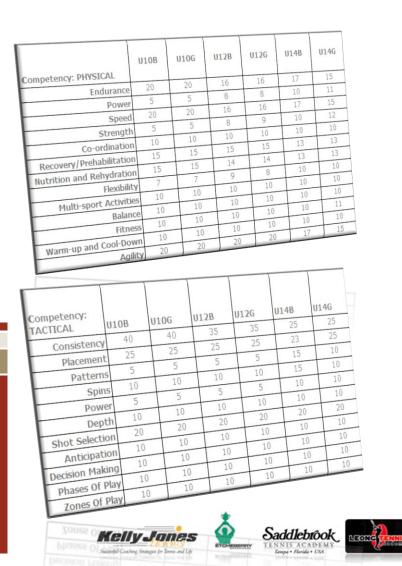
Data Collection Points





Data Collection Types





Player Profile (Report Card)

Match & Point Analysis

Video Analysis

Periodization

Personal Development Plan









Player Report Card

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Match Strategy:

Recognizing strengths	Current	75%	
Problem Sloving	Current	75%	
Game Style	Current		100%
Tournament Situations	Current	75%	
Surface	Current		100%
Repetition	Current	75%	_

Feedback

Player Evaluation

Big, strong, aggressive baseline player with development to become all-court type of player
 Hits hard off of both sides. Forehand is more solid and hits a lot of winners; backhand needs consistency and stability in

Hits hand off of both sides, Forenand is more between the new tensor to be Likes to attack early in the points, often on the first shot Tendency to be incellent and rush the point. Tendency to be incellent and rush the point. Tendency to be incellent and rush the point. Development is adequated but could improve significantly inverse well also to die. Needs improvement moving tendency to be technique on the vollery but is unconfortable finishing off points at the net Portantian diverse, good point: Development is adequated action and poerry. Development diverse of the vollery but size, and socialized receives the side but size. Development diverse diverse

Posted by Sasha Prijanic at 08/22/2007

Long Term Vision

Plays an aggressive all-court game in which he has excellent first strike capability. Takes command of the points early in the rally through a big serve, aggressive returns, and taking the ball early off the bounce on the ground strokes. Tactically posses to state which disting the obstroked work of the stroke of the str

Strategy and Game Style

Aggressive baseline player and finishes off numerous points at the net. Big serve to win free points either by ace or winner and/or attempts to elicit a weak response so as to take control of the point. Return games are aggressive, particularly on second serve. Posted by Sasha Frijanic at 08/22/2007

Tactics

Serve: Develops serve patterns that play the opponent out wide on both sides, then hits to the open court with power. When the can take advantage is the server of the

Technical Development

Serve: Needs to get more explosion up into the serve with his legs. Ground Strokes: Needs to work on keeping good upper-body posture on low balls Volley: Need to shorten up swing and use more legs needs work.

Posted by Sasha Frijanic at 08/22/2007

Psychological Development

Must continue to focus on playing one point at a time and executing to the best of his ability. Use positive self-talk at all times.

Posted by Sasha Frijanic at 08/22/2007

Physical Development

Develop a solid aerobic base as foundation for his physical development; Develop strength in the guads and gluteus maximus for stability.

Posted by Sasha Frijanic at 08/22/2007

Scheduling and Periodization

Will compete in approximately 13 bournaments the year) the participation of two weeks of practice and rest: Will take October and Rovember off from tournament play to work on developments of his game and physical strength. Will take October and Rovember off from tournament play to work on developments of his game and physical of 20/22/2007

Goal Settings

Performance goals: Long term (1 year): To perfect the down the line return patterns off of the second serve and develop the ability to finish off the point at the net when appropriate

Medium (6 months): To be able to hit the return down the line with confidence and use it in a match at least five to six times and to follow it into the net once or twice

Short term (1 month): Will have partner hit serves and work on returns down the line for 15 minutes at least three times a week. Posted by Sasha Frijanic at 08/22/2007













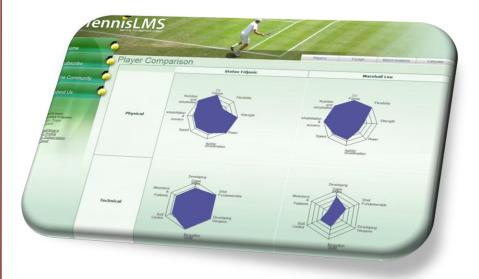




DEMO Player Comparison

Coach Feature

- Side By Side Player
 Comparison
- Skills "Spider" Charts











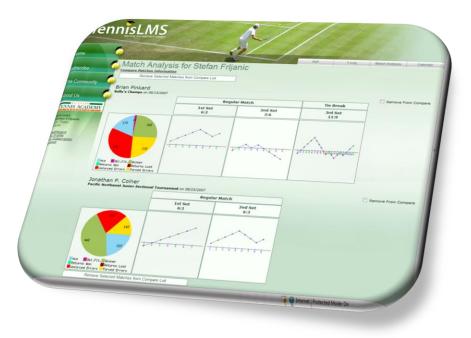




DEMO Match and Opponents Comparison

 Compare one or more matches side by side

- Compare team results against single opponent
- Easy to view color coded graphs

















Personal Development Plan

- Personalized Exercises
 Based On Player Gaps
- Graphical View On Player Skills

 View and Monitor Progress Over Time

















Match & Point Analysis

- Match Velocity (Game Momentum)
- Match Statistics

 Record Opponent Patterns



plugged









Player Match History

- Record All Your Matches
- Compare Matches Against Same Player Over Time
- Learn How and What To Look For In Opponents
- Record Opponents
 Strengths and
 Weaknesses

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	Tournament Level	National	Sectional	
	Tournament Main Draw	128	128	
w Player Test	Tournament Qualifying Draw	0	0	
ver .	Tournament Prize	10000	10000	
hboard	Date of match	08/31/2007	08/10/2007	
Subscription	Round	4	32	
	Outcome	win	with	
	Deciding/Key Point in 1st Set	3rd game 40:30	7th game 15:30	
	Deciding/Key Point in 2nd Set	6th game 15:15	3rd game 30:30	
	Deciding/Key Point in 3rd Set			
	Performance goals set prior match	Performance goals set prior match Performance goals set prior match Performance goals set prior match	Performance goals set prior match 1 Performance goals set prior match 2 Performance goals set prior match 3	
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	Serve	7	6	
	Return of serve	7	2	
	Baseline play		7	
	Approach and net play	1	1	
	Opponent Strengths	Opponent Strengths:	Opponent Strengths:	
	Opponent Weaknesses	Opponent Strengths:	Opponent Weaknesses:	
	Opponent Weakest Shot	Opponent Weakest Shot:	Opponent Weakest Shot:	
	Opponent Strongest Shot	Opponent Strongest Shot:	Opponent Strongest Shot:	
	Forehand	7	7	
	Backhand	2		
	First serve	5	2	
	Second serve	5	4	
	Return on first serve	5	5	
	Return on second serve	6	7	
	Forehand volley	5	5	
	Backhand volley	6	7	
	Overhead	7	3	
	Forehand lob	6	2	
	Backhand lob	6	1	
	Drop shot	3	4	
	Topspin forehand	4	7	
	Topspin backhand	6	7	
	Slice forehand	6	7	
			2	
	Slice backhand	6	- 2	
	Slice backhand Forehand passing	4	4	















Video Analysis

- Record Your Strokes
- Compare Over Time
- Compare With Others
- Slow Motion -Frame By Frame Stroke Analysis
- E-mail Your Stroke
- Receive Instant Coach
 Feedback





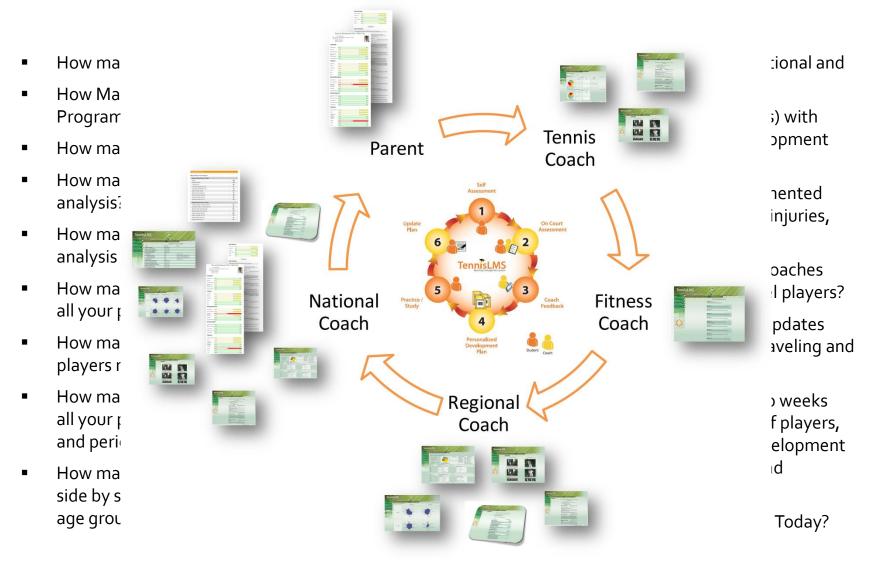








SUMMARY



Questions?

Sasha Frijanic sasha tennisims.com Kelly Jones kelly atennisims.com