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:

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?
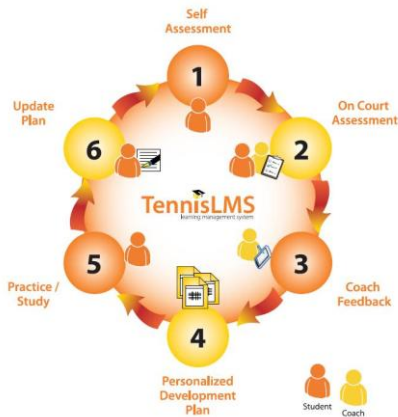
Data Collection Points

- **Self Assessment**
- **On Court Assessment**
- **Coach Feedback**
- **Personal Development Plans**
- **Practice**

Data Collection Types

Competency: PHYSICAL	U10B	U10G	U12B	U12G	U14B	U14G
Endurance	20	20	16	16	17	15
Power	5	5	8	8	10	11
Speed	20	20	16	16	17	15
Strength	5	5	8	9	10	12
Co-ordination	10	10	10	10	10	10
Recovery/Prehabilitation	15	15	15	15	13	13
Nutrition and Rehydration	15	15	14	14	13	13
Flexibility	7	7	9	8	10	10
Multi-sport Activities	10	10	10	10	10	10
Balance	10	10	10	10	10	11
Fitness	10	10	10	10	10	10
Warm-up and Cool-Down	10	10	10	10	17	15
Agility	20	20	20	20	20	

Competency: TACTICAL	U10B	U10G	U12B	U12G	U14B	U14G
Consistency	40	40	35	35	25	25
Placement	25	25	25	25	23	25
Patterns	5	5	5	5	15	10
Spins	10	10	10	10	15	10
Power	5	5	5	5	10	10
Depth	10	10	10	10	10	10
Shot Selection	20	20	20	20	20	20
Anticipation	10	10	10	10	10	10
Decision Making	10	10	10	10	10	10
Phases Of Play	10	10	10	10	10	10
Zones Of Play	10	10	10			

Player Profile (Report Card)

Match & Point Analysis

Video Analysis

Periodization

Personal Development Plan

TennisLMS
learning management system

Player Report Card

Personal Development Plan - Skills View

Player: Stefan Frljanic
Player Description: Male, Plays Right, All Court Player, 5' 8", 115lb
Player Evaluation: U12B (9.1+)
Goal Level: U14B (7.2+)
Timeframe: 24 months

Technical:

Reception Skills	100%
Ball Control	75%
Movement & Footwork	75%
Developing Game Styles	75%
Shot Fundamentals	100%
Developing Weapons	100%

Tactical:

Consistency	75%
Placement	75%
Shot Selection	75%
Patterns	75%
Spins	100%
Power	100%

Mental-Emotional:

Self-Confidence	75%
Emotion Management	75%
Concentrating Effectively	50%
Self-discipline	75%
Goal Setting	100%
Competition Readiness	100%

Environmental:

Satisfaction with home life	100%
Enjoyment of training	100%
Support Network	100%
Challenges in training	100%
Financial Status	100%

Physical:

Agility/ co-ordination	75%
Speed	75%
Prehabilitation & recovery	75%
Nutrition and rehydration	100%
CV Fitness	100%
Flexibility	50%
Strength	100%
Power	100%

Match Strategy:

Recognizing strengths	75%
Problem Sloving	75%
Game Style	100%
Tournament Situations	75%
Surface	100%
Repetition	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 execution
- Likes to attack early in the points, often on the first shot
- Tendency to be inpatient and rush the point
- Tactically, plays some patterns well. However has not mastered; the patterns that play into his strengths
- Overall movement is adequate but could improve significantly; Moves well side to side. Needs improvement moving forward
- Reasonable technique on the volley but is uncomfortable finishing off points at the net
- Forehand: Hits a lot of winners, good power
- Power: Has natural power, good size, and excellent racket head speed
- Serve is a weapon: Good arm action and power.

Posted by Sasha Frljanic 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 plays aggressive, high-percentage tennis. Physically is in great condition and moves well in all aspects of the game. He uses his size and strength to physically dominate opponents. Psychologically, he projects a powerful, positive presence (PPP) on the court during his matches and is fierce competitor who loves competition.

Posted by Sasha Frljanic at 08/22/2007

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 Frljanic 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. Plays power serve down the tee on both sides, looking for an ace or a reply that lands toward the middle of the court where he can take advantage
- Returns: Plays aggressive, high-percentage returns crosscourt, highlighting power. Also hits the powerful neutralizing ball down the middle of the court. On second serves, often plays aggressive return down the line. If he hits a high-quality return and opponent is slow responding he comes to the net behind the shot.
- Backcourt: Takes command of the center of the court . When the ball lands in that area he is aggressive and attempts to take control off of that shot. Frequently takes the ball down the line (off a crosscourt shot) with power when he has time to set up. A premium is put on pace and depth on his shots to keep his opponent at bay and enable him to control the points.

Posted by Sasha Frljanic at 08/22/2007

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 Frljanic 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 Frljanic at 08/22/2007

Physical Development

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

Posted by Sasha Frljanic at 08/22/2007

Scheduling and Periodization

Will compete in approximately 15 tournaments this year;
Three tournaments in a row is maximum, followed by a minimum of two weeks of practice and rest;
Will take October and November off from tournament play to work on development6 of his game and physical strength

Posted by Sasha Frljanic at 08/22/2007

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 Frljanic at 08/22/2007

TennisLMS
learning management system

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
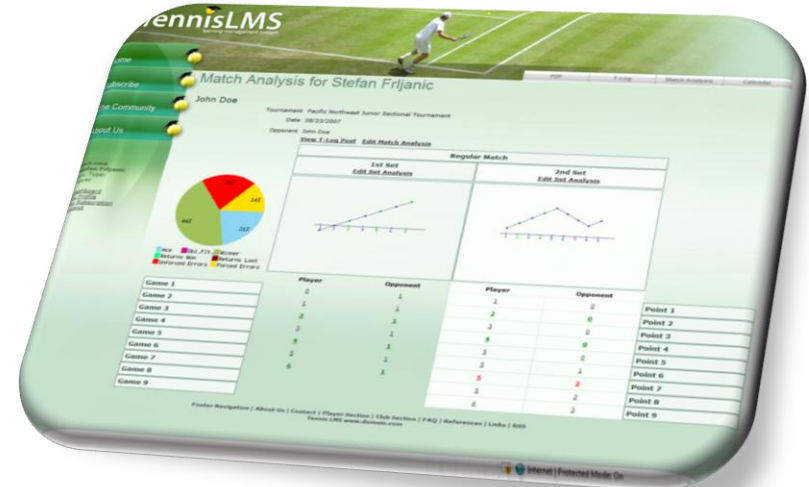
- Easy to view color coded graphs

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

Player Match History

- Record All Your Matches

- Compare Matches Against Same Player Over Time

- Learn How and What To Look For In Opponents
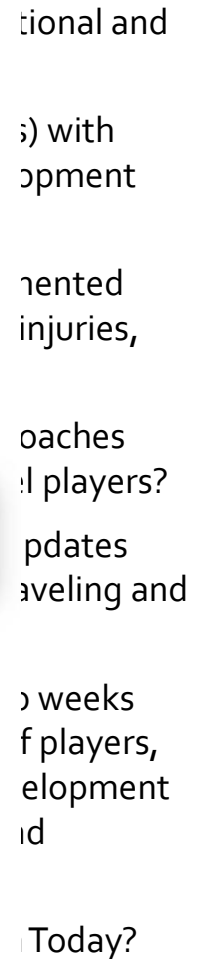
- Record Opponents Strengths and Weaknesses

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?

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