

# Getting Back on Track:

by Thomas Hogstedt

4 Player Case Studies: Getting a player Back on Track focusing on:

- Post Injury and Time Away from Tennis
- Technique Improvements
- Tennis Practice and Fitness Training
- Tactics and Match Strategy
- Equipment Changes

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## Personal Bio:

- Played Professional between 1979 and 1994
- Top Ranking 36
- Key Playing Accomplishments
  - Won ATP Tour Level Tournament – Italian Indoors
  - Won Junior US open
  - European under 21 Champion
- Played against several generation of #1 and Tennis Legends:
  - S Smith, G Vilas, I Nastase...
  - B Borg, J Connors, J McEnroe...
  - S Edberg, I Lendl, M Wilander, J Courier, M Chang, P Rafter, P Sampras...
- Coaching Education: ATP coaching Course, Sweden step 1-3
- Coached on the Tour since 96 and coached against almost every top 10 player
- Key Players Coached include: M Norman, J Bjorkman, J Johansson, N Kiefer, T Haas, C Wozniacki, Chinese Women National Team including Li Na and J Zheng
- Other Key Accomplishments: Tennis commentator Eurosport, Player Director WTA Sweden, Currently technique coaching contributor to Swedish Tennis Magazine

# Getting Back on Track: Jonas Bjorkman

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## Jonas Situation:

- Singles ranking fallen, when coaching started 75 in singles and 12 in doubles, reached top 40 in singles and #1 in doubles
- Wanted to give as a singles player and focus on doubles only
- Had to qualify for single tournaments
- Game had become too defensive, lost strength of attacking game
- Lost mental toughness and confidence
- Technique problems

# Getting Back on Track: Jonas Bjorkman

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## Keys to Success in working with Jonas:

- Mental: On and off the court – find pleasure in playing (singles)
- Technique: Forehand, serve, attack game in general
- Change Practice Pattern, more explosive training
- Priorities: Make tennis practice and matches a priority
- Decide between single and double priorities
- Picking the right doubles partner



# Getting Back on Track: Nicolas Kiefer

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## Nicolas Situation:

- Ranking had fallen to mid 60's – got him to 17, top 10 on ATP race
- Played too defensively
- Game lacked clear strategy
- Very negative mind state and giving up during matches, poor body language
- Lost his fitness edge and speed in game

# Getting Back on Track: Nicolas Kiefer

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## Keys to Success in working with Nicolas:

- Mental: Finding the Positive
- Motivation: Broke down his situation and created mutual goals
- Fitness: Clear objective together with fitness coach Walt Landers  
“Fittest Player on the Tour”
- Match Drilling and Tactics: Use the court – practice like match play
- Tournament Schedule:
  - Pick right tournaments
  - Surface fitting his game
  - Play both smaller and bigger tournaments (win lots of matches to build confidence)
- Equipment: Strings, all gut to hybrid, more control – to stay more aggressive

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# Getting Back on Track: Tommy Haas

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## Tommy's Situation:

- Ranking had fallen to 45, came back to top 10 when coaching ended post US Open last year
- Gave me free hands to work with him – whatever it took to get back
  - Cut his hair for first time in a long term as a sign of dedication
- Game passive – played too far behind baseline
- Was lacking the strength of a top player after injury problems, lost 5 set matches
- Forehand and serve techniques needed improvement



# Getting Back on Track: Tommy Haas

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## Keys to Success in working with Tommy:

- Mental: change aggressiveness from negative to positive  
“angry vs. winning aggressive mentality”
- Technique: Filmed and Watched Practice and Matches
  - Forehand early preparation, not jumping
  - Serve – toss, placement, serve percent, 2<sup>nd</sup> Serve...
- Schedule: Pick tournaments based on past success, arrive earlier...
- Less Tennis more Fitness Practice:
  - Inspiration player – requires training variety even with fitness
  - Strengthen shoulder
- More Explosive Tennis Practice: Shorter explosive, always keep score, every exercise as a challenge
- Motivation and Right Practice Partners

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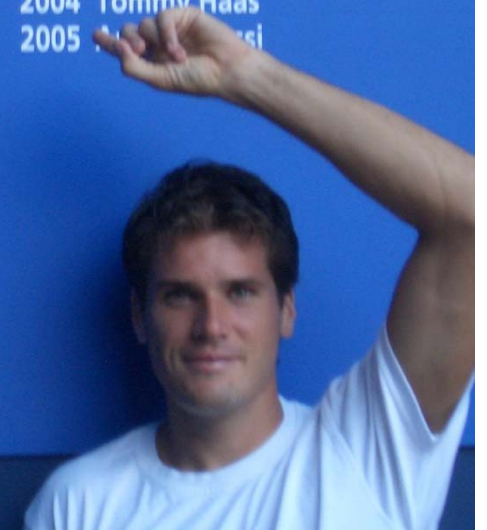


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1972	Stan Smith	1994	Boris Becker
1973	Jimmy Connors	1995	Michael Stich
1974	Jimmy Connors	1996	Michael Chang
1975	Arthur Ashe	1997	Jim Courier
1976	Brian Gottfried	1998	Andre Agassi
1977	Stan Smith	1999	Pete Sampras
1978	Arthur Ashe	2000	Michael Chang
1979	Peter Fleming	2001	Andre Agassi
1980	Gene Mayer	2002	Andre Agassi
1981	John McEnroe	2003	Wayne Ferreira
1982	Jimmy Connors	2004	Tommy Haas
1983	Gene Mayer	2005	Andre Agassi
1984	Jimmy Connors		
1985	Paul Annacone		
1986	John McEnroe		
1987	David Pate		
1988	Mikael Pernfors		
1989	Aaron Krickstein		
1990	Stefan Edberg		
1991	Pete Sampras		
1992	Richard Krajicek		



# Getting Back on Track: Li Na

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## Li Na Situation:

- Ranked around 80 end of 2005 and became a top 20 player
- Did not believe she could become a top player
- Stopped playing for 2 years based on low motivation...
- Same practice partners, difficult adjusting to different styles
- Poor equipment choices, grip 1, long-body, “cheap strings”
- Technique, most shots needed improvements
- Step 2, down after injury and surgery – considered quitting





# Getting Back on Track: Li Na

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## Keys to Success in working with Li Na:

- Mental: Believe top 20 (even top 10) potential
- Make decisions on the court: Match situation practice and tactics
- Practice Players: Practice with the best and different type of players
- Professionalism on and off court:
  - what it takes to be a champion
  - routines
  - preparation including opponents
  - play on different surfaces and game tactics
- “Coach the Coach”
- Fitness: Shorter more tennis court fitness, different from other Chinese players, use explosiveness

# Getting Back on Track: Li Na

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# Getting Back on Track: Li Na

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# Getting Back on Track: In Conclusion

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## Key Points:

- On Mental Edge
- On Technique
- Practice Routines including Fitness
- Tournament and Practice Scheduling
- Equipment



# Getting Back on Track: In Conclusion

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## 2008 CALENDAR



DATE	*GRAND SLAM / *DAVIS CUP	ATP MASTERS SERIES	INTERNATIONAL SERIES GOLD	INTERNATIONAL SERIES
DEC 31				Qatar ExxonMobil Open (H) 32 draw Doha \$1,049,000 (1,024,000) Next Generation Adelaide International (H) 32 draw Adelaide \$465,000 (440,000) Chennai Open (H) 32 draw Chennai \$436,000 (411,000)
JAN 7				Medibank International (H) 32 draw Sydney \$465,000 (440,000) Heineken Open (H) 32 draw Auckland \$464,000 (439,000)
JAN 14	*Australian Open 2008 (H)			
JAN 21	*Australian Open 2008 (H)			
JAN 28				Movistar Open (CL) 32 draw Vina del Mar \$462,000 (437,000)
FEB 4	*Davis Cup I			
FEB 11				Brazil Open (CL) 32 draw Costa do Sauipe \$485,000 (460,000) Open 13 (IH) 32 draw Marseille €534,000 (\$13,000) Delray Beach International Tennis Championships (H) 32 draw Delray Beach \$436,000 (411,000)
FEB 18		ABN AMRO World Tennis Tournament (IH) 32 draw Rotterdam €824,000 (803,000)		Copa Telcel (CL) 32 draw Buenos Aires \$466,000 (441,000) SAP Open (IH) 32 draw San Jose \$436,000 (411,000)
FEB 25		Abierto Mexicano Telcel (CL) 32 draw Acapulco \$794,000 (769,000) Regions Morgan Keegan Championships (IH) 32 draw Memphis \$769,000 (769,000)		PBZ Zagreb Indoors (IS) 32 draw Zagreb €370,000 (349,000)
MAR 3		Dubai Tennis Championships (H) 32 draw Dubai \$1,426,000 (1,401,000)		Tennis Channel Open (H) 32 draw Las Vegas \$436,000 (411,000)
MAR 10		Pacific Life Open – Indian Wells (H) 96 draw \$3,589,000 (3,339,000)		
MAR 17		Pacific Life Open – Indian Wells (H) 96 draw \$3,589,000 (3,339,000)		
MAR 24		Sony Ericsson Open – Miami (H) 96 draw \$3,770,000 (3,520,000)		
MAR 31		Sony Ericsson Open – Miami (H) 96 draw \$3,770,000 (3,520,000)		
APR 7	*Davis Cup II			
APR 14				Estoril Open (CL) 32 draw Estoril €370,000 (349,000) Open de Tennis Comunidad Valenciana (CL) 32 draw Valencia €370,000 (349,000) U.S. Men's Clay Court Championships (CL) 32 draw Houston \$436,000 (411,000)
APR 21		Masters Series Monte-Carlo (CL) 56 draw €2,270,000 (2,057,000)		
APR 28		Open Sabadell Atlántico (CL) 56 draw Barcelona €888,000 (803,000)		BMW Open (CL) 32 draw Munich €370,000 (349,000)
MAY 5		Internazionali BNL d'Italia – Rome (CL) 56 draw €2,270,000 (2,057,000)		
MAY 12		Masters Series Hamburg (CL) 56 draw €2,270,000 (2,057,000)		
MAY 19	ARAG ATP World Team Championship (CL) 8 teams Düsseldorf €1,500,000 (1,000,000)			Grand Prix Hassan II (CL) 32 draw Casablanca €370,000 (349,000) The Hypo Group Tennis International 2008 (CL) 32 draw Pörlschach €370,000 (349,000)
MAY 26	*2008 Roland Garros (CL)			
JUNE 2	*2008 Roland Garros (CL)			
JUNE 9				Gerry Weber Open (G) 32 draw Halle €713,000 (692,000) The Artios Championships (G) 56 draw Queens/London €713,000 (692,000) Orange Warsaw Open (CL) 32 draw Warsaw €425,000 (404,000)

\* Not an ATP Event    I = Indoor    H = Hard court    G = Grass court    CL = Clay court    S = Synthetic  
Money in parenthesis indicates on-site player compensation

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