

Effects of Performance Diagnostics on Training Practice in Tennis

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Introduction to the topic matter:

Epecially strength is an important factor for both health and improved performance on the tennis court. Therefore it is important to find out weaknesses at an early stage of the tennis career in order to prevent overloading and give more precise individual training hints.

Aim of the presentation:

Both authors will show the actual approach of diagnostics, recommendations and its conversion into practice. On this basis they will provide the audience with their experience and give coaches a model for simultaneous development of technique and condition.

Content of the presentation:

Performance diagnostics with focus on strength and speed will be presented on different levels, i.e. a simple diagnostic and a complex diagnostics. Simple tests can be done by coaches themselves whereas complex diagnostics has to take part in the lab. The information of both complement each other and give a satisfactory survey about the individual profile of each player. This model, exemplary results and recommendations will be presented and demonstrated on the tennis court.

Practical consequences & applications:

Main aim of this contribution is to point out the importance of early performance diagnostics in order to give individual recommendations at this early stage of development. Thus injuries can be prevented and performance improved so that the training process has an adequate basis for high-performance sport.

Background to the presentation:

Performance diagnostics in tennis and other sports has been done for many years at the German Sport University Cologne. The results were transported into training practice of many talents with feedback on their progress. DTB uses data of performance diagnostics in order to optimize search for talents and to support the training process.