

## Stefan Edberg

- World number one player in singles and doubles
- Finished the year in top 5 for 9 consecutive years
- Records 54 consecutive Grand Slam appearances
- Won the sportmanship award for 5 years (SE sportmanship award)
- Won 9 Grand Slams (6+3)
- Won 42 singles titles 18 doubles titles
- Played 1075 matches on the ATP tour



## Carl-Axel Hageskog

- Davis Cup coach/captain 1985-2002
- Coach for M Wilander, Anders Järryd, Henrik Holm, Magnus Larsson, Andreas Vinciguerra
- Working at VXU, Sport Coaching

## Stefan Edberg

- Goals
- Gameplan
- Motivation
- Injuries
- Professional training
- Tournament planning



## Player - Coach

- |                          |                           |
|--------------------------|---------------------------|
| ● Personal identity (SE) | ● Personal identity (CAH) |
| ● Willpower/stubborn     | ● Willpower/stubborn      |
| ● Physique/constitution  | ● Curious                 |
| ● Attitude               | ● Positive                |
| ● Curious                | ● Patience                |
| ● Humble                 | ● Attentive               |
| ● Mental tough           | ● Humble                  |

## Player - Coach

- Competence on court
  - Read the game
  - Make decisions
  - Durable
  - Focus
  - Challenges
  - .....
- Competence on court
  - Feeding balls
  - Encouragement
  - Make decisions
  - Give feedback
  - Organizing
  - Educate
  - .....

## Player - Coach

- Competence off court
  - Planning
  - Way of life
  - Traveling
  - Media
  - Make goals
  - Accept responsibility
  - .....
- Competence off court
  - Planning for others
  - Communicate
  - Analysing
  - Organizing
  - Media
  - Learn/develop
  - .....

## Great Champions =

- Playing experience
- Willpower-determination
- Ability to execute in specific situations



## Experience!!!!

- How do we learn to be a good player or coach?
- Experience..... from what?

# STEFAN EDBERG

- 9 GRAND SLAMS
- 42 ATP SINGLES TITLES
- 18 ATP DOUBLES TITLES
- ATHLETE OF THE YEAR 1990
- 70 DAVIS CUP MATCHES



## Great Champions

- Focused
- Tough
- Professional
- Loyal
- Humble
- Big portion of humor

