

A structure and a method help in the jungle of physical terms

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Introduction to the topic matter:

Everybody knows Tennis has changed to an absolutely physical sport. The game (or "to play" is still the heart of Tennis but without a top physical condition nobody would have a chance in future Tennis.

All players with high performance goals have to be ready to work as hard as possible.

But how they have to work – is it enough to run, to do a workout in the gym, and to do any sprints?

In Switzerland we have the goal that all players and physical coaches work with the same structure and method. It will help us to find a similar physical-training language. Pierre Paganini (the physical coach of Roger Federer) created this structure and this method. His experiences and the clearness of the method (and fortunately the success of Roger Federer and other players) give us the confidence that this is a right way of physical work. This method is the key for the players to transfer their physical abilities into the Tennis game.

Aim of the presentation:

I would give you an idea how we work in Switzerland. What is the content of the method and how it looks in the practise trainings.

I would demonstrate you the difference of "general" and "orientate" movements and how is possible to integrate these in Tennis or to use it in specific physical Tennis-trainings.

Further you would see how important the communication is between the physical coach, the Tennis coach and the medical team. This team-spirit will help the players to find the transfer between medical themes, physical work and Tennis tactic or technical trainings.

Content of the presentation:

With the example of speed and coordination training I would demonstrate the five different methods.

- "General-physical method"
- "Orientate-physical method"
- "Integrate-physical method"
- "Specific-physical method"
- "Prophylaxis-physical method"

Practical consequences & applications:

1. Every training has a clear structure and a method
2. The planning and periodization becomes a high priority
3. The exchange of information between the different coaches is absolutely important

Background to the presentation:

I can improve my experiences about this method day by day in the practical work with athletes or in the training courses with other coaches.

The method does not invent the condition work but it gives a structure in the jungle of the physical terms.

Endurance is still endurance, force is still force – the typical methods such as interval trainings, force-endurance trainings, etc. are still existent.

After my study at the university to become a sport instructor or after my education to a high level performance sport coach I thought I knew all about physical work. I just had one problem: How to transfer all my knowledge in the practise. The collaboration with Pierre Paganini and the knowledge about his method helped me to find the way out of the jungle. I saw how to transfer the knowledge in the practise and I saw that the athletes understood to transfer their physical abilities into the Tennis game.

These experiences give me the power to educate more coaches – they should have the possibility to a similar experience.