

Developmental approach for elite youth tennis players



**Paul
Wylleman**

Mental Coach

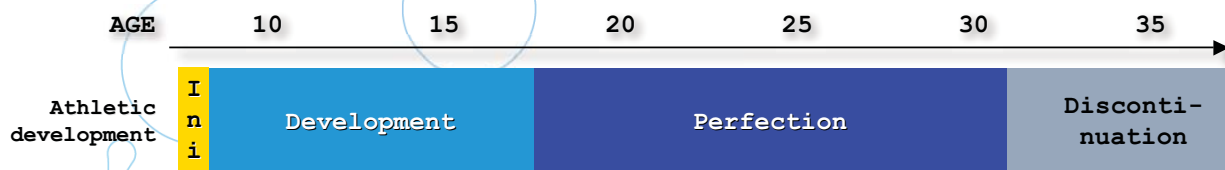
**Steven
Martens**

Head Coach



Talent development VTV

Structure VTV in developmental model

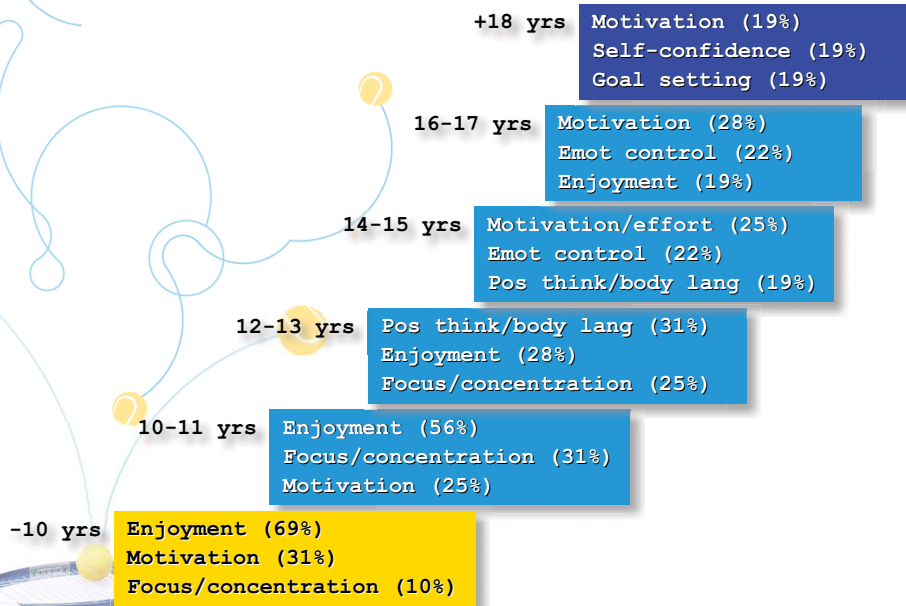




Mental development in tennis career

Wylleman, Kahan & Beyens (2006)

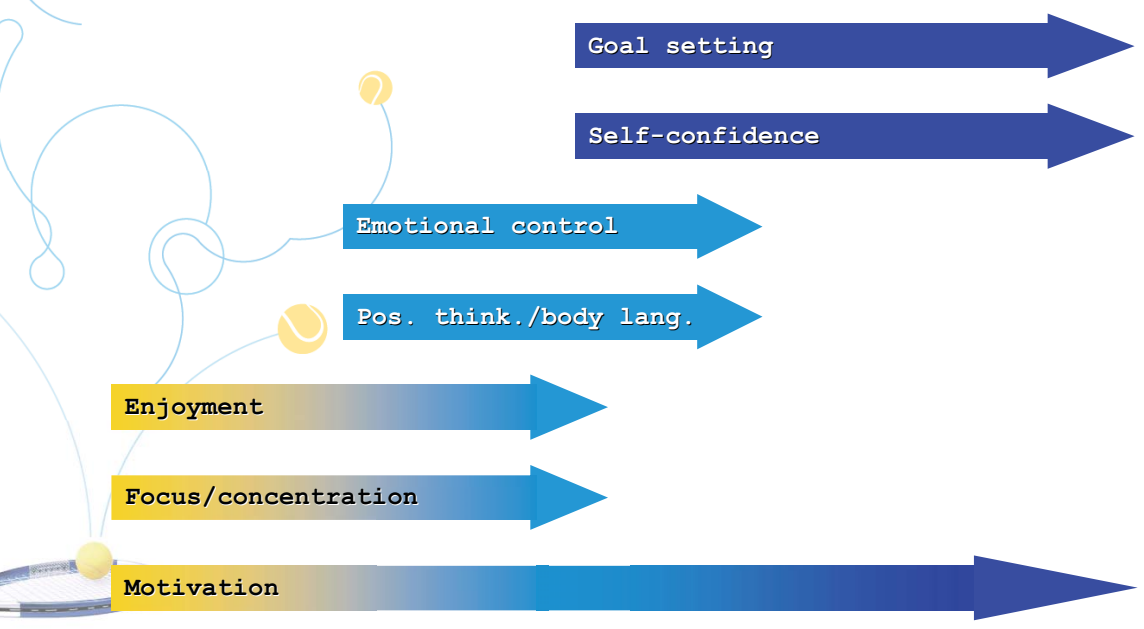
AGE 5 10 15 20 25 30



Mental development in tennis career

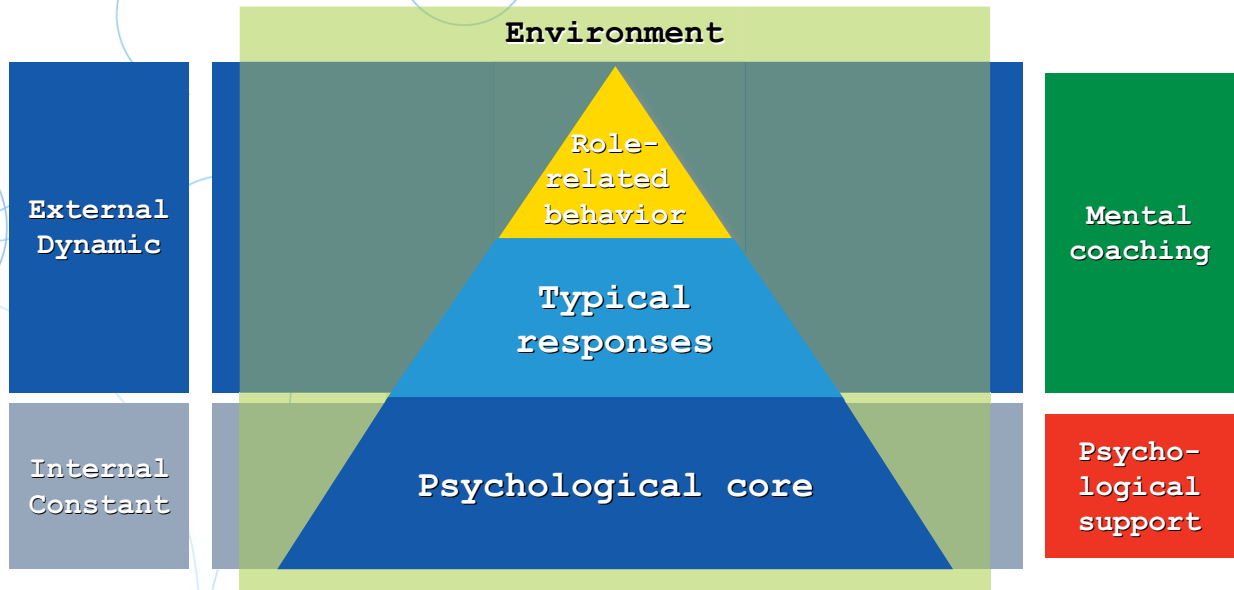
Wylleman, Kahan & Beyens (2006)

AGE 5 10 15 20 25 30



Mental coaching

Mental coaching vs psychological support



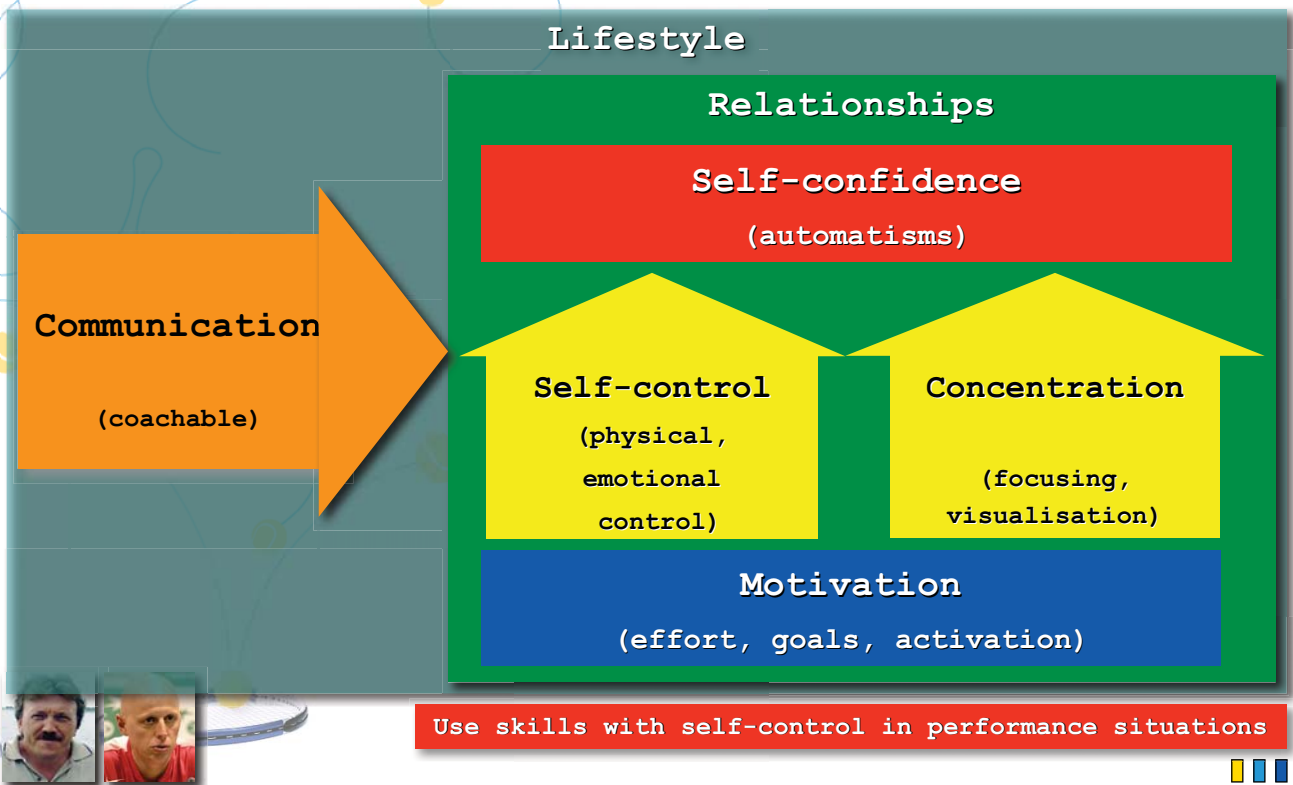
Sport psychologist to mental coach

History in a nutshell



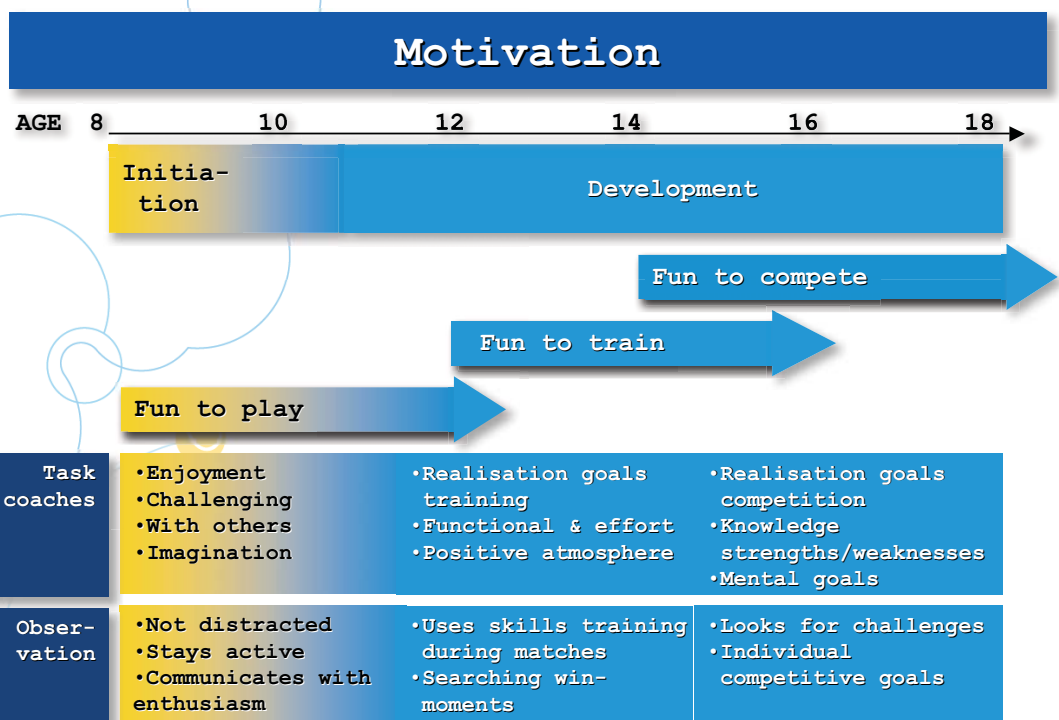
Step 1 - Model mental skills

Develop^{mental} program VTV



Step 2 - Develop mental skills

Develop^{mental} program VTV



Step 5 - Teaching self-control

Developmental program VTV

Exercise on-court

Emotional control

Cognitive
re-structuring
Visualisation

Arousal control

Feeling of control
Hold-Release
Out = Relaxation

Breathing control

Feeling of control
Method - Tempo
In-hold-out



Breathing control during play

Teaching self-control



Breathing control during play

Video Teaching self-control



Breathing control during & after play

Video Teaching self-control



Step 6 - Teaching concentration

Developmental program VTV

Visualisation

Imagery
Performance
situation

Concentration

Broad-narrow
Internal-External

Arousal control

Breathing control
Relaxation



Use visualisation to train service

Video Teaching concentration

1. Dialogue: imagine great serve from recent match

2. Demonstrate: lively and feel result

3. Feedback

4. Full to partial demonstration with eyes closed

5. Take the feeling with you



Breathing control & visualisation

Video Teaching concentration



"U•R•Prepared" routine (O3 routine)

Video Routine during training match



Conclusion

We are prepared for tomorrow.

Are you?

