

Developmental approach for elite youth tennis players



**Paul
Wylleman**

Mental Coach

**Steven
Martens**

Head Coach

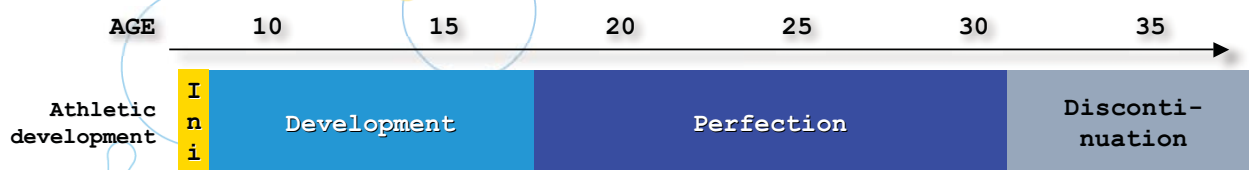


ERNST & YOUNG



Talent development VTV

Structure VTV in developmental model



Talent development VTV

Structure VTV in developmental model



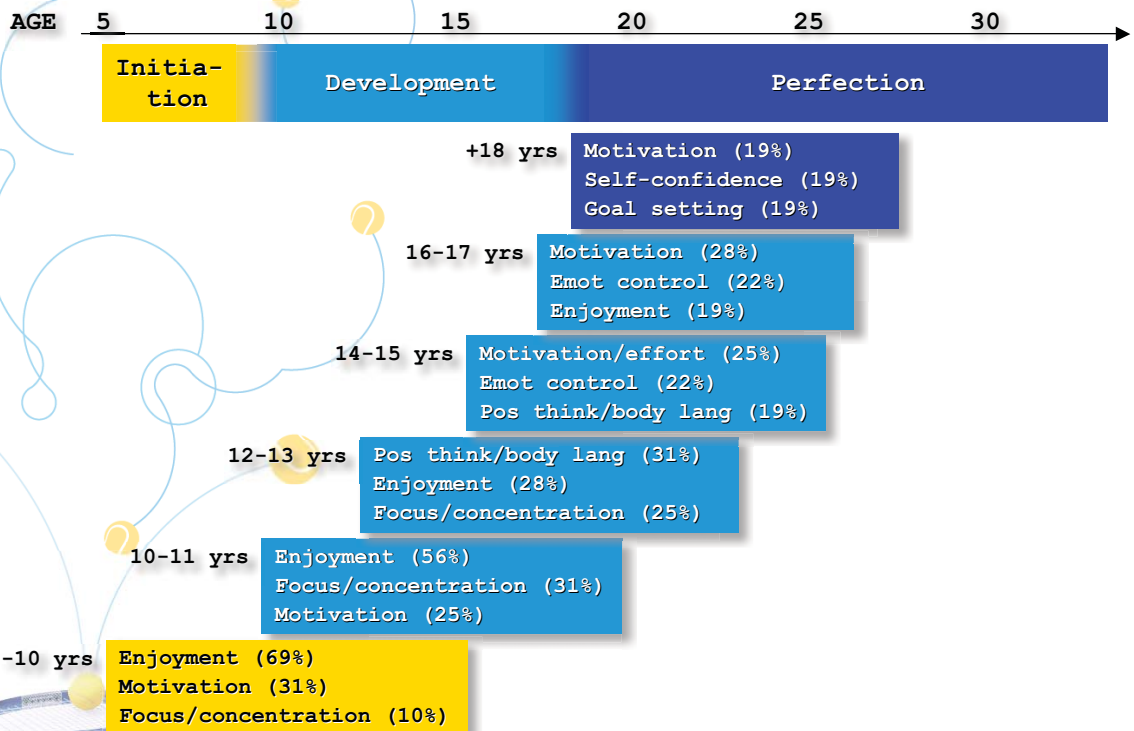
Mental development in tennis career

Video "Federer"



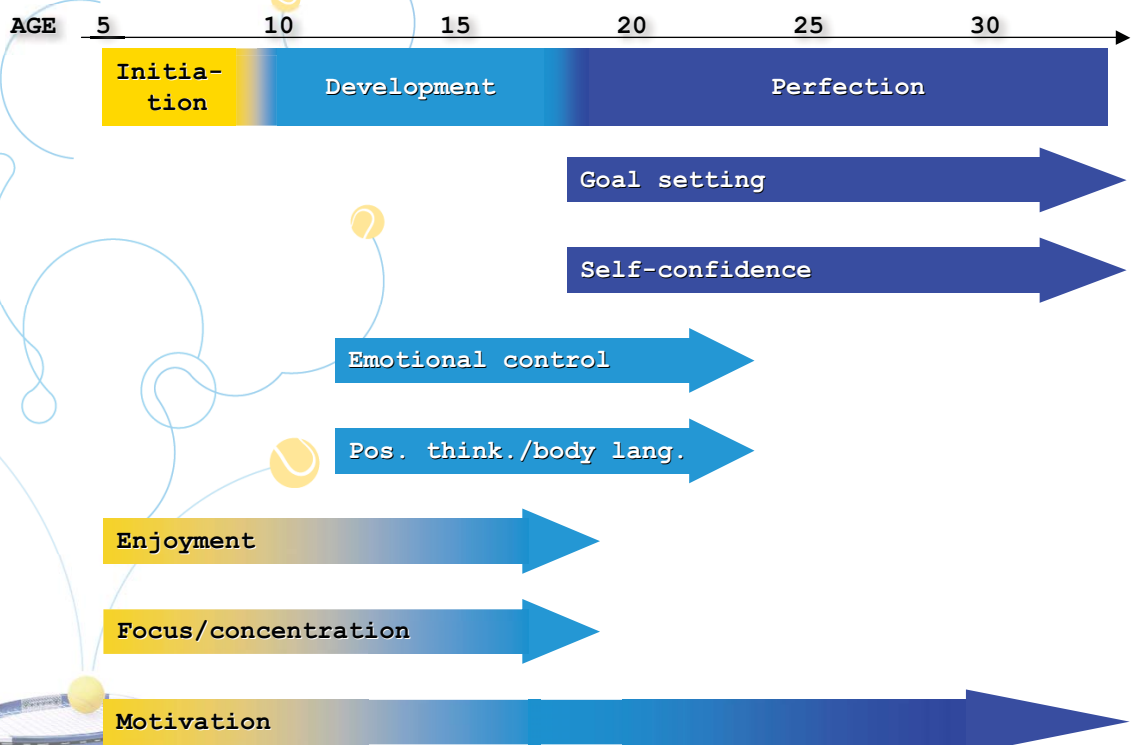
Mental development in tennis career

Wylleman, Kahan & Beyens (2006)



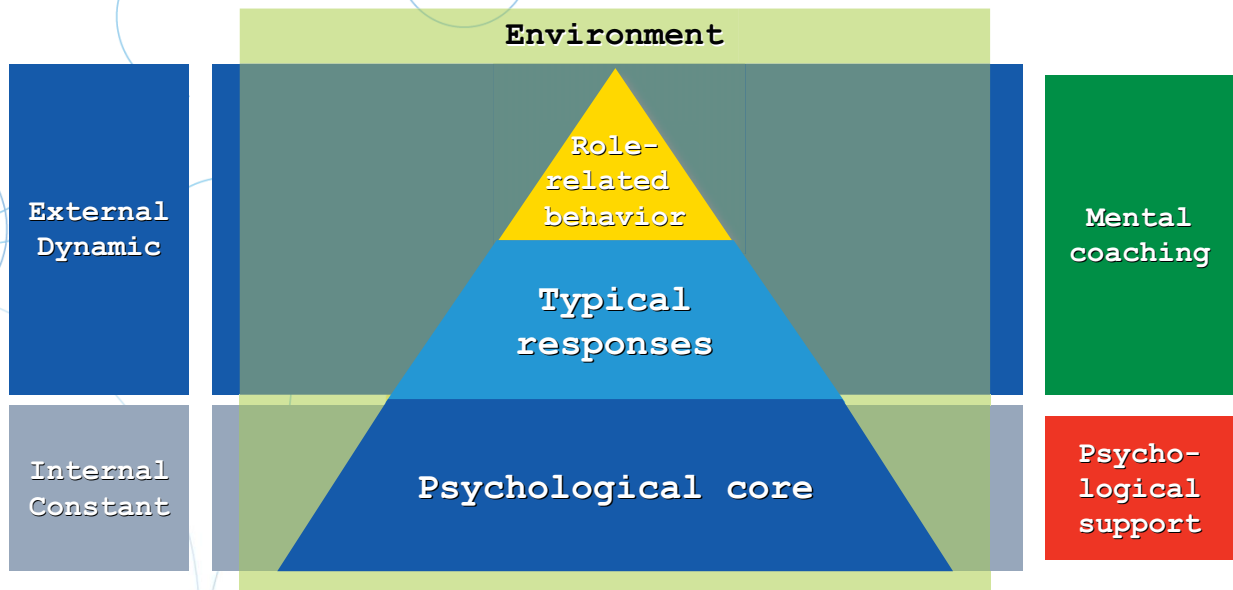
Mental development in tennis career

Wylleman, Kahan & Beyens (2006)



Mental coaching

Mental coaching vs psychological support



Sport psychologist to mental coach

History in a nutshell

**1988
to
1998**

Sports psychologist

- Coach education
- Theoretical sessions with players



**1997
to
2002**

Teambuilding

- Style of communication (coaches)
- Create the right climate (young kids)



**2002
to
...**

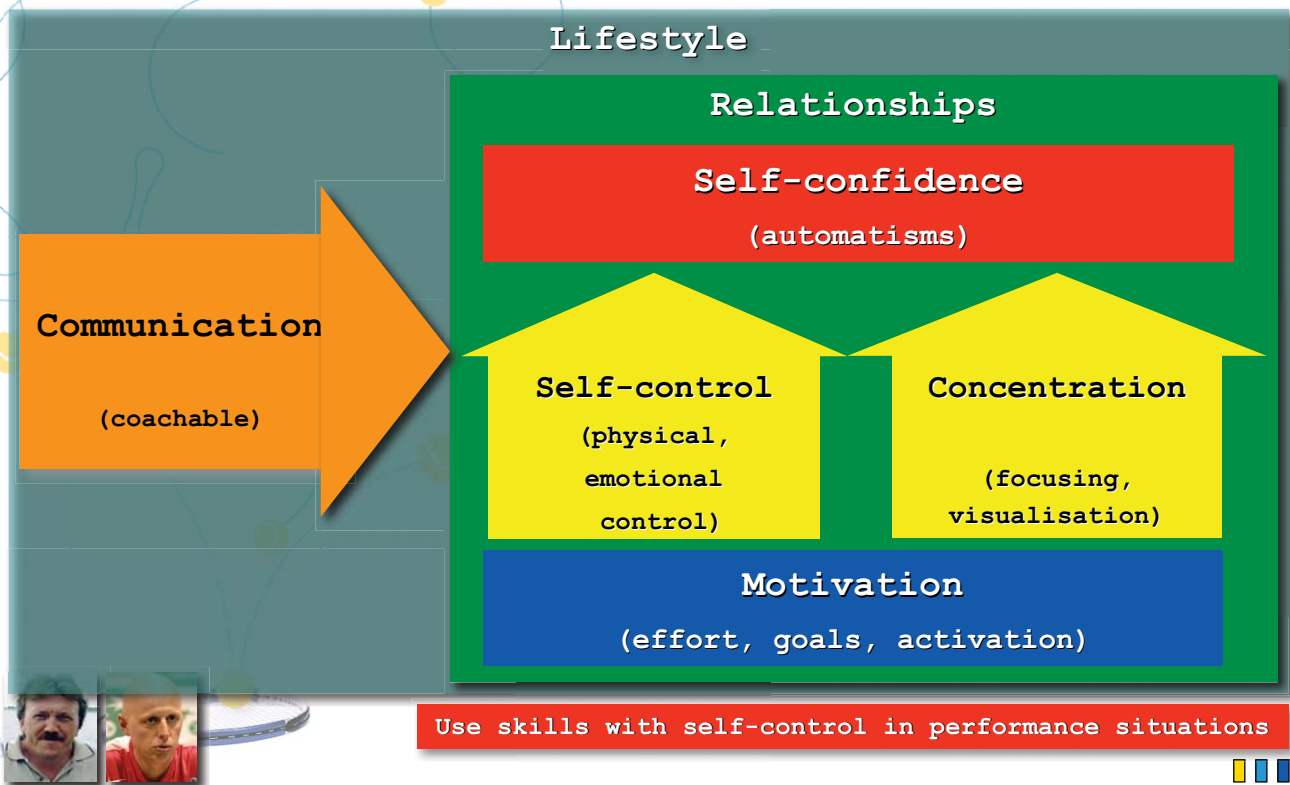
Mental coach

- More on court (life feeling)
- Coach the (tennis) coach



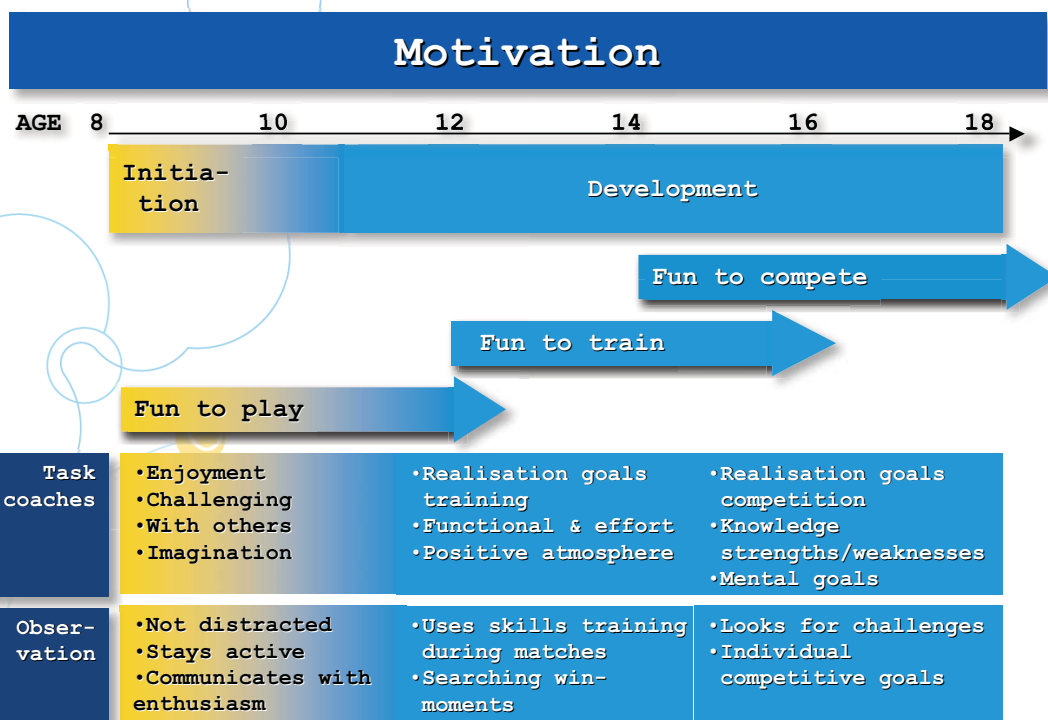
Step 1 - Model mental skills

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?

