

Mental coaching in professional tennis



**Steven
Martens**

Head Coach

**Paul
Wylleman**

Mental Coach



delta lloyd

Het Nieuwsblad

DUNLOP



ERNST & YOUNG

asics

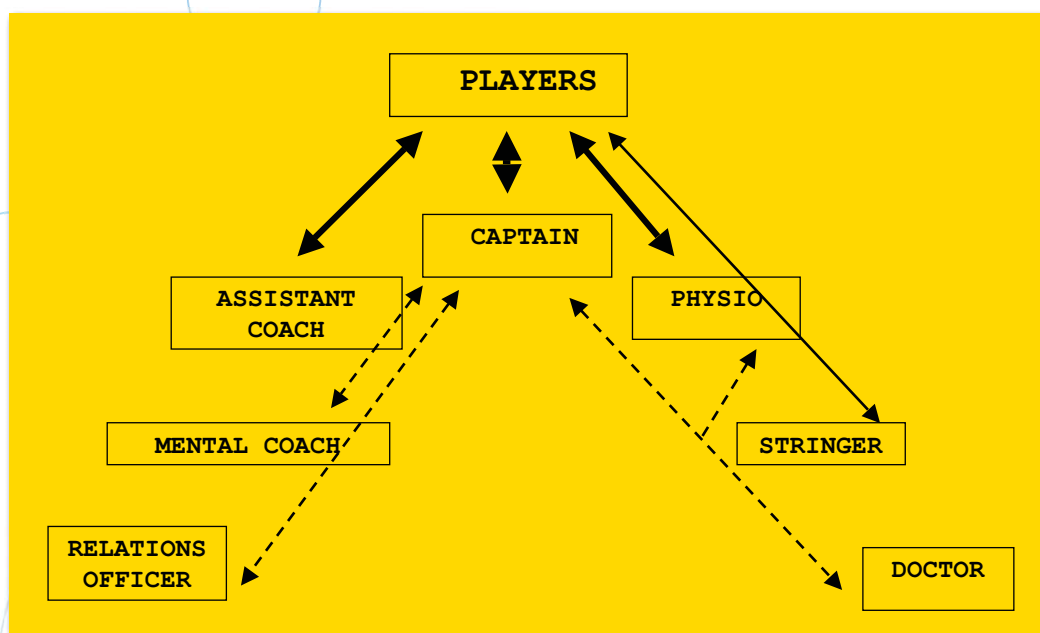


Davis Cup

2006

- **TEAM work**
- **Clear definition of roles and tasks**
- **Captain = bottleneck for information**
- **Controlled interrelation within team**
- **Sport psychologist = member of the staff**





- Team dinner
- Creating a mindset



- Mental strategy : "traffic jam"
- Belief in ourselves
- Press relations



Team tasks during match

Davis Cup Belgium - USA 2006

Interaction captain - team members

- Strategy => assistant-coach
- Energy balance and nutrition => doctor
- Mental state and momentum => mental coach



- Player observation
- Team observation (bench)
- Communication with captain
 - Non verbal during match
 - Talk in between matches
- Preparation waiting players (with physio)



Day 3

- Negative energy control (Dr Evil - coach the coach)
- Player preparation



Coaching at changeover

Davis Cup Belgium - USA 2006

During match

- Quiet observation during early stages



Coaching at changeover

Davis Cup Belgium - USA 2006

During match

- Close and intense message (eyecontact)



Coaching at changeover

Davis Cup Belgium - USA 2006

During match

- Trying to persuade (stubborn)



- Non contact



Coaching at changeover

Davis Cup Belgium - USA 2006

During match

- Too late (bad timing)



Coaching during point

Davis Cup Belgium - USA 2006

Task-oriented (not a fan)



Post-match

Davis Cup Belgium - USA 2006

- Debriefing
- Handling the press



Takehome messages (1)

Head coach on mental coach

View team captain on mental coach

- Part of staff !
- Clear job definition
- Clear definition of "working" times during practice (<> physio, doctor, stringer, ...)
- Intensive relation during match (coach the coach - body language)



Takehome messages (2)

Head coach on mental coach

View mental coach

- Look and "presence" needed !
- Prepared to stay out of the spotlight
- Particular "position" in group (e.g. where to sit in lounge, in stands, ...)
- Feedback to other staff members while being a staff member ...



We will take your questions now

**about everything you always
wanted to know but were
too afraid to ask!**

