

GAME PATTERNS OF WORLD'S TOP PLAYERS

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Structure of presentation

1. Summary of tendencies of modern tactical-technical training
2. Presentation of a bit different way of analyzing matches - focus on tactical decisions, shots' precision and game patterns
3. Description of chosen game patterns of some of the world's best players*
4. (Interactive) discussion over training procedure which helps to plan on-court training effectively

RESEARCH CONCERNING INFLUENCE OF TACTICAL-TECHNICAL ABILITIES ON RESULTS AND DEVELOPMENT

- Player able to **choose the right possibility** and to place the ball with **accuracy** (usually close to the line) increases the chance to win a point while placing a ball into middle part of the court usually decreases a chance of winning a rally (Schönborn 1999).
- The ability to **connect** tactical decisions and shot precision into one effective process is an important factor affecting performance in modern tennis
- **Ability to direct ball precisely gives better chance for success, not only in a match but also in entire tennis career** – already juniors should work on shots' precisions (**Unierzyski 2003**)

A LITTLE REMINDER *PHILOSOPHY OF MODERN COACHING*

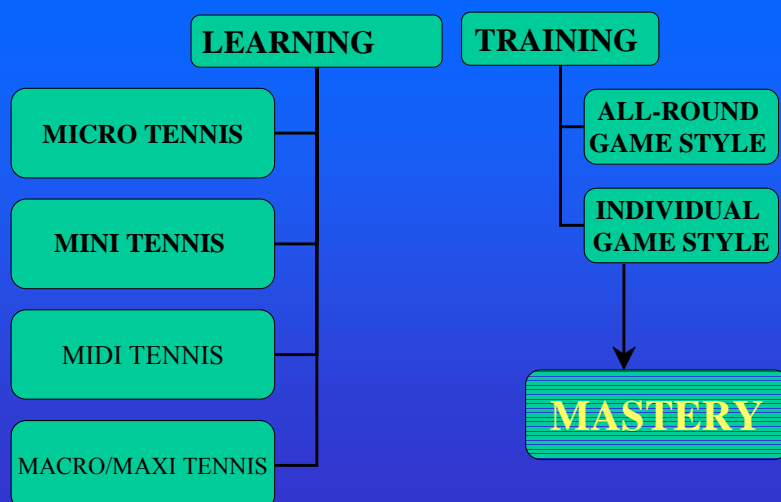
1. Broad and specific motor and mental development are critical but in the end all skills are 'servants' of tactics
2. The final goal of serious players' development: to reach TT mastery & individual game style with the respect of biological and biomechanical rules/laws
3. Integration of different methods- Tactical Approach & complex training
4. Learning process has an interactive character and should involve a player in all decisions

GENERAL PHILOSOPHY cont.

5. Training requires constant use of TGfU and notational analysis as a source of data and motivational tool
6. TT development is a step by step/stage by stage process
7. It is crucial to plan the development of each talented player so he/she will reach perfection in tactical-technical skills and build up “own” game style at a right time

Is worth researching top players, average players and „own” players to get more & better data for planning of training

TECHNICAL-TACTICAL DEVELOPMENT IN TENNIS



THE STAGES OF TENNIS' CAREER – (R.Schönborn + many more)

1. **General all-round motor basic development**
Introductory training (apr. 5-7)
2. **Versatile all- round basic training** *Versatile training (apr.7/8-11/12)*
3. **Building up training** *Semi-specific training (apr.12-14)*
4. **Sport-specific training** *(apr.14/15<)*
specialisation
 - 4.1. **Performance training (apr. 14 – 16/17)**
 - 4.2. **High-performance training (apr.16/17 <)**

TACTICAL-TECHNICAL PRIORITIES DURING STAGES OF LEARNING

MICRO TENNIS

- *Coordination development*
- *Main technical element: point of contact.*
- *Importance of fun/coordination games and other sports*

MINI TENNIS

- *Start to develop of an all- round game style & core of all basic strokes („angle game” learn „own” grips, footwork, simple kinematical chain)*

MIDI TENNIS

- *development of all-round tactics & technique (all games situations)*
- *begining of shaping of final technique (in easier conditions)*

MAXI TENNIS

- *„shaping” of final technique*
- *development of all-round game style*



TACTICAL-TECHNICAL-DEVELOPMENT AFTER MINI TENNIS (TRAINING STAGE)

Before puberty (11-12):

- to develop an all-round game, as the basis for future, individual game-style:
 - learn to play in all five game situations and use five basic tactics confidently
 - learn own/individual technique
 - improve shot precision and automaticity (automatic reactions) in all game situations.

During puberty (13/14 and 16/17):

- very high level of shot precision and automaticity (especially in favourite game situations)
- create their own, individual game style, learn their own physical, mental, and tactical-technical strengths and limitations,

TACTICAL-TECHNICAL- DEVELOPMENT (cont)

After puberty 16/17:

- to perfect individual game style/patterns
 - shot precision and automaticity (in favourite situations)
 - individual game patterns/ ability to use optimally own strengths and cover limitations

But:

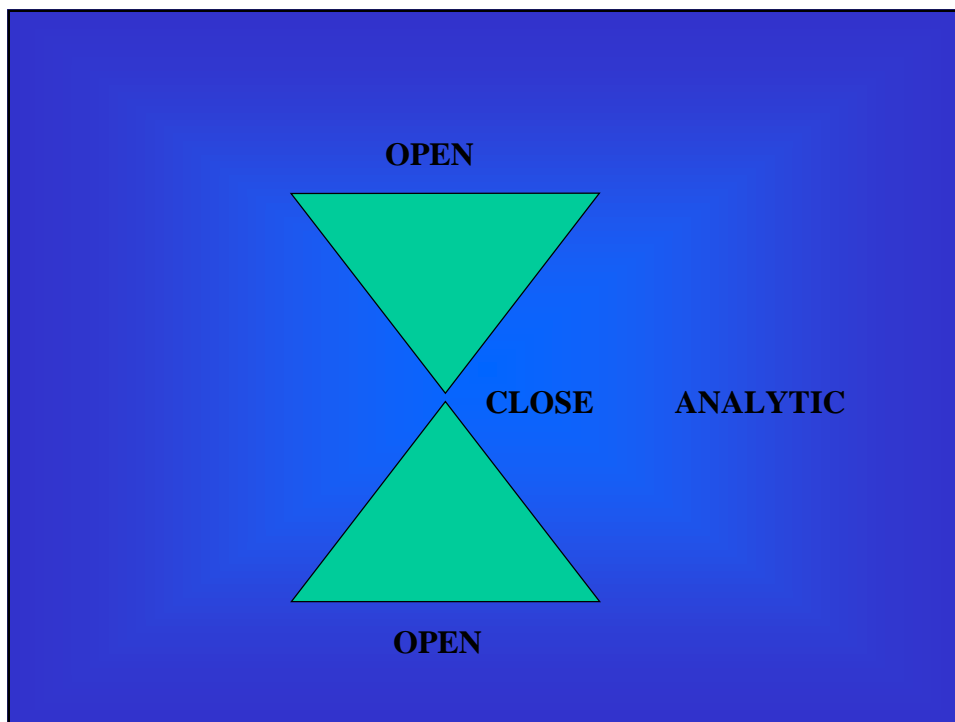
The progress after 20, even 2...30 is still possible



FACTOR, TRAINING FORM	AGE							
	5-6/7	7-8/9	10-12	12-14	14-16	16-17	17-20	+20
BOYS	5-6/7	7-8/9	10-12	12-14	14-16	16-17	17-20	+20
GIRLS	5-6/7	7-8/9	9-10/11	11-12	13-14	14-15	16-17	+18
<i>ALL-ROUND FITNESS</i>	3	3	3	3	=>	=>	=>	=>
<i>TENNIS-SPECIFIC FITNESS</i>			1	2	3	3	3	=>
<i>ACTION SPEED</i>	1	1	2/3	3	3	=>	=>	=>
<i>TENNIS SPECIFIC SPEED</i>	1	1	2	2	3	3	=>	=>
<i>COORDINATION (TIMING)</i>	2	3	=>	=>	=>	=>	=>	=>
<i>COORDINATION (RHYTHM, BALANCE)</i>	2	3	3	=>	=>	=>	=>	=>
<i>AEROBIC ENDURANCE</i>	1	1	1	2	2/3	3	=>	=>
<i>ANAEROBIC ENDURANCE</i>					1	2	3	3

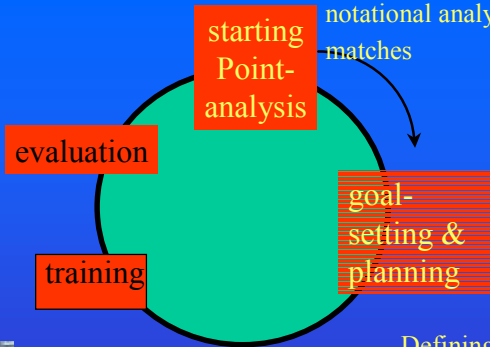
FACTOR, TRAINING FORM	AGE							
	5-6/7	7-8/9	10-12	12-14	14-16	16-17	17-20	+20
BOYS	5-6/7	7-8/9	10-12	12-14	14-16	16-17	17-20	+20
GIRLS	5-6/7	7-8/9	9-10/11	10-12	13-14	14-15	16-17	+18
<i>MUSCLE ENDURANCE</i>				1	2	3	3	=>
<i>MAXIMAL STRENGTH</i>					1/2	2	3	3
<i>DYNAMIC POWER</i>		1	1	2	3	3	3	=>
<i>FLEXIBILITY</i>	2	2	3	3	3	3	=>	=>
<i>MENTALITY (its influence on performance)</i>	1	1	2	2	3	3	3	=>
<i>VISUAL INTELLIGENCE</i>	2	3	3	=>	=>	=>	=>	=>
<i>VERBAL INTELLIGENCE</i>	1	1	1	2	3	3	=>	=>
<i>MENTAL TOUGHNESS</i>		1	1	2	3	3	3	=>

FACTOR, TRAINING FORM	AGE							
	5-6/7	7-8/9	10-12	12-14	14-16	16-17	17-20	+20
BOYS	5-6/7	7-8/9	10-12	12-14	14-16	16-17	17-20	+20
GIRLS	5-6/7	7-8/9	9-10/11	10-12	13-14	14-15	16-17	+18
<i>BASIC TENNIS TECHNIQUE</i>		1	2	3	=>	=>	=>	=>
<i>ADVANCED TENNIS TECHNIQUE (ROTATIONS)</i>		1	2	3	=>	=>	=>	=>
<i>ADVANCED TENNIS TECHNIQUE (AUTOMATION)</i>		1	1	2	3	3	3	=>
<i>PERSONAL COMBAT STYLE</i>			1	2	2	3	=>	=>
<i>TECH-TACT TR. IN TYPICAL SITUATIONS</i>			1	2	3	=>	=>	=>
<i>TECH-TACT TR. IN PREFERRED SITUATIONS</i>			1	1	3	3	3	3
<i>TALENT IDENTIFICATION</i>	1	1		2		3	=>	=>
<i>RESULTS</i>	?	?	1	2	2	2	3	=>



EFFECTIVE COACHING CYCLE

adapted from Frank van Fraayenhoven, here based on
open situation, notational analysis - data from
matches



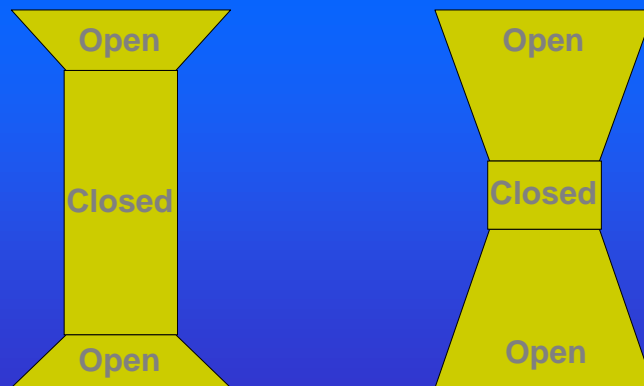
Defining areas of improvement – what should I perfect to play more effectively??



Guidelines towards open – 1/2 open – closed drills

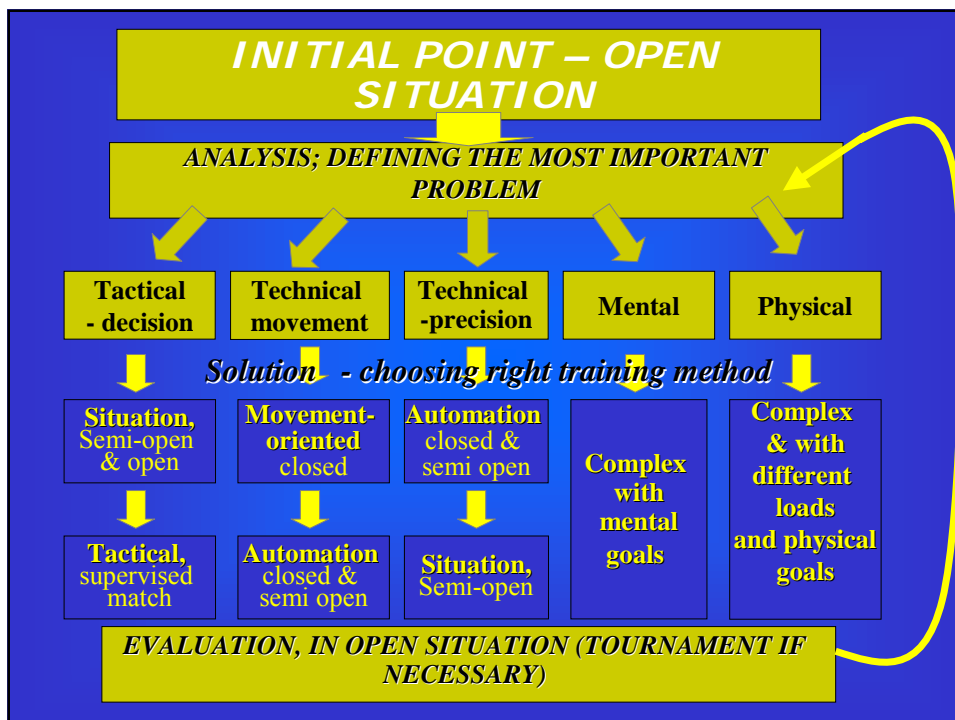
(adapted for Ivo van Aken)

less and more advanced players



MAJOR TYPES OF ON-COURT DRILLS

- 1) „CLASSICAL” TECHNICAL TRAINING; working on movement ‘by isolating’ the specific area of work – usually as a closed drill;
- 2) TECHNICAL TRAINING–PRECISION (AUTOMATION); closed to semi open drills performed with optimal tempo/speed
- 3) SITUATIONAL TACTICAL-TECHNICAL; improving decision and precision, perfecting typical and individual/favourite game patterns, adding one more option to the repertoire; (e.g. one more „way” to approach, or one more approach shot), maximal ind. speed closed – 1/2 open – to open
- 4) TACTICAL TRAINING; perfecting decision– „1/2 open to open
 4.1. Supervised match, points, simplified game – perfecting decision
 + A COMPLEX TRAINING with different load and goals)



Method

- 1) Comparison to own game
e.g. in won and lost sets
- 2) Comparison to other
players (need for database –
we are working on it at my
University)
- 3) Comparison to main/
next/previous opponent

		NET				
		L	LM	M	RM	R
1						
2						
3						
4						
5						

Notational Analysis

Procedure

general view-
comparison to
other elite players

„My” player

„Others”

Outs are excluded

		NET				
		L	LM	M	RM	R
1						
2			F	Base Line (Fh +Bh)	BH	
3			19	28	38	
4		24	42	41	47	25
5				72 59		

comparison
 Won/Los
 sets
 and to others

Sets:
 •Won
 •Lost
Other players

		NET				
		L	LM	M	RM	R
1			Fh	base line	Bh	
2			18	27	38	
3			21	28	38	
4			42	41	47	
5						

Fh/Bh
 distribution -
 depth

Sets:
 •Won
 •Lost
Other players

		NET				
		L	LM	M	RM	R
1						
2						
3						
4						
5		<p>36 Fh 25 Bh 22 Fh 25 Bh 24 Fh 25 Bh others</p>				

shots
distribution;
cross vs short
cross

„My” player

Outs are excluded

	NET				
	L	LM	M	RM	R
1					
2	1	28			2,5
3	4,5				2,5
4	24				25
5					

Fh
distribution
in
W/L sets

Sets:
•Won
•Lost

Other players

	NET				
	L	LM	M	RM	R
1					
2		18 21			
3					
4	10 12	2 5		8 12	17 23
5	15 11				15 12

Bh distribution in W/L sets

		NET				
		L	LM	M	RM	R
Won Lost	1					
	2					
	3	7 7	3 7	36 36		
	4	17 7	20 20			9 12
	5	4 9				

Bh distribution in W/L sets (2)

		NET				
		L	LM	M	RM	R
Won Lost	1					
	2					
	3		3			
	4	17 7				
	5	4 9				

Fh distribution in W/L sets

		FH				
		L	LM	M	RM	R
1						
2						
3				18 21		
4		10 12	2 5		8 12	17 23
5		15 11				15 12

Bh distribution in W/L sets

		BH				
		L	LM	M	RM	R
1						
2						
3		7 7	3 7	36 36		
4		17 7	20 20			9 12
5		4 9	10 9			

Comparison to others - Fh

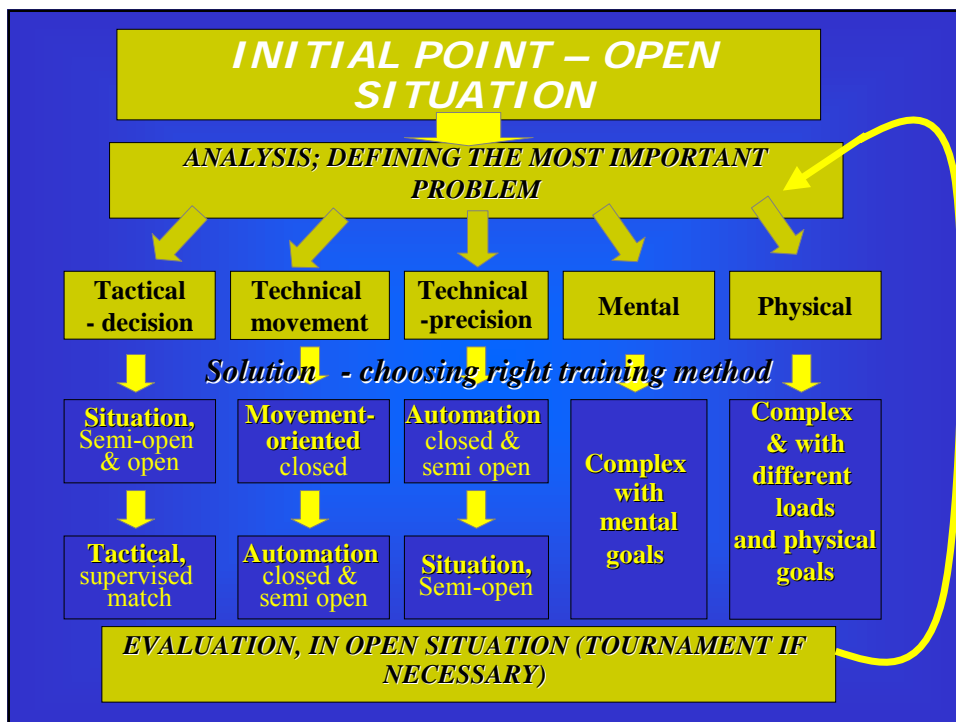
My player
others

		NET				
		L	LM	M	RM	R
1						
2						
3						
4		6 12	4 10			19 10
5				35		14
				24		6

		NET				
		L	LM	M	RM	R
<p>Comparison to others - Bh</p> <p>„My” player W/L others</p>	1					
	2					
	3	5 3	5 9			
	4	10 12	16 12			
	5	6 6	9 7			

		Rallies won					„X” vs. „N” Fhs	Rallies lost					Out 2
		L	LM	M	RM	R		L	LM	M	RM	R	
1		0	0	0	0	0		3	2	1	1	2	
2		0	0	0	1	2		1	1	1	1	1	
3		4	2	21	5	9	Out 5	1	2	36	8	5	
4		6	3	1	7	13		3	3	2	9	12	
5		13	4	1	7	19		6	3	1	6	8	
		23	9	3	20	44		3	0	1	2	4	
								22	7	10	28	33	

		NET					Bhs	NET					Out 4
		L	LM	M	RM	R		L	LM	M	RM	R	
1		0	0	0	1	0	1	2	3	1	2	2	
2		2	2	1	2	0	2	0	0	1	2	0	
3		4	4	40	9	2	3	2	4	4	5	3	
4			7	4	9		4		6	3	7		
5		10	3	2	8	23	5	4	5	2	8	13	
		24	15	8	27	25			3	1	1	2	4
									16	19	13	26	26



		NET				
		L	LM	M	RM	R
1						
2						
3						
4						
5						

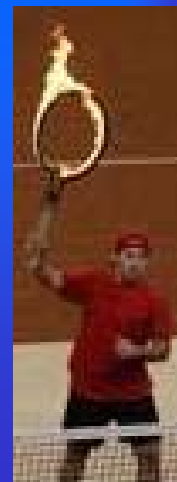
1. Shot precision & automation
2. Mastery in favourite situations
3. Decisions

Practical consequences & applications

Notation analysis gives a base to setting training goals and even planning certain drills.

Practical application ??

YOUR TURN, PLEASE.



MANY THANKS TO:

