

Frank van Fraayenhoven

Postbus 1617; 3800 BP Amersfoort; The Netherlands

Education; Sport and/or university titles

Level 1, 2 & 3 Dutch Tennis Coach

Actual position:

Director of Coaches Education (KNLTB)

Published books & articles:

“Een andere kijk op Tennis”

Chapter for “Worldclass Tennis Technique”

Numerous articles for tennismagazines in Dutch and English

Technical Breaking Point

Introduction to the topic matter:

Coaches use different approaches to intensity of training and ways to improve their players. Players also have different perceptions of how to train.

Aim of the presentation:

Make coaches and players more aware of differences in training, depending on different situations and different needs of players

Content of the presentation:

I will deal with different intensities of training in relation to optimal learning, the player's character, match preparation and the load/rest ratio.

Practical consequences & applications:

Being more aware of how to train in order to improve and perform.

Background to the presentation:

Observation of tennistraining in many countries. Own philosophy based upon experiences with players on advanced and high performance level.