

Hans Peter Born

Hans Peter Born has been the National Tennis Head Coach of the German Tennis Federation (DTB) since 1992. He is responsible for the development program of the juniors 14 & under. He is also the Director of the Education Program for the highest coaches degree (A-License) as well as the Coordinator of the „Diplom-Trainer“ (Masters Program for Tennis Coaches) Education at the Coaches Academy in Cologne, Germany. Hans-Peter Born has also been a member of the ITF Coaches Commission for the past 12 years. Additionally he has been a speaker at numerous training seminars. Hans-Peter Born has also published numerous articles as well as a „Tennis-Fitness-Video“. He is also one of the co-authors of the new e-learning model of the German Tennis Federation.

As a coach and captain, he has been very successful with his players and teams at numerous European Championships, European-Cups, World Junior Cups as well as many other international tournaments. Hans Peter Born was named “Coach of the Year” in 2006 by the German Tennis Federation.

Prior to his job as a National Tennis coach, Hans-Peter Born worked for the State of „Wurttemberg“ as a Head Coach from 1983 to 1992.

Hans-Peter Born earned a Degree in Physical Education from the German Sport University in Cologne, Germany. In addition he earned a Diploma from the Coaches Academy in Cologne, Germany (Diplom-Trainer) with „Best Grade Point Average“ honors. He also earned the highest Coaches Degree of the German Tennis Federation (A-License) as well as the coach’s degree from the Technical University in Munich, Germany.

Developing juniors' game

Hans-Peter Born

National Head Coach and Director of Coaching German Tennis Federation (DTB)

Introduction to the topic

As a National Head Coach I am responsible for the development programme of the juniors boys and girls in the age group 14 & under. Beside this I am the Director of Coaching in the German Tennis Federation. Because of these two parts of my jobs I am very interested if our junior development programme and our training contents are up to date and effective. At the end of the day our training contents have a big influence on the development of the juniors game.

If I have a look at the daily practice, I conclude that the practice of the baseline situation is the main part of the training. On the other hand there is less focus on the approach and net situations as well as on the serve and return. If we like to be more sure about the selection of our training contents, we must take a look at the details of the demands of tennis.

The content selection of the development and training programme for juniors must be oriented at the following questions:

Which are the demands in tennis?

What can we see in the game of world class players?

How will the game look like in ten years?

With the knowledge of the demands of tennis, coaches are able to systemise their practice programmes. This helps coaches to set up priorities for their training. The content of training has to match the demands of modern tennis and the needs of tennis competition.

Aim of the presentation

Based on the evolution of the game of the world class players I would like to draw conclusions for the practice with elite juniors.

Content of the presentation

The presentation is based on the findings of Prof. Dr. Karl Weber (German Sport University Cologne). He analysed all seven matches of the quarter-, semifinal and the final of the French Open 2008 and 2009, the French Open 2002, US Open 2002 and the Australian Open 2006. The results are published in the scientific journal „Leistungssport“ in September 2010. Players like Nadal, Federer, Djokovic, Monfils, Söderling, Del Potro, Gonzales, Murray, Davydenko, Robredo, Costa, Ferrero, Safin, Corretja, Grosjean, Agassi, Pavel and Canas and etc. are in the findings.

The answer of the following questions were in the focus of the research:

How have serve and return developed?

How has the situation serve and return of serve and the following strokes developed?

How long are the duration of the rallies and how many strokes are needed to win a point?

Findings

- **1st Serve**

-A drastic rise in the speed of the serve, higher degree of accuracy, high significant increase of winning points after the first serve, enormous increase of aces.

- **2nd Serve**
-Increase of speed, accuracy, winning points after the 2nd serve
- **Serve and return of serve and the following strokes**
-Over 50% of all rallies are decided after two strokes per player
- **Duration of rallies**
-Generally the rallies are short, but with high quality
- **Actual playing time**
-less than 20% of the duration of the match fall upon the actual playing time
- **Due to the shortening of stroke frequency and time under load there is a change in the character of the game**
- **Number of strokes under time pressure**
-44,7 % of strokes at the baseline under time pressure
- **The results show a dominance of sideward sprints followed by forward sprints. Players have to run into the forehand corner more often**
- **Running path under time pressure 3-6 meters**

Practical consequences & applications

- **High priority of the improvement of the quality of the 1st and 2nd serve in the training programm of elite juniors**
- **Increase of quality through:**
-use targets
-use series
-increase the speed of serve :
through integration of power and speed training in the practice of technique
- **A special practice of the first and second stroke after serve and return is recommended**
- **Requirements for rallies**
-Short but partly high intensive time under load
-Combination of tennis technique and speed strength
-Even though the shorter rallies are very important, also the longer rallies (8-12 strokes) must be trained
- **In order to avoid misunderstandings**
-To learn and to stabilise the tennis technique longer rallies and a higher number of stroke repetitions (e.g. 8-12 stroke) are essential
- **Change of directions**
-The main focus on the one hand is the increase of explosive start and acceleration abilities on the first meters, on the other hand an optimisation of the tennis specific running technique and coordination (footwork) immediately before and after the stroke
-Shorts sprints sideways and a quick change of directions are the in focus of speed training

in tennis

-Start and sprint speed have to be practised for running distances from three to eight meters to the side, especially to forehand as well as backhand side, with or without subsequent changing directions (including strokes) on the baseline.

- **Quality of training**

-Quality in the training process is more important as the increase of quantity

-Due to the lack of time, to avoid of overtraining and prevent injuries we can not increase the training load

Background to the presentation:

-Prof.Dr.K.Weber: Schnelle Aufschläge, kürzere Ballwechsel und höherer Zeitdruck für Grundschnitte in der Tennis-Weltspitze, Leistungssport 5, 40.Jahrgang, September 2010