



Key factors for promising juniors transitioning to PRO

February 27, Stockholm







REMEMBER WHEN? NESTOR PRODUCES MIRACLE DAVIS CUP UPSET OVER EDBERG (1992)

APRIL 5, 2020



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***Passionate
about our
hockey!***



***Having similar
winters!***



Who won that practice set?

U12 nat'l camp, Toronto, May 2012



VS



Bianca Andreescu Priorities 2015-2016 season

Overall Objectives

- To consolidate her understanding of how she will perform with her game style **on a grand stage**
- To learn how to manage the different demands of our sport outside the tennis courts
- To become a good person both on and off the court and a great ambassador for her sport

Performance objectives

- ❖ Win any Jr Grand Slam event, **(NO but WON U18 Jr OB Dec 2015)**
- ❖ Win a \$25K challenger, **YES**
- ❖ Be ranked between 300 to 400 WTA ranking by end of the year 2016 **// (#296 WTA)**
- ❖ Reach top 10 ITF ranking **(reached #4 at end of 2015 season)**



Felix Auger-Aliassime Priorities 2015-2016 season

Overall Objectives

- Consolidate a specific game style emphasizing the execution of skills in a game situation
- Learn to cope with the challenges of different competitive situation such as different surfaces, altitude, game styles, wind and medias.

Performance objectives

- ❖ Win the junior Davis Cup team competition, YES w/Shapo, Sigouin
- ❖ Win an ITF G1
- ❖ Finish top 4 in Grand Chelem event, #4, Finals French Open Jr, Wins US Open Jr
- ❖ Semi-Final of one Future event, #601 – Achieved! wins F35 Futures Pensecola



Background info

Bianca

- Train at the Toronto RTC at 10 years old all the way until graduating to PRO

Felix

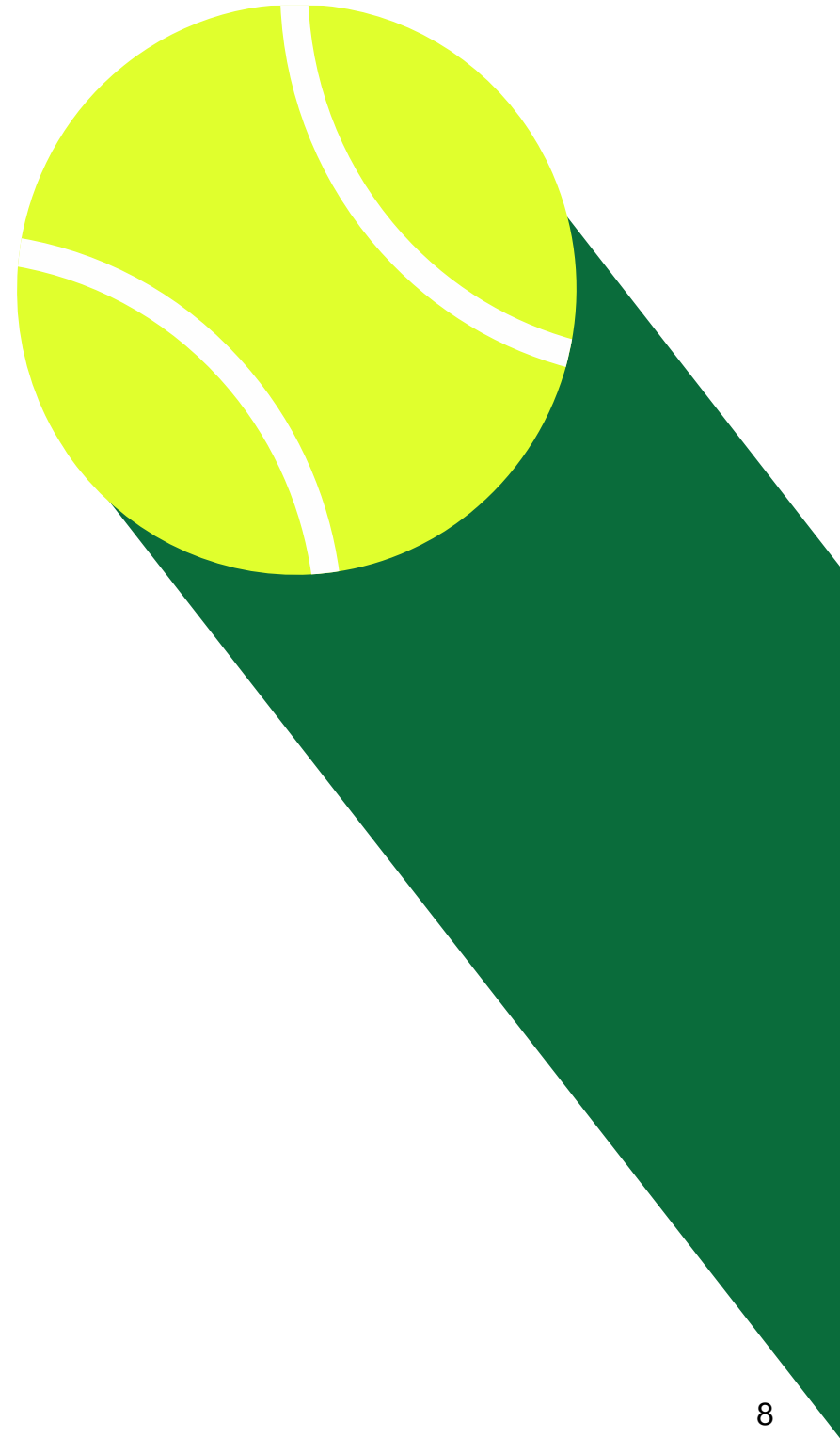
- Joined the QC RTC program full time at 13 years old
- Selected to the NTC program by age 14

Denis

- Coach by his mother....
- Free court from the Toronto center....

Leylah

- Joined the QC prov'l program
- Moved to Florida....



KEY FACTORS TO TRANSITIONING TO PRO

Mindset

Culture, Character, Confidence, Connection

Tennis Skills

Competencies

Mindset

- Taking complete ownership in their project
- Ready to play for the next 15 years
- Love of the game (playing)
- Intrinsic motivation
- Great values
“HUMILITY – WORK ETHICS - RESPECT



Mindset

- Autonomy
- Coachability
- Confident
- Coach-player relation
- Desire to learn and improve their game throughout their career



Competencies

For the long term – able to do anything on the court

What you do...you do it really well.

Strong technical and physical foundation



Other supportive elements helpful to the transition

Destabilize your player!

One day on clay, one day on hard

Milos having to play on clay court for several weeks to learn to build points

Schedule winter & summer camps to work on surpassing oneself!

Multi-sports/activities driven





**NTC winter training camp in
the snow –20 celsius**

Other supportive elements helpful to the transition

Competing in a number of smaller events so to learn how to win. I.E. Brenda fruhvitova won 7 challengers last year

- Helps you to better manage pressure
- Helps you to become tougher competitor
- Helps you learn how to win more often (win/loss ratio)

Having the proper financial and human support to proceed with the training and competitive program costs



Challenges/issues experienced

- **Dealing with the various offers and marketing events coming your way from your agent**
*The importance for the player to have **strong conviction / strong principles** staying focus to **their priorities***
- **The ITF/WTB tournament restrictions on upcoming young female players**
*14 → 15 years old: 8 wta events (max of three w75)
15 → 16 years old // 10 wta events
16 → 17 years old // 12 wta events*
- **Environment: traps / coach and parents if it's not healthy or “In-sync”, it goes in all directions**
- **Injuries**
*Bianca's foot stress fracture at the Australian Jr Grand Slam
“turning a negative into a positive”*



Q & A



Tack för din tid och lycka till på din coachresa!



KLTK Coaches Conference, Feb 2024
Andre Labelle