

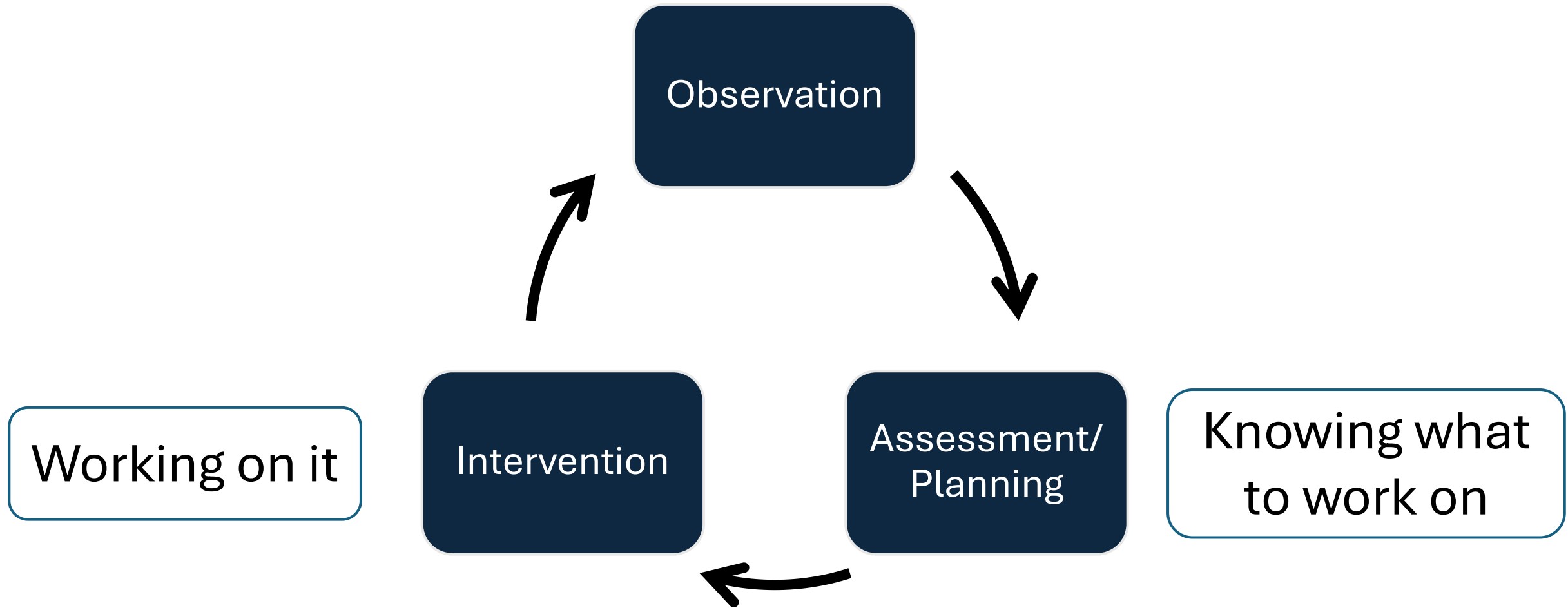
# From Tarbes to the Tour

# Swedish tennis



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# From Tarbes to the Tour

An evidence-informed approach



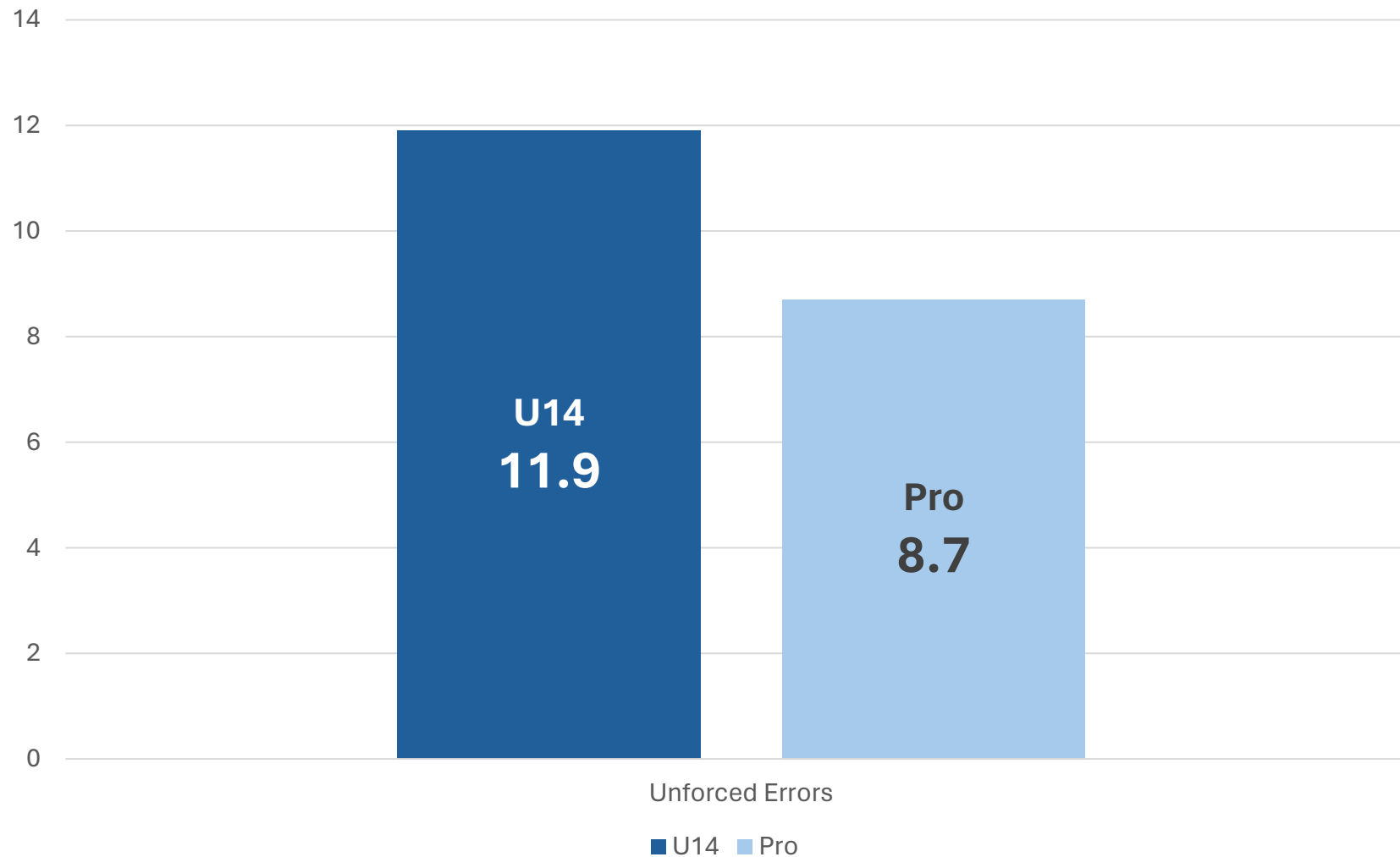
# U14 vs. Top 50 ATP/WTa

		1st %	2nd %	1st w %	2nd w %	R1 w %	R2 w %	BP sv %	BP w %	Hold %	Break %
Girls/Women	U14										
	WTa Top 50	-2%	-4%	+9%	+1%	-6%	+1%	+10%	-7%	+15%	-5%
Boys/Men	U14										
	ATP Top 50	-1%	-1%	+15%	+12%	-13%	-10%	+14%	-5%	+29%	-24%

First difference: **serve quality**

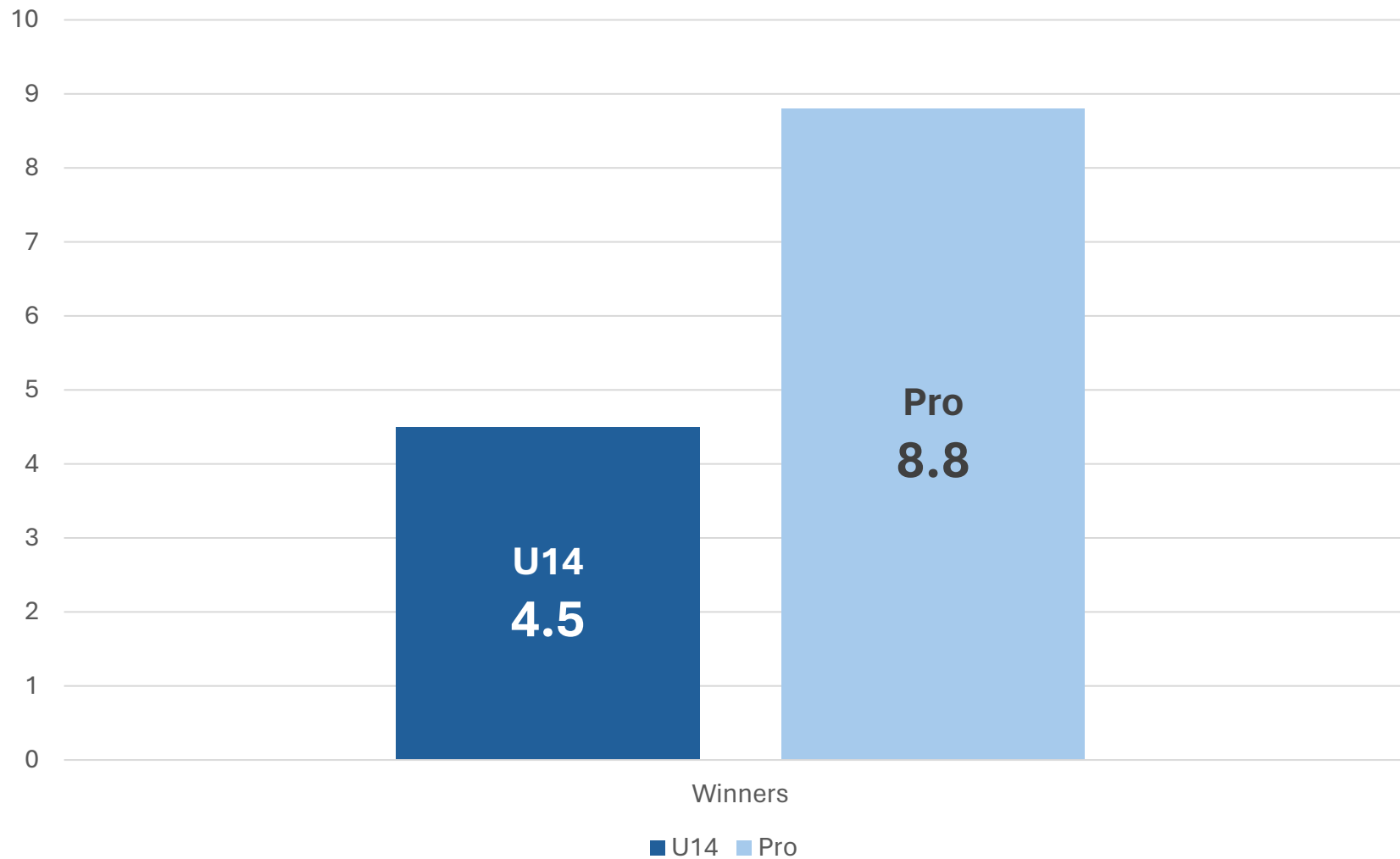
# Unforced Errors

U14 vs Pro – Unforced Errors per set



# Winners

U14 vs Pro – Winners per set





# Tempo

Average time in between shots

Les Petits As:

- Boys' Singles Final: 1.39s / shot
- Girls' Singles Final: 1.35s / shot

Australian Open:

- Men's Singles Final: 1.24s / shot
- Women's Singles Final: 1.23s / shot

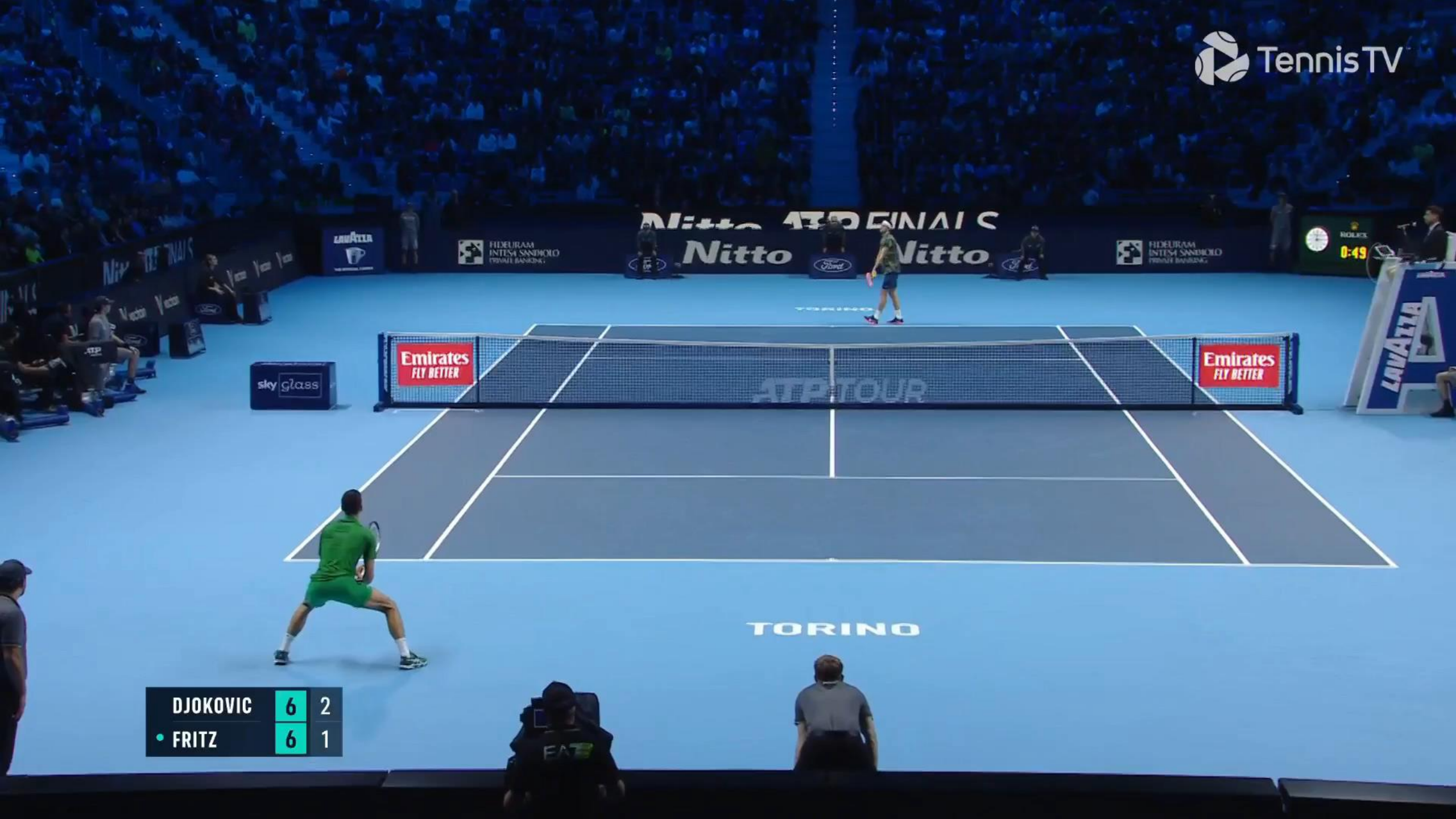


SERVICE : 156 km / h

	BANARES LASALA (ESP)	// 1	00
	ANTONIUS (USA)	0	40

**TARBES**





DJOKOVIC	6	2
• FRITZ	6	1

TORINO

# 42<sup>e</sup> PETITS A ONDIA LACOST

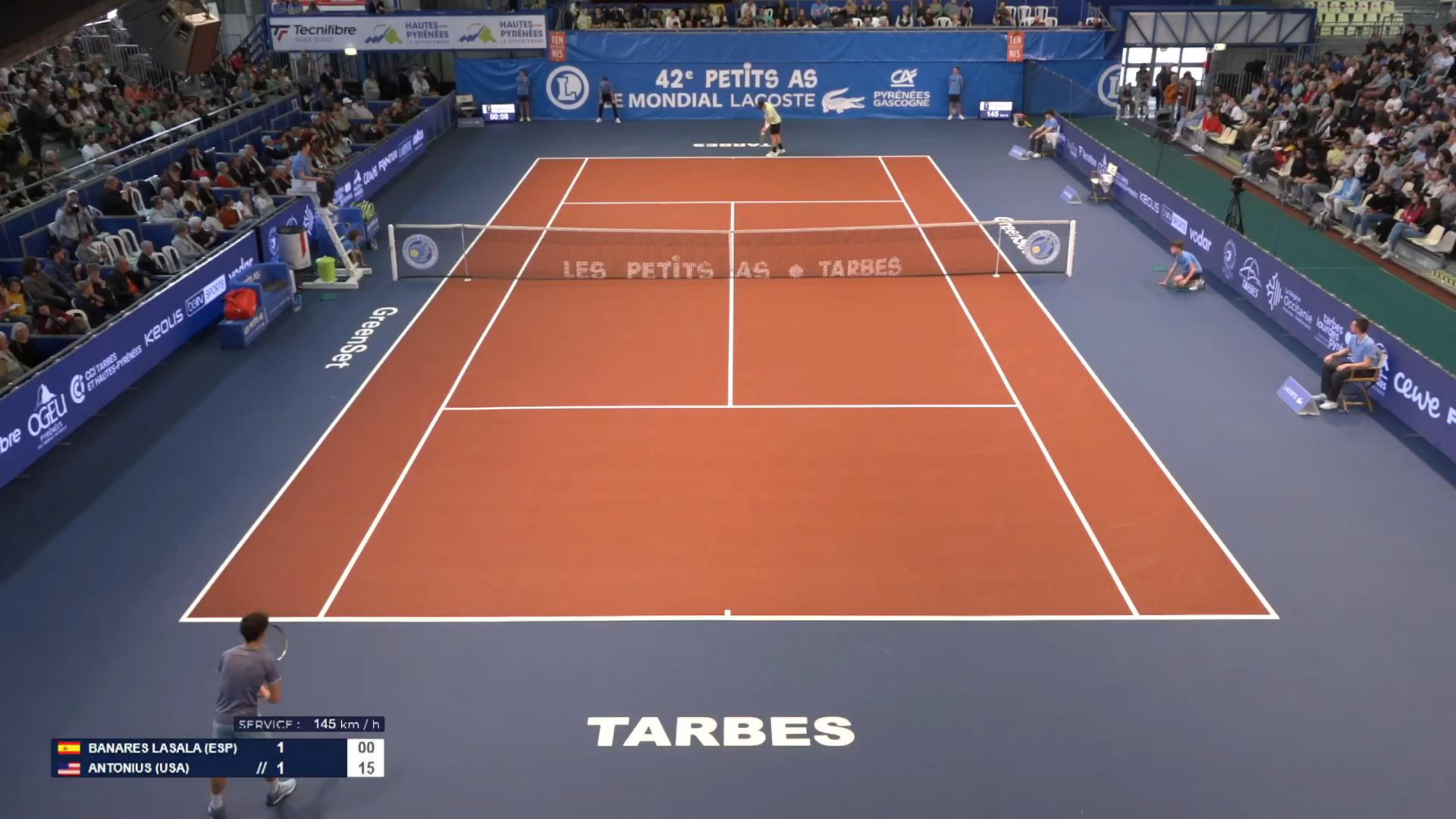


SERVICE : 148 km / h

	BANARES LASALA (ESP)	// 1	15
	ANTONIUS (USA)	2	00







SERVICE : 145 km / h

 BANARES LASALA (ESP)	1	00
 ANTONIUS (USA)	// 1	15

**TARBES**



國窖1573  
GUOJIAO 1573

國窖1573  
GUOJIAO 1573

KIA KIA KIA

Emirates  
FLY BETTER

Emirates  
FLY BETTER



191  
Points

MELBOURNE

 SINNER (4)	3	0
 MEDVEDEV (3) /	6	15

# What is the difference between U14 and Pro?

- Serve + 1
- Tempo



# What **isn't** the difference?

- Depth/Precision

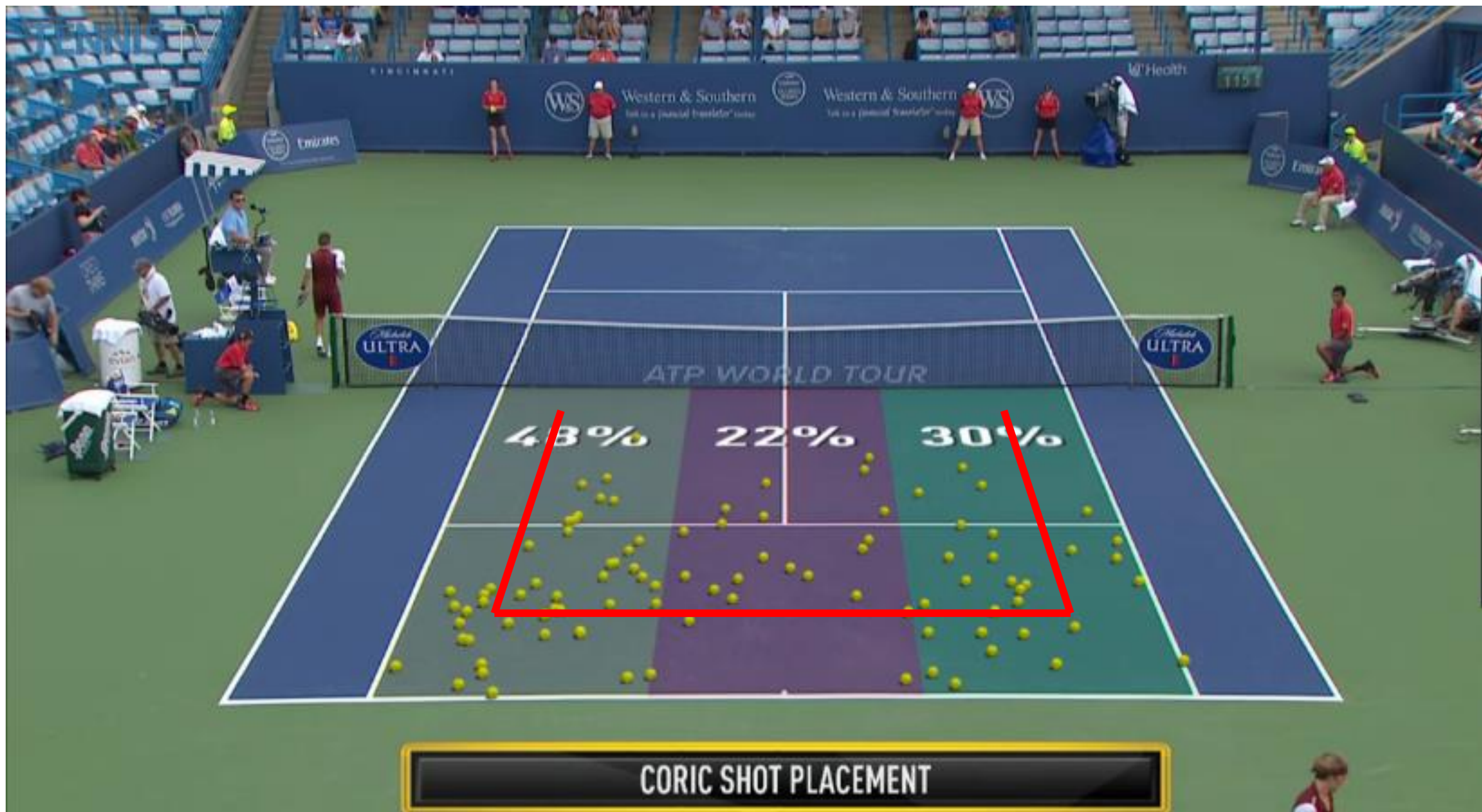
TENNISTV.COM



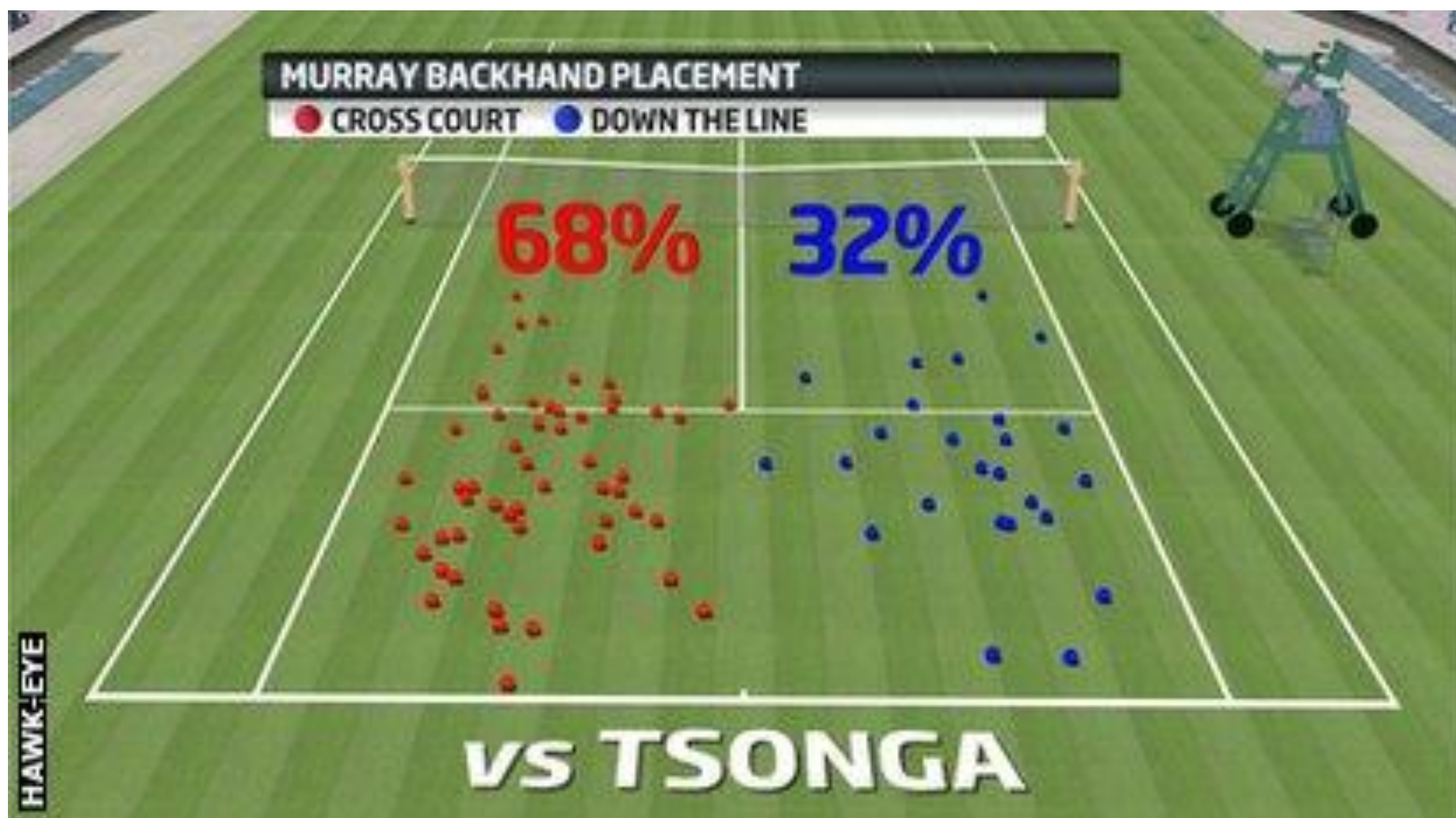
ATP WORLD TOUR



**DEL POTRO FOREHAND PLACEMENT**  
● CROSS COURT 66% ● DOWN THE LINE 34%







## TENNIS



ROLEX

16%

44%

40%

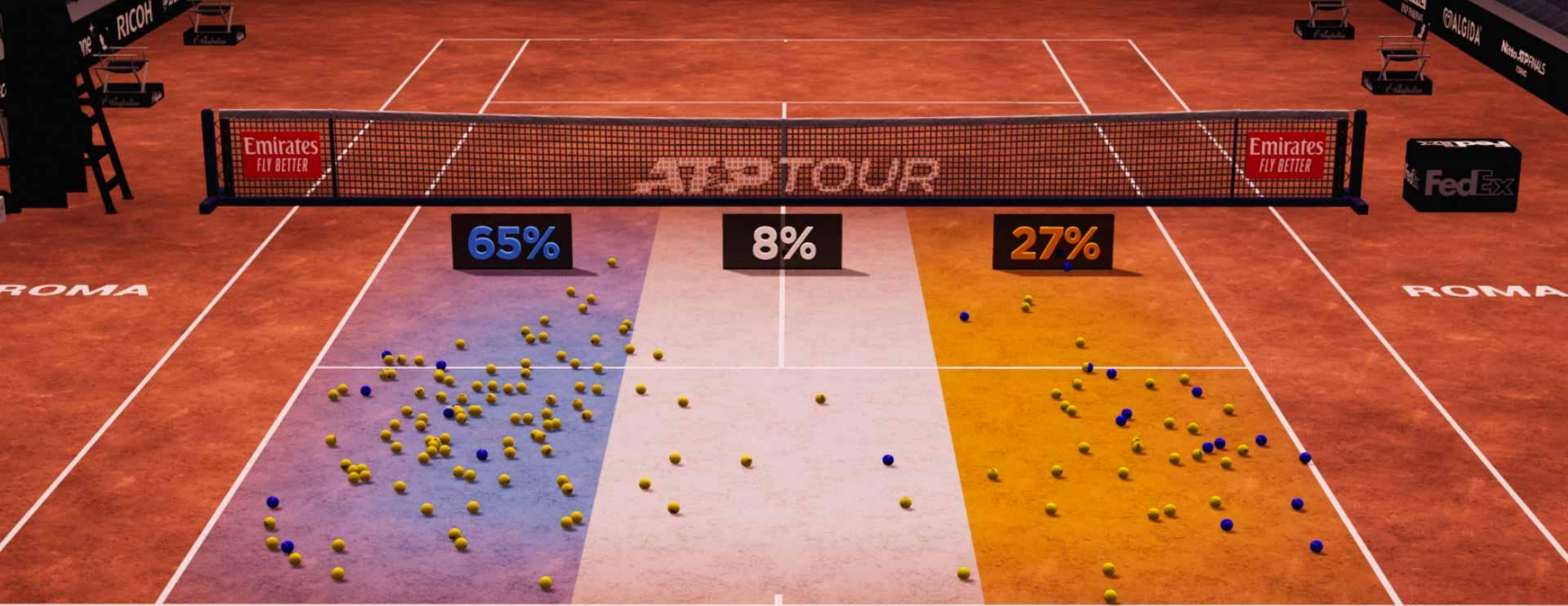
ATP WORLD TOUR



## DJOKOVIC BACKHAND PLACEMENT

■ CROSS COURT 44% ■ DOWN THE LINE 56%





● Winner ● Rally

Rafael Nadal vs Djokovic  
Forehand Placement

# What **isn't** the difference?

- Depth/Precision
- Technique/“No weaknesses”











# **Technique**

**vs**

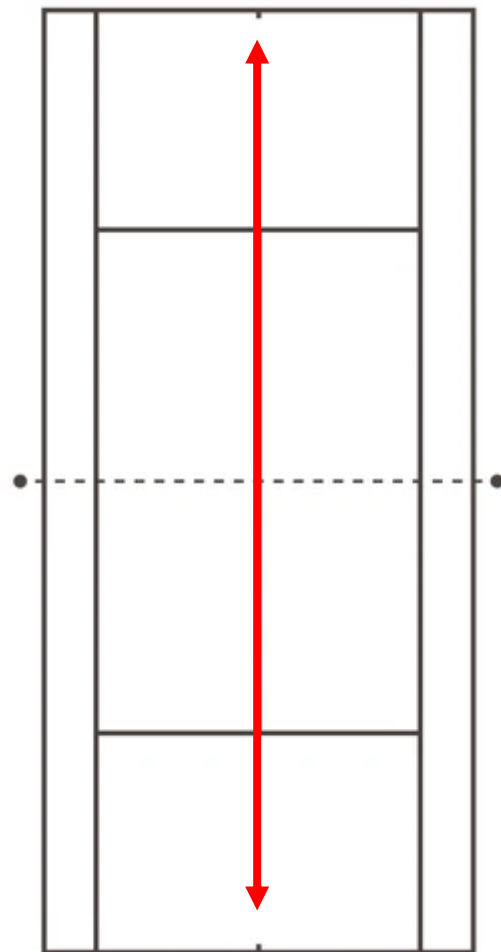
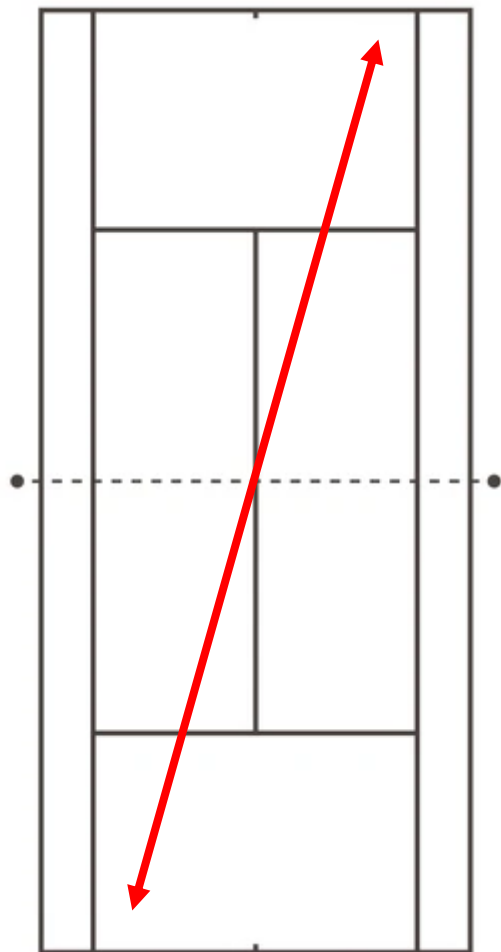
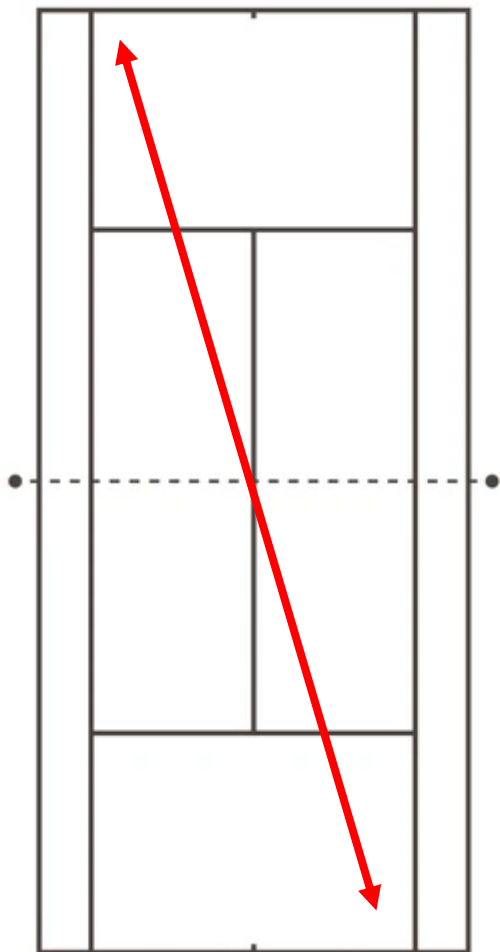
# **Skill**

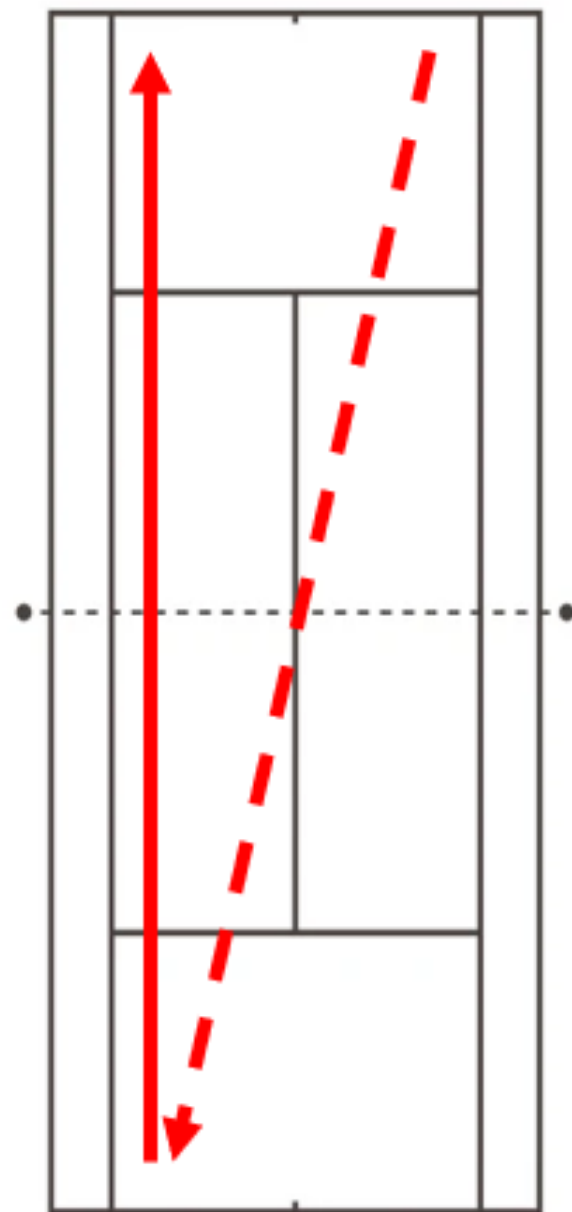
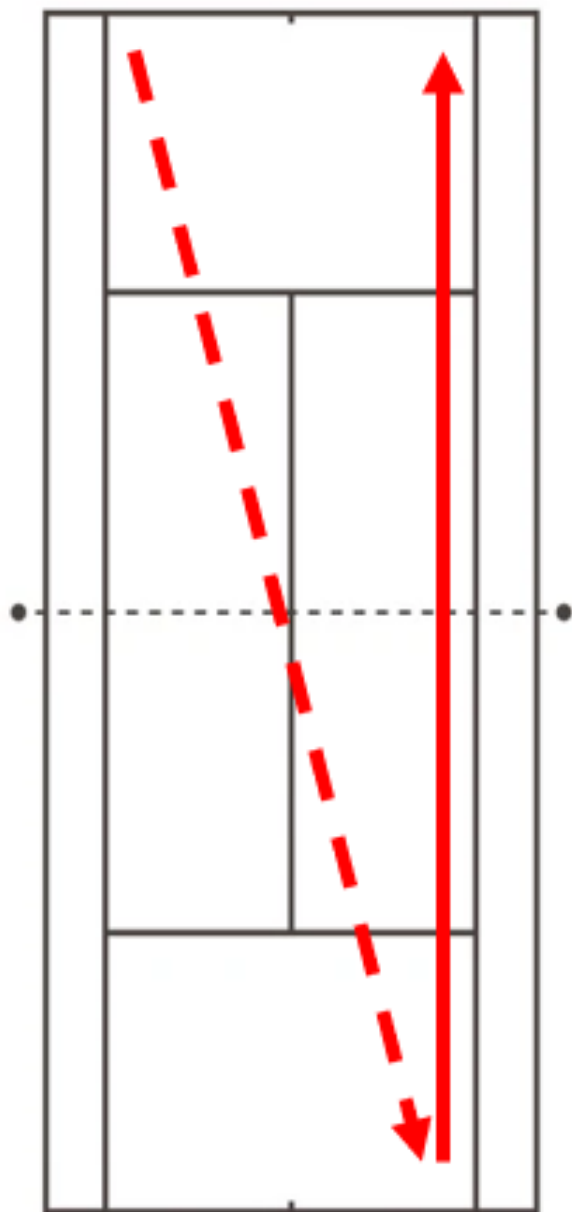
# Skill

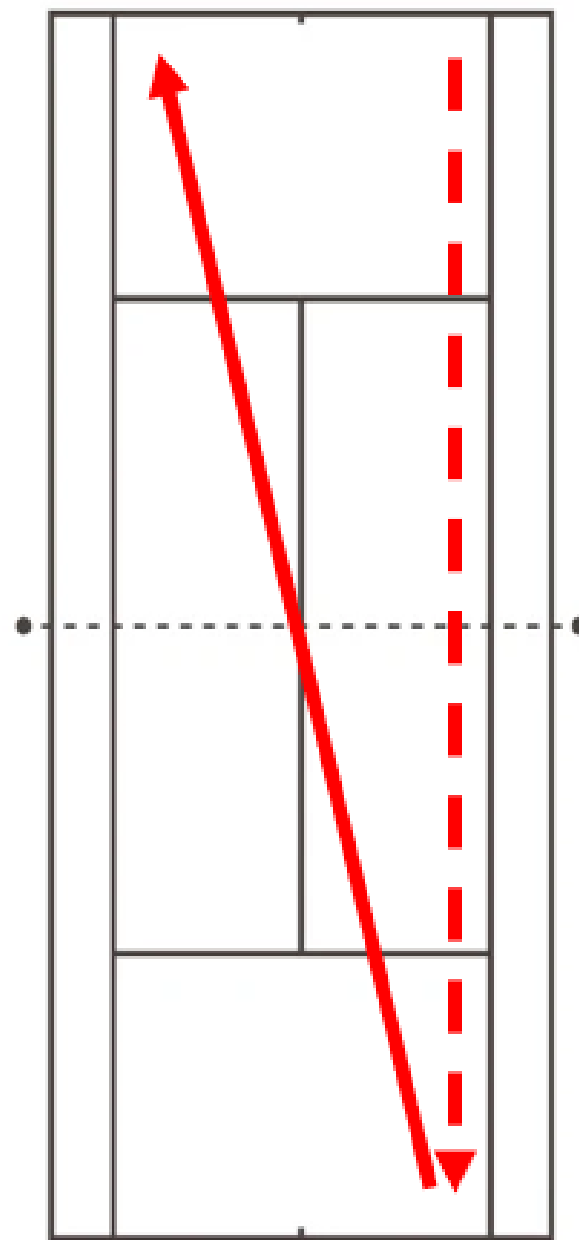
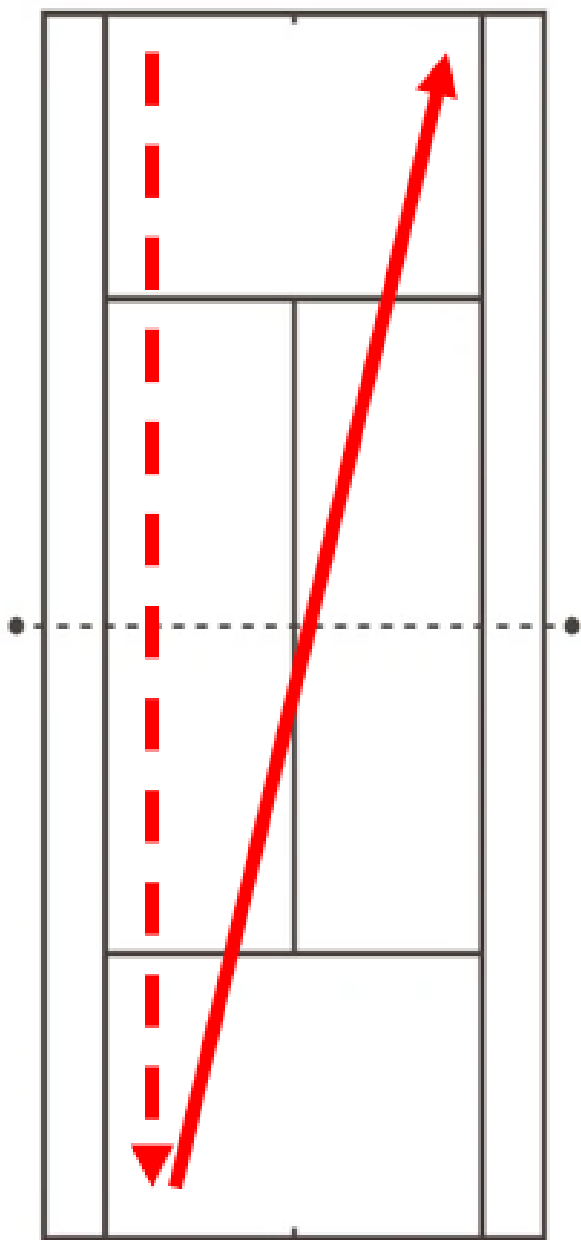
Skill = ability to manipulate the 5 ball controls

5 ball controls:

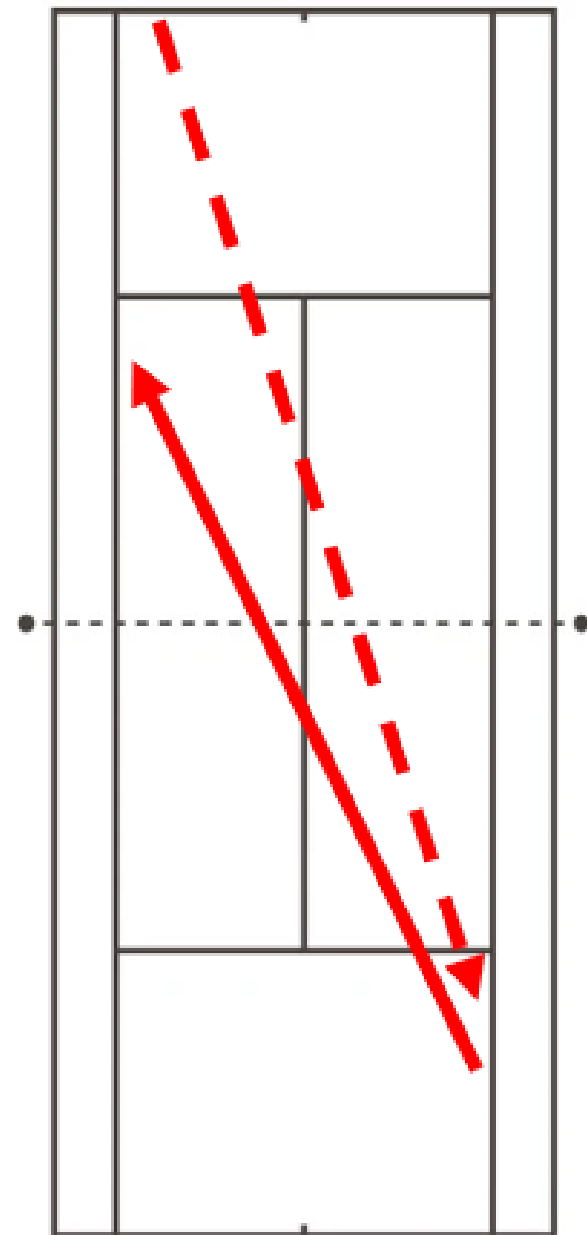
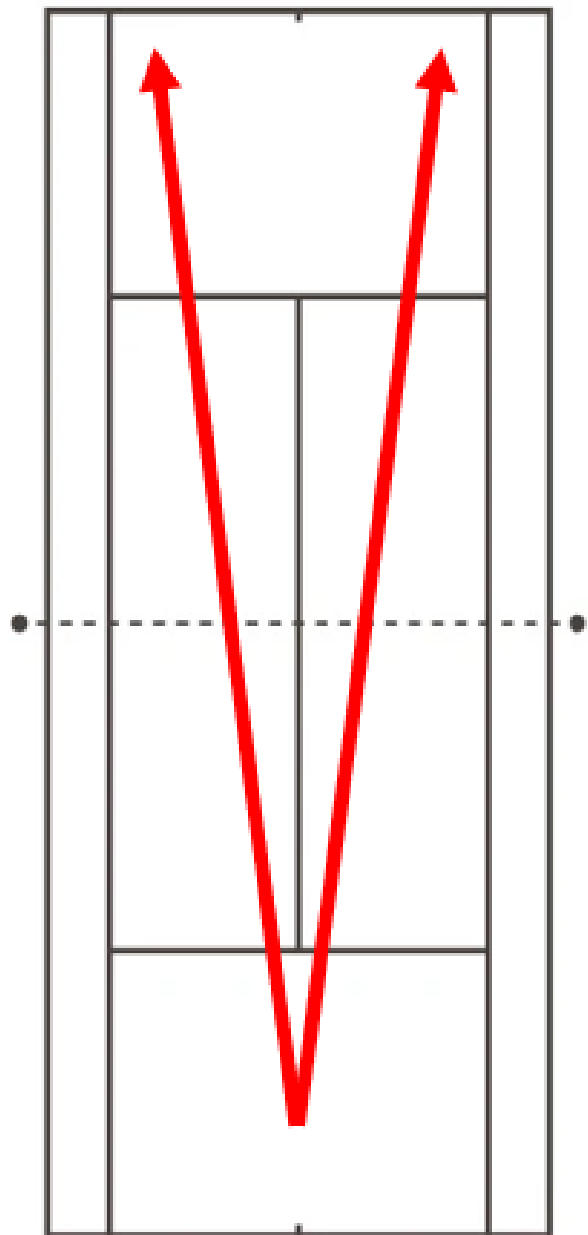
- Direction
- Height
- Speed
- Spin
- (Depth)

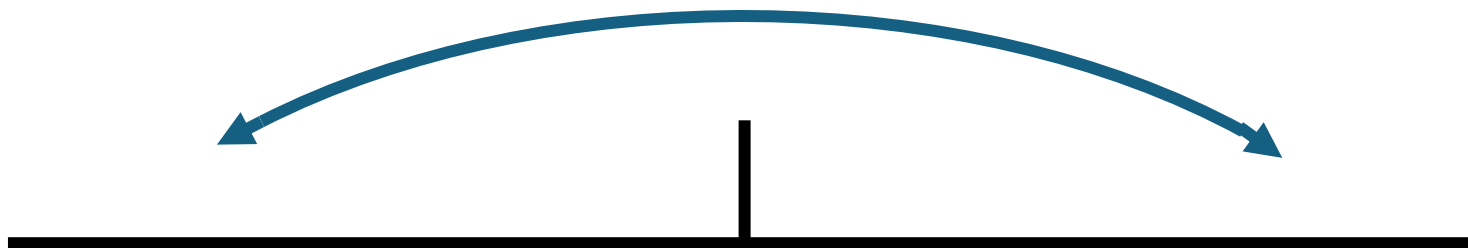


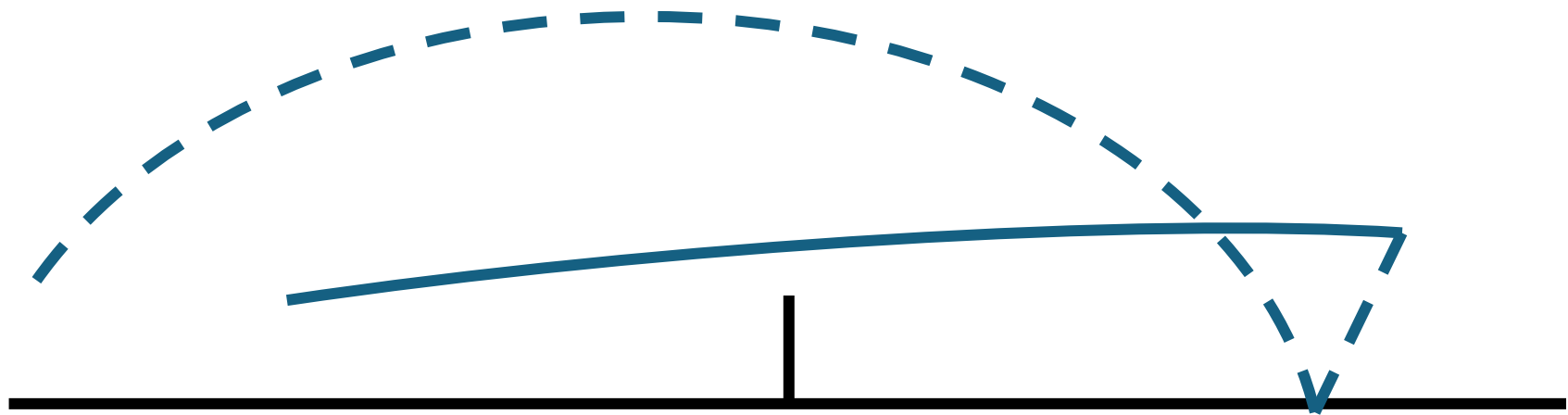


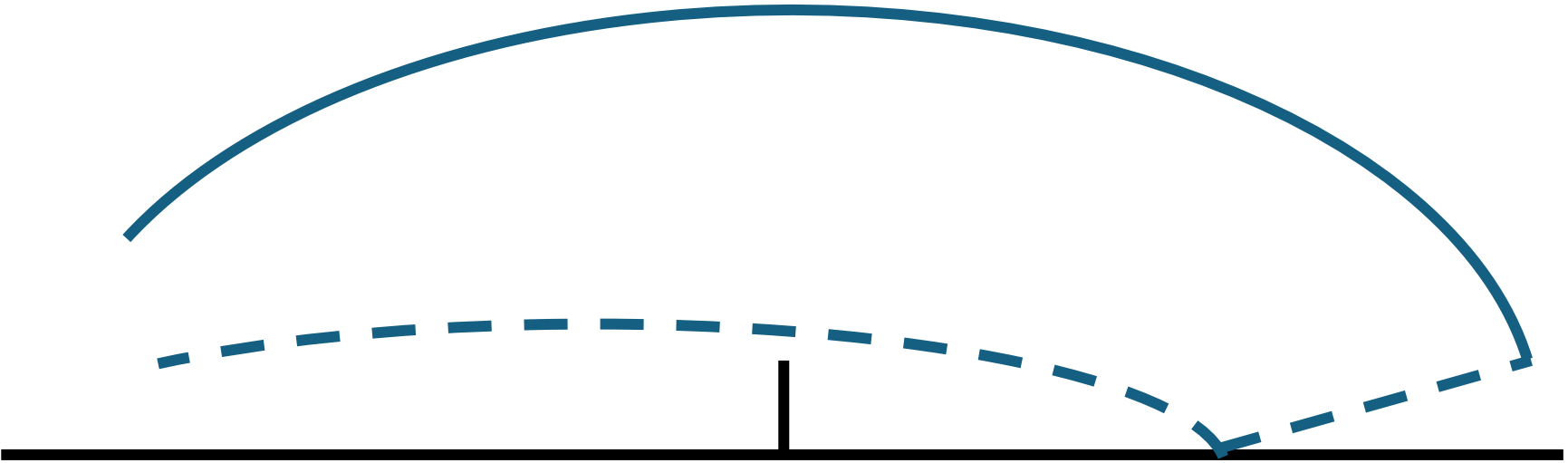












Speed:

maintain speed, decrease speed, increase speed

Spin:

topspin to flat

flat to topspin

slice to topspin

topspin to slice, etc.

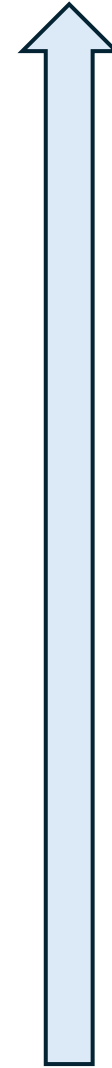
Technique **doesn't** cause skill

Technique **supports** skill

Tactics

Skill

Technique



Can they do  
it?



Can they do it  
consistently?



Can they do it  
faster?



No

Teach it



No

Correct it



No

Train it at  
tempo



# Conclusions

- Tempo is everything
- Develop strong serves and +1s
- Teach skills, not strokes