

# CONFERINȚĂ FRT.- PERIOADA DE TRANZIȚIE 18-23 ANI.

1. TENNIS EUROPE CONFERENCE – BELGIA – 19/23 OCTOMBRIE 2016.
2. 39 DE ȚĂRI PARTICIPANTE – RECORD DE PÂNĂ ACUM.
3. POLAR - FIRMA CARE A SPONSORIZAT CONFERINȚA DIN BELGIA .
4. PERIOADA DE TRANZIȚIE DE LA JUNIORI LA ATP/WTA ESTE CUNOSCUTĂ CA PERIOADA ÎN CARE SPORTIVII "SE LASĂ DE TENIS".
5. ESTE O PERIOADĂ MAI MULT A PIERDERILOR DECÂT A CÂȘTIGURILOR : EX TRECİ UN TUR/PIERZI, TRECİ DOUĂ/ PIERZI, TRECİ TREI/PIERZI.....
6. NU EXISĂ VICTORIE CARE SĂ GARANTEZE CÂȘTIGUL PERMANENT.
7. ANTRENORII SUNT RECUNOSCUȚI CA FIIND FACTORII PRINCIPALI CARE FAC SAU NU TRANZIȚIA.
8. APAR NENUMĂRATE ACCIDENTĂRI IAR BALANȚA : PREGĂTIRE , CONCURS , REFACERE TREBUIE FOARTE BINE STĂPÂNITĂ.
9. COSTUL UNEI ASTFEL DE PERIOADE ESTE VARIABIL DE LA 50-100.000 \$ PE AN – PREGĂTIRE, TURNEE, FITNESS, MENTAL, NUTRIȚIONIST, VIDEO/ANALIZĂ...
10. MUNCA PENTRU A REUȘI TREBUIE FĂCUTĂ ÎN ECHIPĂ. FIECARE MEMBRU AL ECHIPEI ÎNPINGÂND ÎN ACEEAȘI DIRECȚIE...VICTORIA. EX: AVIOANE/ RALIU.
11. TOATE LATURILE ANTRENAMENTULUI SPORTIV: FIZIC, TACTIC, PSIHIC , TEHNIC.....TREBUIE SĂ FUNCȚIONEZE LA MAXIMUM.
12. PLANUL ANUAL DE PREGĂTIRE FOARTE BINE ÎNTOCMIT DE ANTRENOR. ZILNIC, LUNAR, TRIMESTRIAL , ANUAL ȘI DE PERSPECTIVĂ 4 ANI.

## Member Nations Classification

### A-Nations (10)

Czech Republic  
France  
Germany  
Great Britain  
Italy

Netherlands  
Russia  
Spain  
Sweden  
Switzerland

### B-Nations (18)

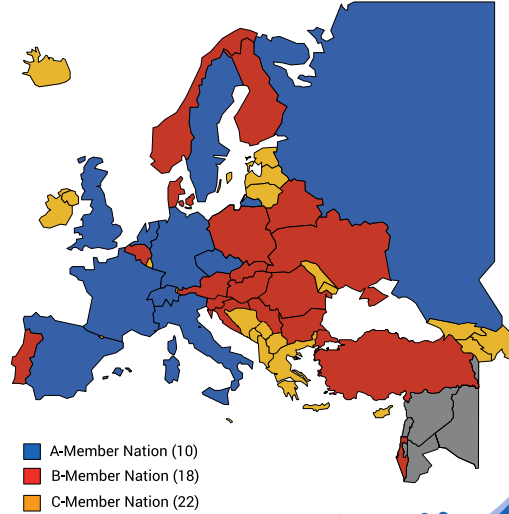
Austria  
Belarus  
Belgium  
Bulgaria  
Croatia  
Denmark  
Finland  
Hungary  
Israel

Norway  
Poland  
Portugal  
Romania  
Serbia  
Slovak Republic  
Slovenia  
Turkey  
Ukraine

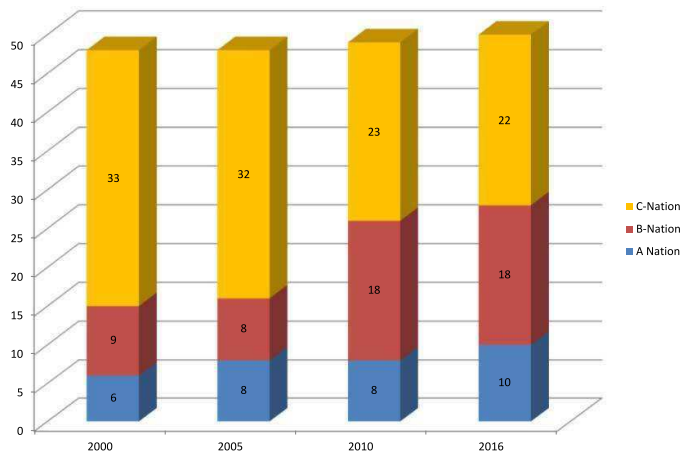
### C-Nations (22)

Albania  
Andorra  
Armenia  
Azerbaijan  
Bosnia-Herzegovina  
Cyprus  
Estonia  
Georgia  
Greece  
Iceland  
Ireland

Kosovo  
Latvia  
Liechtenstein  
Lithuania  
Luxembourg  
FYR Macedonia  
Malta  
Moldova  
Monaco  
Montenegro  
San Marino

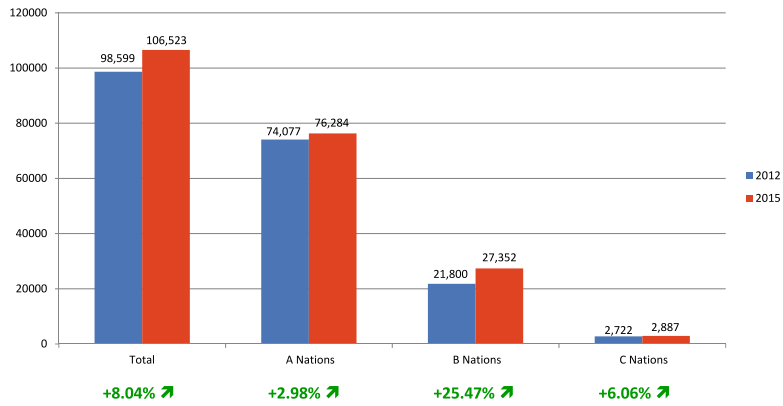


## Member Nations

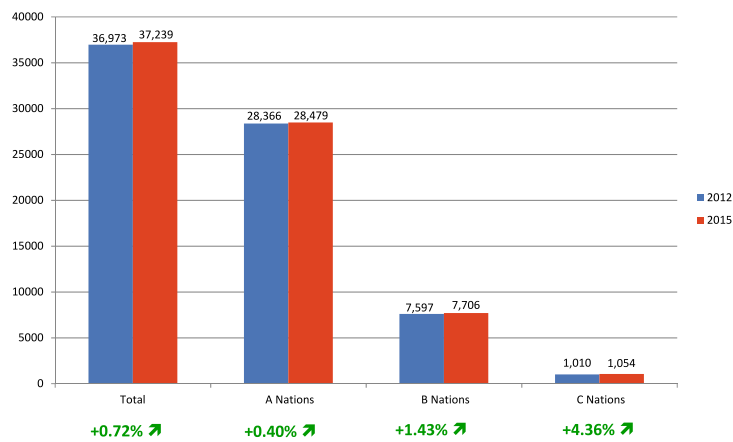




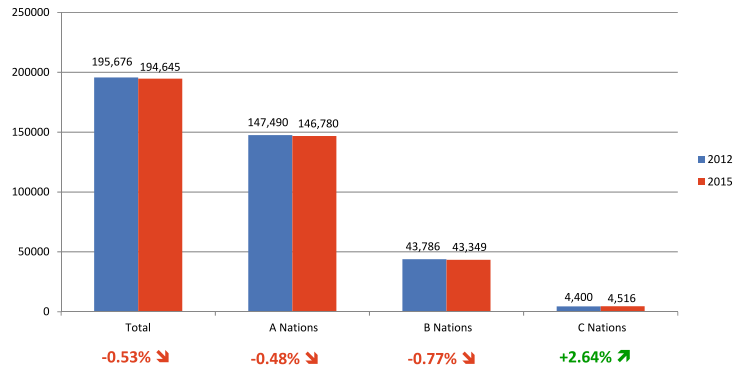
## Tennis Coaches



## Tennis Clubs






## Tennis Courts






## Tennis CoachEd





## DURATION OF THE TRANSITION PERIOD

- ✓ **Much longer than years ago**
  - Women between 18-23 y
  - Men between 18-25 y
- ⇔ **Only a few talents need less time to bridge from junior to pro**



## GREAT IMPACT ON THE PLAYERS FUTURE

- ✓ **U18 professional tennis programs can be combined with studies**
- ✓ **+18 = Full focus on tennis**
  - Great influence on the post tennis career
  - Successful junior tennis doesn't guarantee success in men/women tennis
  - Who should take the challenge?

## Why Canada now and not before ?

### **1. Budget and resources**

- Went from \$3 million in 2005 to \$12 million in 2016  
Priorities (Rogers Cup versus HP development)
- TC established the resources to provide a quality environment for the players. For example: A formal training centre to simply be in the game.



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## Why Canada now and not before ?

### **2. Structure/pathway**

- TC focused on singles. Singles is the most important market/commercialize in international tennis; doubles cannot match its prestige.
- Canadian players needed more support and guidance at a younger age (national coaches, expenses, direction)
- Number of tournaments to support players



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## Canadian Elite Junior Players Development

### TEAM ENVIRONMENT

- Everyone aims towards the same objective: BE A PRO
- Team work and team spirit: create a team environment for the player with the intention to maximise results
  - a) Communication between coaches, fitness, physio, medical, teacher
  - a) United support between each other for the benefit of the player



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## Canadian Elite Junior Players Development

### TEAM SPIRIT !



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## Canadian Elite Junior Players Planification

### 10 Observations of Elite Junior Players

- 1- Search for solution in difficult situation (compete)
- 2- More committed and knowledge of their needs (professionalism)
- 3- High self-esteem and confidence
- 4- Various physical prototype and less early maturity like U14
- 5- Racquet acceleration above average (serve or forehand)
- 6- Good returner and counter players are mostly at the top
- 7- Better transition game from rallying to attacking
- 8- Technically very solid on forehand and backhand
- 9- Usually have a dominance on serve or return
- 10- More down the line, drop shot but slice is not used as much as in the pros



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## Canadian Elite Junior Players Planification

### Priorities and importance of a good experience coach

#### Psychological:

- Compete and manage emotion
- Plays the right shot under pressure
- Understands momentums of matches and be able to handle them
- Able to deal with adversity (x factor, out of their conform zone)

#### Physical:

- Endurance to last longer points/matches
- Speed and agility to cover the court
- Strength and speed to generate power (hitting and moving)

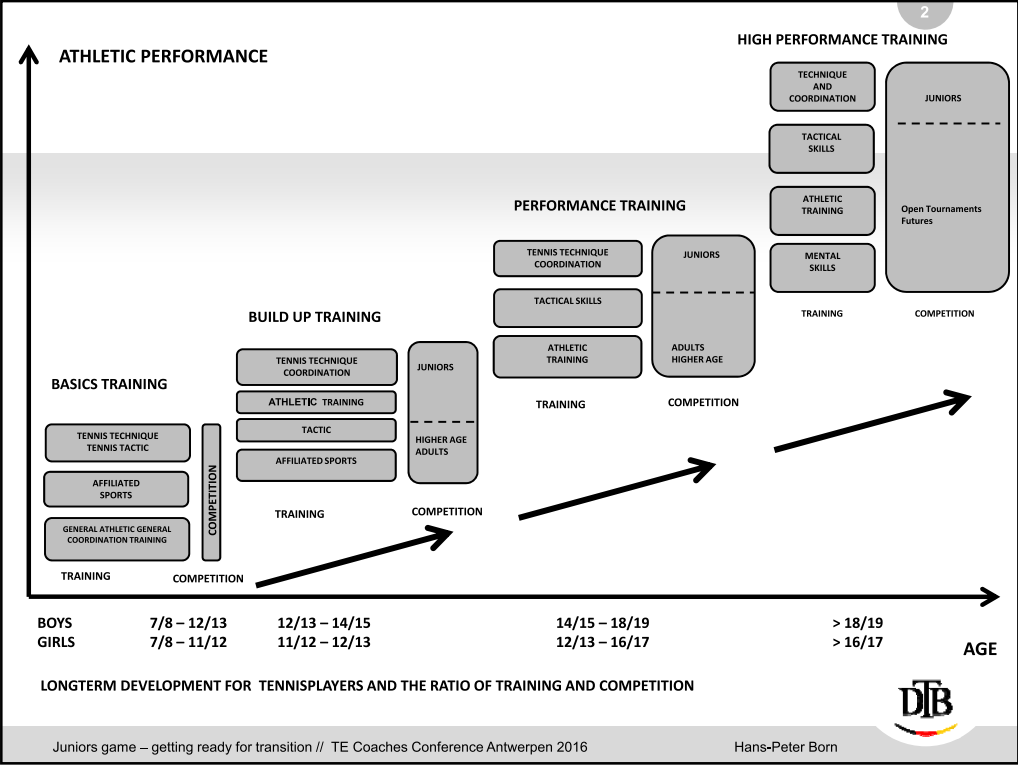


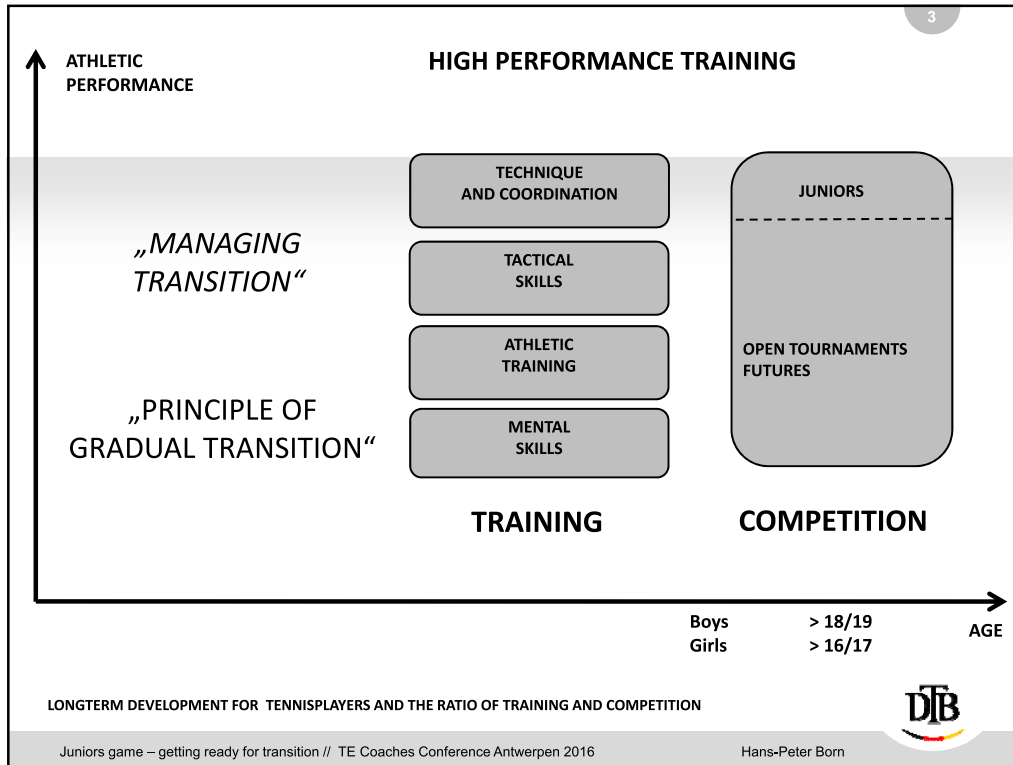
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# JUNIORS GAME-GETTING READY FOR TRANSITION

Hans-Peter Born





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**„PRINCIPLE OF GRADUAL TRANSITION“**

- **Training** needs to be seen as **preparation for competition**
- **Balanced planning of competition** needs to be given special attention

A considerable mix between national and international as well as big and small tournaments along with different matches representing the country, state or club is of high importance.

- **Planning and Periodisation** is important
- Significance of **performance diagnosis and tests**
- **Coaching in terms of caring and looking after smaller groups** plays a big role

DTB

Juniors game – getting ready for transition // TE Coaches Conference Antwerpen 2016      Hans-Peter Born

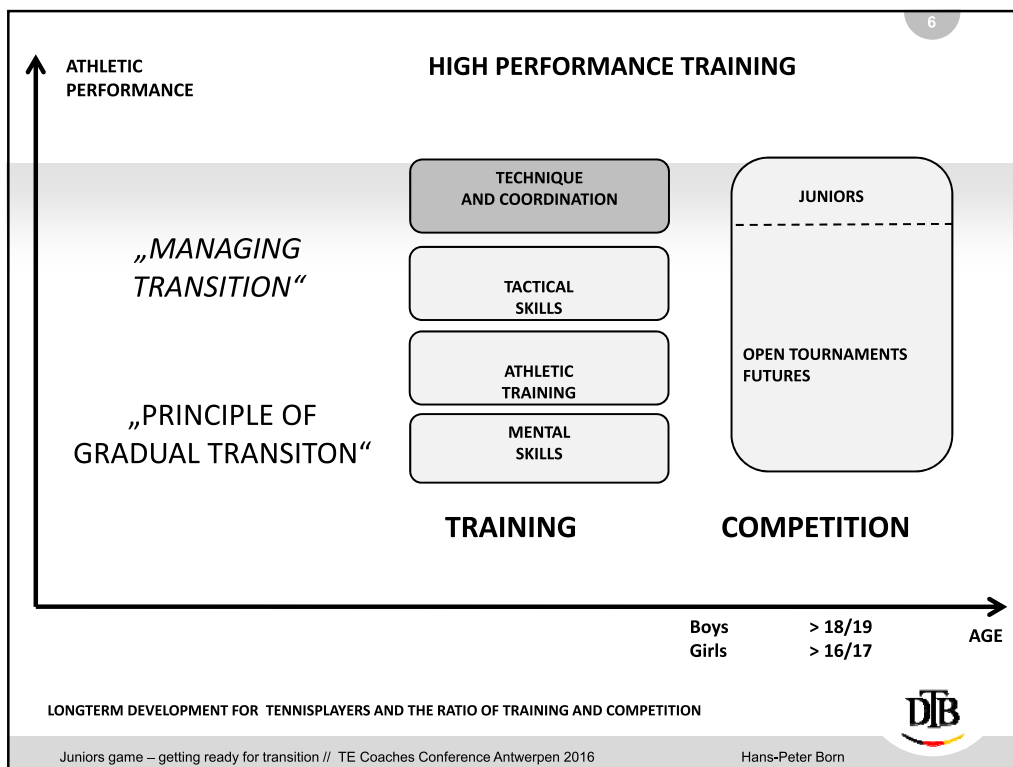
## HIGH PERFORMANCE TRAINING

### GOALS and CONTENT

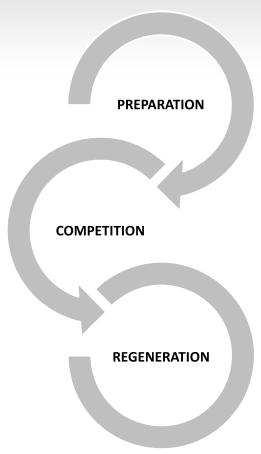
Age boys: 17 – 21  
Age girls: 16 – 20

### INDIVIDUALITY

- Individuality in technical, tactical and physical training
- Individual psychologically oriented training
- Individual scheduling of tournaments
- Dominance of competition training
- Importance of competition



# PERIODISATION



## PREPARATION

- Several preparation periods of 2-4 weeks

## COMPETITION

- Competition period of 4-6 weeks

## REGENERATION

- Every player should find 2-3 weeks per year to cool down and regenerate



# TRAINING BLOCKS



- Training blocks at beginning of winter (Oct, Nov) and in transition to summer (March, April) each 2(3) – 4(5) weeks
- Shorter training blocks (1 week) in between tournament blocks
- Individual control based on performance tests
- fitness basics neglected during tournament period – strength and endurance



## CONTINUE PRACTICE DURING TOURNAMENTS

- Daily training routine – warm up, rhythm, regeneration
- Adapt intensity to matches
- Regeneration runs
- Weight lifting
- Speed work
- Psychological regeneration



## VOLUME OF TRAINING FREQUENCY OF TRAINING

- Increase frequency and volume at age 15/16
- Consideration of education (school)
- Age 15/16 :
  - 12-14 hours tennis / week
  - 4-6 hours fitness / week
- Age 17/18:
  - 14-18 hours tennis / week
  - 6-8 hours fitness / week



## VOLUME OF TRAINING – FREQUENCY OF TRAINING

### TV Schleswig- Holstein

#### WTA

A. Kerber  
M. Barthel  
J. Görges

#### ATP

M. Stich  
J. Reister  
T. Kamke

- **„When they were still going to school, they only had practiced 4 times a week.“**
- *Twice at a center, twice with a local coach. We try to work with the local coach as long as possible in order to lower costs due to missing resources.“*
- *I did a lot of work with Angie as she did not have a local trustworthy coach.“*
- **They weren't burned out when entering the professional level.“**

Herby Horst (Head Coach TV Schleswig-Holstein)



**„ Not the drill but the quality and intensity, the attitude makes the difference“**



- *„S. always enjoyed practicing a lot. Even on a tournament he always wanted to try and hit some extra balls.“*
- *„Contents of practice rather traditional, nothing modern or special but always with the highest quality.“*



### FORTUNATE CONDITIONS TO BE SUCCESSFUL

- Experience on international Junior Tournaments
- Development of a winning mentality
- Relationship of trust with one responsible coach
- Parents are involved in the development and planning
- Environment and financial support



### THANKS FOR LISTENING

DEUTSCHER TENNIS BUND e.V.  
Hallerstraße 89 · 20149 Hamburg  
Telefon: +49 2235 4679625 · Fax: 040 41178-222  
E-Mail: peter.born@tennis.de  
www.dtb-tennis.de





## Important considerations...



Important not to forget!

- There are microscopic differences in players at this level
- The most important phase in a players career, but often the least organised
- This is one of the most underrated areas of our job as coaches



## What is the structure of men's professional tennis?



Event category	Number	Total prize money (USD)	Winner's ranking points	Governing body
Grand Slam	4	15,000,000	2,000	Grand Slams
ATP World Tour Finals	1	4,450,000	1,100–1,500	ATP (2009–present)
ATP World Tour Masters 1000	9	2,450,000 to 3,645,000	1000	ATP
ATP World Tour 500 series	13	755,000 to 2,100,000	500	ATP
ATP World Tour 250 series	39	416,000 to 1,024,000	250	ATP
ATP Challenger Tour	178	42,500 to 125,000	80 to 125	ATP
ITF Men's Circuit	534	10,000 and 25,000	18 to 35	ITF



## What is the point distribution?



Tournament Category	W	F	SF	QF	R16	R32	R64	R128	Q
Grand Slam	2000	1200	720	360	180	90	45	10	25
ATP World Tour Finals	+500	+400	(200 for each round robin match win)						
Masters 1000	1000	600	360	180	90	45	10 (25)	(10)	25 (16)
500 Series	500	300	180	90	45	(20)			20(10)
250 Series	250	150	90	45	(20)				
ATP Challenge Tour finals	+50	+30	(15 for each round robin match win)						
Challenger 125 000 + H	125	75	45	25	10				5
Challenger 125 000	110	65	40	20	9				5
Challenger 100 000	100	60	35	18	8				5
Challenger 75 000	90	55	33	17	8				5
Challenger 50 000	80	48	29	15	7				3
Challenger 40 000 + H	80	48	29	15	6				3
Futures 25 000 + H	35	20	10	4	1				
Futures 25000/10 000+H	27	15	8	3	1				
Futures 10 000	18	10	6	2	1				



## How do points relate to rankings?



As of 08.10.16:

RANKING	ATP POINTS
100	595
150	390
200	276
300	160
500	70
600	51
1000	11
2016	1



## How are rankings calculated?



- 4 Grand Slams
- 8 Mandatory ATP World Tour Masters 1000 Tournaments and the Barclays ATP World Tour Finals
- 6 best results from all ATP World Tour 500, 250, ATP Challenger Tour and Futures tournaments
- In transitioning players – 18 tournaments



## What ranking do I need to play in the main draw of the Challenger Tour?



Year	2015	2016
Main draw average after w/d	316	323



## What ranking do I need to play in the qualifying of the Challenger Tour?

Year	2015	2016
Tournaments requiring 1 ATP point	78%	69%
Average cut-off of the remainder	903	835



## How many tournaments and how many matches?

Tennis Canada LTAD <small><a href="http://www.tenniscanada.com/wp-content/uploads/2015/01/LTADallenglish.pdf">http://www.tenniscanada.com/wp-content/uploads/2015/01/LTADallenglish.pdf</a></small>								
AGES	COMPETITION				TRAINING			REST AND REGENERATION WEEKS PER YEAR
	NO OF PEAKS	NO OF TOURNAMENTS PER YEAR	NO OF SINGLES MATCHES PER YEAR	TYPES OF COMPETITION	PHYSICAL TRAINING	TENNIS TRAINING (By the end of this stage)	Total No of hours/week	
19-23	6	27-30	56-60 (2:1 ratio)	<ul style="list-style-type: none"> <li>ITF Futures</li> <li>Challengers</li> <li>ATP Tour</li> <li>Davis Cup</li> <li>Continental Games</li> <li>Olympic Games</li> </ul>	6**-10*	22-24	28	4-5

\* When physical is the priority    \*\*When tennis is the priority



# What would an annual plan look like?



## CASE STUDY:

Name: Youssef Hossam  
 Country: Egypt  
 Date of birth: 03.06.98  
 Highest ITF Junior ranking: 8  
 Current Junior ranking: 14  
 Highest ATP ranking: 1002  
 Current ATP ranking: 1528



OCTOBER				NOVEMBER					DECEMBER				JANUARY			
W 1	W 2	W 3	W 4	W 5	W 6	W 7	W 8	W 9	W 10	W 11	W 12	W 13	W 14	W 15	W 16	W 17
EGY	TR	TR	TUN	TUN	TUN	TR	TR	EGY	EGY	R	PR	PR	PR	PR	PR	EGY/TUN

FEBRUARY				MARCH					APRIL				MAY			
W 18	W 19	W 20	W 21	W 22	W 23	W 24	W 25	W 26	W 27	W 28	W 29	W 30	W 31	W 32	W 33	W 34
EGY/TUN	EGY/TUN	TR	TR	FRA	FRA	FRA	TR	ST.B	TR	TR	NIG	NIG	NIG	R	TR	TR

JUNE				JULY					AUGUST				SEPTEMBER				
W 35	W 36	W 37	W 38	W 39	W 40	W 41	W 42	W 43	W 44	W 45	W 46	W 47	W 48	W 49	W 50	W 51	W 52
TR	LYO	BLO/FRA	FRA	FRA	R	TR	TR	TR	EGY	EGY	EGY	R	TR	TR	MEK	KEN	MOH

FUT – FUTURES    CHA – CHALLENGERS    TR – TRAINING    R – REST    PR – PREPARATION BLOCK



## In summary.....



- 26 tournaments
- Level of tournament - 77% Futures / 23% Challengers
- Rest – 4 weeks
- Preparation phase 5/6 weeks
- Estimated cost for competition schedule = \$40,000



## What should Youssef's career pathway look like?



### ITF Player's Pathway

AGE	17	18	19	20	21	22	23
Projected ATP Ranking	Ranked	800	500	350	250	200	150



## Going forward.....



### Year 2

- 28 tournaments
- 60% Futures / 40% Challengers
- Estimated cost for competition schedule = \$50,000

### Year 3

- 28 tournaments
- 40% Futures / 60% Challengers
- Estimated cost for competition schedule = \$70,000

### Year 4

- 26 tournaments
- 25% Futures / 75% Challengers & ATP qualifying
- Estimated cost for competition schedule = \$90,000

### Year 5

Challengers / ATP Tour

## Method of Swiss Tennis



### Switzerland

A small country

41,000 sq km



## Tennis in Switzerland



### General figures

- 87 tennis centers
- 809 tennis clubs
- 608,000 tennis players in Switzerland
- 170,000 active members in clubs
- 52,922 licensed tennis players
- 3,040 tournaments and approx. 350,000 recorded results
- 4,380 teams in Schweizer Fleisch Interclub
- 2,200 teams in juniors Interclub
- 3,638 courts (including 612 indoor)

### Swiss Ranking System

R9- R1  
N4- N1





## Number of new players per year per nation in the top 100 (ATP and WTA) from 2010-2015

Ranking	Nation	New Entrants	Rate per Year	Market Share
1	USA	20	4	12%
2	Germany	14	2.8	8%
3	Spain	10	2	6%
4=	France	9	1.8	5%
4=	Russia	9	1.8	5%
6	Czech republic	8	1.6	5%
7	Australia	7	1.4	4%
8	Japan	6	1.2	4%
9=	Argentina	5	1	3%
9=	Croatia	5	1	3%
9=	Romania	5	1	3%
12=	Canada	4	0.8	2%
12=	Kazakhstan	4	0.8	2%
12=	Netherlands	4	0.8	2%
12=	Serbia	4	0.8	2%
16=	Poland	3	0.6	2%
16=	Slovenia	3	0.6	2%
16=	Colombia	3	0.6	2%
16=	Italy	3	0.6	2%
16=	Great Britain	3	0.6	2%