

The Coaching Process

The process of the Coaching in tennis also depends on the coaches:

1. knowledge of the game and the way in which it is played - the tactics
2. ability to demonstrate, feed and set practices

Knowing the player

This should not be difficult since the same players return for coaching over a period of time. Knowing the player enables the second part of the process - observation - to be meaningful and helpful.

Observation results in a general assessment of the player. The Coach should watch and decide the most appropriate course of action on which to base a specific analysis.

Analysis is the use of a logical process/checklist to ensure that the specific needs of the player to play the game are identified, and the area of work chosen which will enable the player to make progress. If the analysis is correct, coaching should then ensure improvement in the player's ability to play the game - not just to use a specific technique.

Instruction with a **teaching point** for improvement of the player's performance in the game is the objective of coaching. The Coach can be working with skilled players with whom improvement will take place in small areas over a long term, and with beginners for whom an improvement in performance can often be rapid.

Development of the player's ability to play the game is the incorporation of the improvements made during the coaching session in game related practices. The game of tennis requires decision making by the player and so practices which incorporate decision making within the development of techniques or tactics are essential.

Evaluation by the Coach is a vital part of the coaching process. It should be ongoing throughout the process, but is particularly important at the end of the session in the game itself.