

# TENNIS WORKS NEWSLETTER

Volume 2 - Issue 2

The **Tennis Works Newsletter**  
ANNIVERSARY offer is  
still available until the  
8th October. See inside.

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### We want to hear from you!

Send an email with your comments and suggestions to [twn@tennisworks.net](mailto:twn@tennisworks.net). For further information visit [tennisworks.net](http://tennisworks.net).



### A LETTER FROM THE EDITORS

Melvyn Jones & John Cavill

Welcome to another edition of the **Tennis Works Newsletter (TWN)**. We kick off by welcoming the return of Tyrell Diaz-Stevens who gives us an interesting insight into the 'Movement Factor' and how his academy goes about developing players athleticism. Phil Hill then continues his 'Exploring Junior Player Development' series with what he considers the crucial stage, the 11-14 age group. Paul Dent, in advance of his imminent live seminar, 'No frills ... just mental skill drills', shares two excellent resources from the Tennis Coaches Toolkit.

We then have a treat of an insight from Neil Claxton, Josh Sapwell's Coach as he reflects on Josh's journey over the last year. The 'Tennis Drill Series' continues with our very own Performance Coach, Jeremy Elbert sharing two drills that encourage attacking the net. John Cavill shares his thoughts on how the forehand grip influences your game. In our health and fitness related article, we welcome Wayne Dumbleton for the first time, who writes about sports and energy drinks. It will surprise you.

This winter's seminar programme starts this month with Paul Dent (Tennis Coaches Toolkit) our first seminar, followed by John Willis (Chairman of the British Tennis Coaches Association) in

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November. For those of you who travel to Milton Keynes you can see details of these seminars later in the newsletter, if you can't, perhaps our seminars will give you some ideas of what you can run in your own areas.

We have a fantastic Webinar approaching. Jofre Porta is presenting 'Developing a player's Game style, Strategy and Tactics' on Tuesday the 25<sup>th</sup> October. See how to book on this free event later. Jofre Porta is internationally renowned for his work with Carlos Moya, Rafael Nadal, Tomeu Salva and Nuria Llagostera.

John Cavill will actually be at Jofre's Academy in Mallorca for the event as he is there putting some of the Cavill Academy players through their paces over the half term break. The children are keeping their fingers crossed as on a previous occasion the academy visited, Rafael Nadal joined them and as always was incredibly accommodating. The children who experienced it, will never forget it.

Don't forget our ANNIVERSARY offer for new members is still available until the 8th October and for members a special gift will be in the members download area next week.

Have a great month.





## THE MOVEMENT FACTOR

Tyrell Diaz-Stevens

**What has really been highlighted to me this year in the grand slam events is that the top 4 players keep reaching the semi finals.**

The top 4 being Novak Djokovic, Rafael Nadal, Roger Federer and Andy Murray. Apart from an injured Rafa at the Australian Open and a Herculean performance from Jo-Wilfried Tsonga at Wimbledon to oust Federer, we could have had the top 4 in the semi-finals of each and every grand slam this year. Why is this? How can these 4 players be so dominant on the biggest stages of all? Answer - **THE MOVEMENT FACTOR!**

To become a great player in tennis one must possess many great attributes, but the ability to move and constantly be in position



must be one of the most important of all. USPTA Master Professional Jack Groppe describes

movement in tennis “as the name of the game”. The ability to be constantly in position and balanced enough to make solid contact with the ball and manipulate it to an area you need to and then also be balanced enough once the shot is finished to recover and prepare for the next shot.

When you think even deeper about the demands of tennis you can become more in awe of these exceptional men. The grand slams are on 4 different surfaces, from slow to fast. This means that with each surface change there are changes to the average rally length and the proportion of rallies that are held from the baseline as

opposed to net approaches. So these guys must become experts in different fields of movement, at the French Open they must be prepared to execute these movement patterns across the baseline for longer and then quickly they will move on to Wimbledon where they will execute a lot more forward movement patterns in a very explosive fashion.

The big 4 are masters of these movement arts, very rarely are they out of position no matter what event or surface or opponent. Only when they come up against each other do you see the power struggle to maintain that position on the court and the different tactics that are on display to try and dislodge each other from this position. More often than not, these matches turn into epics that you can't pull yourself away from. The US Open final Novak v Rafa and the semi-final Novak v Roger, just to name a couple in recent memory.

How do these guys become so great at moving? Thousands and thousands of hours honing their coordination and developing impeccable



movement and footwork patterns specific to the needs they face when out in battle. This amount of hard work over a long period of time is the only way to create these skills.

So all you young players out there who want to be great, keep working on your movement because that is the factor that will take you to your best!

So what do I mean by work on your movement? I of course mean working on your fitness and athleticism.

*So How do we at the Berkhamsted Elite Tennis Accademy (BETA) go about developing a players athletic programme?*

Firstly we assess the players athletic skills with both on and off court exercises. This will give us some base knowledge at where they are currently at. We would then start strength development, thus making sure that our players have a good base and won't break down with injuries. A lot of this work is done on court with equipment and combining

tennis drills. Next we would move onto power drills, so we can develop that explosiveness to get balls and then to hit them with extreme power. All of these drills will be underpinned by developing a huge amount of coordination.

*So what proportion of a pro players training do I think is spent on athletic development?*

I would say that the majority of pro players during training blocks, will spend a large majority of their time working on their athleticism getting themselves more fit and strong and preventing any injuries. They already have a great ability to hit balls and know how to implement tactics, now they need to make sure they can hit more balls over a longer period of time and not experience set backs with injuries.

*So what types of exercises would I encourage at the various age groups?*

As players get older they can do more weight bearing drills and more impact drills (plyometric etc). Young juniors should concentrate on developing coordination and a high level of fitness (cardiovascular). Players mature at different times, so when you start the more specific weight and impact exercises will depend upon how the junior player is growing and developing. Each player will need to be assessed as time goes on.

*How do we help people at BETA who have less athletic ability to reach their potential?*

I believe any person no matter what level of athleticism they have, can become an athlete. These players will firstly need to work a great deal on coordination. Tennis is a game of many skills and different limb movements all happening at the same time, if you do not have a high level of coordination you will find it difficult to go further in the game. So these players will need to spend a lot of extra time working on these skills, so that they can catch up with the players who have them more naturally. So we will set up extra exercise programmes that these players can do outside of their normal training sessions, we will also keep varying these exercises so they don't just become learned habits. These players will also have specific individual sessions where we would work on these skills. The number one key to it all is time and effort. If these players can put in from their end, time and effort they will reach their potential.

So that is what I mean by the **Movement Factor!**

*Tyrell Diaz Stevens is the director/head coach of the Berkhamsted Elite Tennis Academy (BETA). He was formerly a world ranked player and competed on the tour for 8 years. He has played alongside many current top 100 players, as well as 3 world number ones. He has been to over 40 countries as either a player or coach. For more information about Tyrell or BETA please visit the BETA website, [www.betacademy.co.uk](http://www.betacademy.co.uk).*



## EXPLORING JUNIOR TENNIS PLAYER DEVELOPMENT

### Part two - The development stage

**Phil Hill**

Many of you will remember the Webinar I presented on junior development in the summer which was supported by an article in the July edition of this newsletter which covered the building phase of the process, the 6-10 age bracket. This time I would like to explore, what I consider to be the critical stage which I call the development phase and covers the age range from 11-14.

This is the critical age bracket in terms of determining the path in which the player will take, both with regards to commitment to their game and also having the basic foundations in place to develop to their true potential. As in the development phase, the four main performance factors to be addressed are the same:

1. Technical Development
2. Tactical Development
3. Physical Development
4. Mental Development

If we then break each of the above into more detail we need to consider what are the priorities at each stage. I also need to point out that these components cannot be addressed in isolation, as with all sports there has to be an interdisciplinary approach to the players training.

#### **1. Technical development**

A technical example of this is illustrated in the pictures below of the 2 service actions, these are of Juan Carlos Ferrero and a boy called Jake.



In Jake's case we can see insufficient leg strength to drive the legs upwards to then fire the hips to create the leverage upwards towards the ball. Hence we can see Jake's right hip and right leg rotate towards the net too soon causing his upper body to collapse (poor core stability) in order to try and create power into the hit at contact point. Although his racket arm is fully extended, his left arm is dropping to the side of his body. This is caused by too much upper body rotation prior to contact.

Therefore any Strength and Conditioning (S&C) Coaches reading this, need to be able to understand the specific individual physical requirements in order to develop the athlete to the demands of the game.

The technical development factors we need to consider are:

1. Skill acquisition: It is paramount that the players are allowed the time to develop the skills required to make the transition from Junior to Professional Tennis. We have heard in recent years the usage of the phrase 10,000 hours deep practice to specific skills in order to master a skill and for it to become automated particularly under pressure.
2. Develop clearly defined technical parameters. This can be established with the player through effective goal setting. Video analysis will help this in particular to create "buy in" to the areas that need to be addressed. At this age, players' can be easily influenced and will often experiment with shots after watching their favourite players (Professionals) compete and will fall into poor habits whilst competing. This is a particular problem in the summer months when the individual may not have sufficient time to work on their game.
3. As mentioned above, tennis is very much interdisciplinary in terms of the performance factors. Hence, if the player is unable to physically maintain a posture on the volley (e.g. the player hunches forward when volleying rather than bending from the knees and keep an upright torso) this could be a physical weakness and needs to be addressed either through a S&C Coach or through the individual coach.
4. We also need to allow for maturation (physical and mental) to take place. In my experience no matter how much teaching takes place, until the player has reached a certain physical maturity, they cannot support the technical changes required.

### 2. Tactical Development

At this point of their playing career they are still in the embryonic phase of the development phase (considering the length of a playing career) but they should be beginning to understand their strengths and weakness and start to have a clear idea of the potential game styles.

The influencing factors that contribute to their tactical evolution are:

1. Their ability to anticipate, their perception will improve with age, but you can also increase the volume and intensity of their training in this area to help this.
2. More power, either through more racket head speed or by taking the ball earlier.
3. Greater use of spins, greater skill acquisition, control of power, change of rhythm, height and depth of the ball.
4. More variety and surprise such as drop shots, angles etc.

Through greater understanding of their tactical strengths they should be able to deploy more patterns of play based upon sound and clear strategies and technical efficiency. For example, the ability to open the court on the serve to then hit into a space. This is where the Coach can

strongly influence the potential game style of the player and influence their development. This a fundamental area that needs to be addressed by the coach. Relating to the above comment regarding poor habits, it is vitally important that the Coach instils tactical discipline at this age. Once the player understands what game styles he/she will adopt, the player should then be encouraged to execute the tactics that are relevant to the players needs with the long term view in mind, irrespective of whether mistakes are made.

### 3. Physical Development

This is a critical area of the game as the players need to be, first and foremost athletes and then tennis players. In other words, without an athletic foundation it will be very hard for a tennis player to reach his/her potential. Therefore it is still important that the players have exposure to other sports to develop their athletic base and improve the coordination as well as having an individual specific strength and conditioning program. Team sports (basketball, football, hockey etc) will also help develop social interaction and team spirit.

At this age the generic aspects of their physique are still being addressed, these are:

1. Development of coordination and dexterity (static and dynamic balance).

2. Development of speed.
3. Development of strength.
4. Development of speed strength.
5. Development of stamina.
6. Development of flexibility.

Although these areas are all extremely important the specific needs of each individual needs to be taken into consideration. Maturation will influence the players' development (girls in particular generally mature sooner than boys) and influence their speed and flexibility due to growth spurts and possibly their coordination, although there is no scientific evidence to support this. Players diet also needs to be addressed (British players are considered notoriously poor for eating habits by foreign coaches and players whether justified or not) making sure the sufficient amount of carbohydrates, proteins, vitamins and minerals are correctly taken weekly. Developing relationships with player and parents is fundamental to educate and influence these habits.

#### **4. Mental Development**

You could argue that this should be at the top of the list as this determines everything. As Shakespeare said "to be or not to be, that is the question".

At this phase of their development the main

psychological characteristics are:

1. Greater Concentration. Players are able to sustain the focus and intensity for longer periods, providing the discipline is in place.
2. Can establish medium and long term goals, players are able to have greater input into their game development.
3. Less accepting of what adults tell them, in particular parents with regards to their tennis.
4. Improve their skills and gradually accept more responsibility. As coaches we have huge responsibility to give the players more responsibility e.g. tournament entries, restrings, scouting opponents etc.
5. Take a more active role in their training and practice to improve their skills. Coaches and players can establish effective goals at the start of each training session and players can start to hit with their peers to develop self discovery learning.
6. More tolerant and have started to define a sense of humour. Players have started to understand that making mistakes is part of the game and that in order to learn they need to make mistakes. There is also greater interaction with players and coaches and their character has started to be demonstrated.
7. Greater understanding of what is required in

committing to tennis. Andy Murray at the age of 14 recognised that he could no longer dedicate the sufficient time to his tennis whilst still playing football and so therefore made a decision to quit playing football.

8. Socially more interaction with their peers, greater cooperation and approval needed. This is the same for both boys and girls, although the girls are in need of greater approval and confidence generally as they tend to be more self aware.
9. Understand rational thinking as they start to understand why decisions need to be made and how these can affect them.
10. Have to deal with the conflict between emotion and thought. (Puberty starts to take place particularly for the girls.) As coaches this is where we need to make the players aware of their respective emotions and how these affect their performance as well as educating them on emotional intelligence.

All the areas above are of vital importance and whilst we like to think we have all the answers, I recommend we pool resources around us (other coaches, specialists) to help develop the player. I, for sure, after over 20 years of coaching, have understood that I don't know everything and it's ok to ask for help.

I would like to finish this article with a thought. If we as coaches want to develop the true potential of the students, then we need to address players first and foremost as human beings and then as tennis players, and try to understand them and listen to them before we challenge and educate them through our values as coaches. As mentioned above "to be or not to be, that is the question". It is not what "we know" (coaches knowledge) but who "we are" that makes the difference to the student.

***Phil Hill has spent the last 20 years coaching and teaching pupils of all abilities but has predominantly worked with Performance Players. Having played to Junior County level (in Kent) and Senior County (In Bucks, current O35 Captain) Phil has coached in Kent, Italy (Biella) and Spain (Barcelona, Bruguera Academy) as well as for the LTA (Bucks County Performance Officer) to name a few. He has worked with mini, junior, ATP & WTA Professional Players. Phil is an LTA PCA Coach and LTA Coach Education Tutor and is currently working at [Halton High Performance Centre](#) as Technical Director to the Performance Programme as well as a Performance Coach with Tennis Works.***





## NO FRILLS .... JUST MENTAL SKILL DRILLS

**Paul Dent**

As many of you read this I will be preparing to, or will have recently delivered, a Tennis Works Seminar to coaches on the above topic. I thought therefore it would be nice to share two resources for coaches which are excerpts from The Tennis Coaches Toolkit. We call these our 3T's Mental Skill Lesson Plan cards, the 3T's being, teach, train and test. I hope you enjoy them.

### COACHING CONFIDENCE

*'The ability to handle pressure depends on a players' self-confidence. In competition, confidence comes from the knowledge that preparation has been as thorough as possible – everything that could be done, has been done. It is only if athletes doubt their preparation that they will doubt their ability to deliver. The seeds of anxiety are sown in the cracks this leaves in their confidence.'*

David Calleja GB Coach of the year 1997

**Learning Outcome:** To help coaches build a players confidence.

#### Teach it

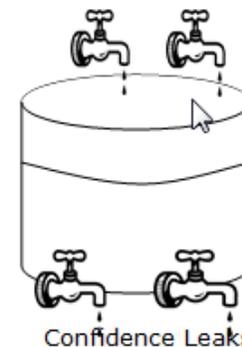
The Confidence Tank: Encourage players to imagine confidence as a liquid in a tank. The tank has taps pouring confidence into it from above but also has taps at the bottom, which can leak confidence. Explain to them that the best competitors seek out more confidence giving taps and plug-up or reduce the number and size of the holes or release valves to prevent confidence seeping away.

#### **Ask the player two questions:**

1. 'What gives you confidence?'
2. 'What takes your confidence away?'

Then ask them to place in order those things which give them the most confidence and those things which take away their confidence the most.

**The Confidence Tank**



## Train it

- **Goal-setting for Confidence**

Players place small light objects in their pocket e.g. paper clips, pieces of paper, etc. When they successfully achieve their goal for the session e.g. new forehand racket preparation or one deep calming breath after a 'big' error, they take a piece of paper out of one pocket and place it in the other. This is to be done each time they successfully achieve their goal.

Variation: Set a goal as to how many paper clips the player wishes to have in their pocket by the end of the session.

Tip: Break the lesson into smaller chunks of time e.g. 15mins

- **Catch It!**

Players play points but can stop the ball if he thinks he might miss. This drill tests the players' level of confidence on specific shots.

- **Confidence Leek**

Playing points, if the player feels that a particular point or event has taken quite a lot of his confidence away you can have that point or event erased or discounted and re-continue the match from the point before that one as though that point had never occurred

- **Match Confidence**

Players compete but at changeovers they position a ball between two markers, representing their level of confidence on a scale from low confidence to high confidence. Encourage players to be confident in things they can control e.g. their training programme and quality.

## Test it

Players to complete a pre-match review sheet indicating his level of confidence on identified important aspects of his game e.g. Confidence in pre-match preparation; confidence in game plan; confidence in fitness levels; confidence in ability to respond if down, etc.

## LEARNING TO LEARN

*'You can't measure success if you never failed. I was taught that if you really want to reach goals, you can't spend any time worrying about whether you are going to win or loose . Focus on getting better'*

Steffi Graf—former World number 1

**Learning Outcome: To help coaches develop effective learning environments.**

### Teach it

- “Would you like the good news or the bad news? The good news is you will have many opportunities during this session to get better. The bad news is you may pass up these opportunities to learn because you only see them as mistakes.”
- Remember the old adage – if you want to know a subject then teach it. If the pupil can become the teacher more often in lessons they will learn faster. Therefore the more the pupil can help and become the coach the steeper will be their learning curve.

### Train it

#### • **Learning Talk/Talking Learning**

Win Wenger Ph.D, considered one of the foremost authorities on genius and intelligence in the world, argues that *what you express is 10 to 100 times more productive of your learning than what is expressed to you.* Therefore it is talking rather than listening that develops understanding. So let's take opportunities to encourage our pupils to talk about their learning:

- Players describe what they have learned from their own between lesson practice.
- Invite players to describe their stretches as they do them.
- “Chris was away last week can you tell him three things we learned”.
- Encourage pupils to buddy teach a younger player on an aspect of the game which you know they are themselves learning.
- Players restate at the start of the session what is agreed.
- Describe the point as you play it.
- Explain what you are doing as you practice a new skill e.g. “I am taking my racket back at shoulder height with a loose turn of my shoulders” .

- Use the between point time to describe what you are thinking and feeling.
- After the point explain what you learned from the point.
- Describe in detail what another player is doing.
- Provide the commentary to the visual demonstration the coach gives.
- Invite players to take turns being 'team captain' whose role it is to provide instruction and very specific encouragement.

### Test it

- The players in the squad are to keep a personal log of tennis lessons and learning points. At the end of the term the coach judges the best log book.
- Sessions are set up as a series of mini groups. Players volunteer to be the coach of that group and deals with the requests.
- Coach sets a group discussion. Players step forward when they have something to say and lead the group till they dry up, another takes over if they can.
- Divide the group into teams. The competition is to remember lesson content. Each team to make one remark at a time. Coach act as quality controller.

*Paul Dent has a BA (Hons) Sport Science degree from Loughborough University and has been coaching for 25 years. During this time in tennis he has been fortunate to have had a range of experiences:*

- *He has presented at two International Tennis Federation World Coaching Conferences in Mexico on 'User Friendly Bio-mechanics' and in Portugal on 'Practical Mental Skills Training'.*
- *He has presented at two ITF Regional workshops in Pretoria, South Africa and Kuala Lumpur, Malaysia.*
- *He has coached several junior and senior International players, two of which have been No.3 and No.2 ranked male and female British players.*
- *He authored a chapter of 'World Class Tennis Technique', published by Human Kinetics and three chapters of 'Psychology for Football' for the F.A.*
- *He was formerly the Coaching Excellence Manager for the LTA, responsible for the coach education and training of 'High Performance' coaches.*
- *Paul is currently responsible for the Performance Coaches award course and is in the final stages of SASES Supervised Experience, working and training as a Sports Psychologist.*
- *Paul is co-author along with Keith Reynolds of [The Tennis Coach's Toolkit](#).*



### JOSH SAPWELL'S JOURNEY OVER THE YEAR

**Neil Claxton—interviewed by John Cavill**

Over the past year, top British tennis junior, Josh Sapwell has had an amazing journey from winning the 14&U British National title, Tennis Europe Masters, the Junior Orange Bowl and partnering Thomas Muster in Zurich!

His long term coach, Neil Claxton, has seen the rise of Josh and is hugely influential in his development as a tennis player. The time and consideration he puts into his programme is immense and his relationship with Josh is paramount to supporting him on this journey.

This interview was to get the insight into Neil's thoughts and observations of Josh's journey and how they are looking to the future.

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John: After Josh won Nationals in August 2010, what were his thoughts coming into 18&U tennis?

**Neil:** *After winning Nationals he had in his mind that he could do well in the European Masters in October 2010 and Orange Bowl in December 2010, so he hadn't mentally finished with playing at 14&U level until the end of the year. He fancied himself to do well in those events but at the same time the team and I thought that once the nationals was over, it was time to prepare for 18&U tennis. Obviously by playing in both, we had to adapt the training blocks.*

John: When he went to play the Orange Bowl, what were the levels of expectations on him?

**Neil:** *The expectations from the team and I was that he goes out and performs to the best of his abilities, no matter what event it is. We felt Josh would have a good Orange Bowl even though he hadn't had great results during the two weeks prior to the event. The reason we felt this was because he hadn't played many matches due to going out of the previous competitions early, so he had more energy to compete for the whole week.*

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John: Do you think that if he had played in the 16&U Orange Bowl event it would have been more beneficial as other top players of this age group did this?

**Neil:** *Having won the 14&U is a great thing to have on your CV and whatever else happens in the future, no one can take that achievement away and to be able to say that you were a world champion of something. At the same time it can be detrimental in terms of understanding where you are in the world of tennis and the level compared to a bigger picture.*

John: How do you feel Josh has coped with now having to play 18&U and adult tennis?

**Neil:** *The thing that he had to initially understand was that when you go from 14&U tennis to 18&U, there are many changes. Where Josh had been playing 14&U tennis for two years, he knew all the players, how they played and where they matched up compared to him. He also had the benefit of being physically bigger than most of his opponents. Moving to 18&U he can't physically dominate players like before. With Josh, he is also mentally a few years behind the better players so on this alone, he has got a lot of work to do. For me, this last year has been about learning, adapting, realising and understanding what the levels are for 18&U tennis.*

John: How has Josh dealt with not getting great results in recent tournaments?

**Neil:** *He had an infection that wasn't diagnosed by the doctors at first, so once this was discovered it could be dealt with. We know now that this has had a big effect on his performance and by knowing this it helps with understanding. He was obviously disappointed not to win certain matches that he felt he was good enough to win but certain mental or physical aspects may have let him down. Josh has realised that these losses were beneficial as they have helped him to realise where his strengths and weaknesses are and what he must focus on to improve his level.*

John: How has he developed this winning but accepting defeat mentality?

**Neil:** *He is continually developing this mentality and he has learned over the past year that when results aren't great, it is even more important to stay positive and to just keep talking about daily improvements which will lead to long term results. It is important to try and not have any outside influences affecting him, as when players are doing very well or badly, certain people can change their behaviour towards that player.*

John: How would you say your relationship with Josh is changing as he is becoming an adult?

**Neil:** *As he matures, he can accept more responsibility and take initiative for himself but at the same time he knows that I am always there to answer any questions or help. He also knows that he will always get an honest*

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*opinion from me, even if it isn't what he wants to hear. The great thing about working with a player for so long is that when you have built up trust over many years, we are comfortable with discussing anything inside or outside of tennis.*

John: What changes are you seeing with his parents as Josh is growing up?

**Neil:** *It is important for any parent to let their child grow up. They have to let them take responsibility and make mistakes. Josh's parents are helping him to do this. When a player grows up I have found that most players come to the coach to discuss certain tennis and life issues where in the past they would have gone to their parents. This is a natural development especially with a relationship that has been formed over many years between the player and the coach or team.*

John: What has the next year got in store for Josh?

**Neil:** *There are so many factors including what he needs, his development and the opportunities the budget can allow. The important thing with all players is that their pathway is unique. In the past when a player does well, you can be mistaken by trying to copy others exact pathway. We obviously look at what others have done in the past and will take the applicable parts but at the same time we need to make decisions based around Josh. He will continue to play 18&U tennis and in addition to this he will be playing senior events to continue with his development and understanding for competing at this level.*

John: What are your hopes and aspirations for Josh?

**Neil:** *To just improve every day in everything and to keep that motivation and desire to train outside of his comfort*



zone. Young tennis players lives are a lot tougher than people think, as to train to the levels needed every day is not easy. It is mentally and physically draining, so to keep that level of training and love for the game is an achievement in its own right. It is also about ensuring his short term goals are met so that the medium and long term goals are possible. In terms of outcome goals, I obviously would love to see him as a top 10 player in the world, but the focus will always be on helping him achieve his potential.

John: Are there any other factors or influences that you feel could help Josh?

**Neil:** *There is a need for him to spend more time with high level players and coaches as that experience and knowledge will be so valuable.*

As I reflect on my time spent talking with Neil and also my discussions with Josh, as he updates me for his diary each month, I realise that as Josh continues to find his way in the world of tennis, there are many unknowns. But there is one thing he must be certain of and that is the support and understanding from Neil who has always been there for him and who will strive to help him be the best he can be.

**Neil Claxton is a Performance Coach based at Letchworth Tennis Club and Tennis Works. He is Joshua Sapwell's Coach and has extensive experience and knowledge of working with young players and producing international standard juniors.**



### Live Tennis Works Seminar

**'Developing Club & County Doubles Play'**

**Guest presenter... John Willis**

*Live Seminar in Milton Keynes, UK*

**Monday 7<sup>th</sup> November 2011**

**Open to all Coaches**

Enjoy an interactive learning experience with John as he shares his experience to enable coaches to develop club level players to a higher standard in Doubles play, covering preparation, game situations, tactics, court positioning, team work and much more.

4 LTA License Points accredited

**BOOK NOW**



### Join our FREE Live Webinar

**'Developing a player's Game style, Strategy and Tactics'**

**Presented by... Jofre Porta**

**Global Tennis Team Academy - Mallorca**

**Tuesday 25<sup>th</sup> October 2011, 20.00-22.00 BST**

**Click here to register**

**BOOK NOW**



## THE TENNIS DRILL SERIES

Attacking the net

Drill No 23 - Three volleys moving in

Drill No 24 - Volley approach and smash

**Jeremy Elbert**

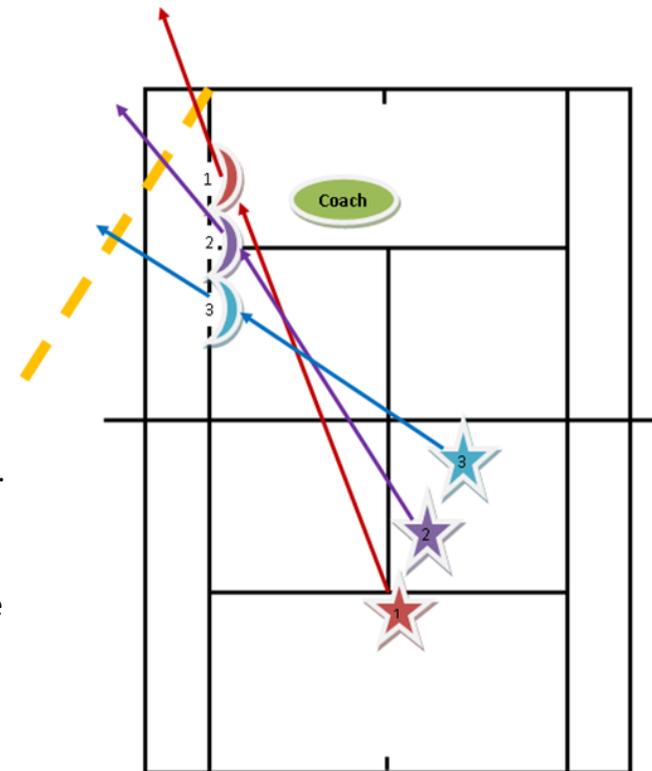
Last month I imparted some drills for doubles play and to help support them, this month I am going to give you two drills that I use to help improve the tactical options at the net.

### **Drill No 23 – Three volleys moving in**

This drill is aimed at getting the player to attack the net by moving forwards while positioning the volley in a different place. This drill will help the players to be aware of the tactical advantages of playing different angled shots depending on where they are on the court.

1. The coach will feed the ball to the player who starts at the red star 1.
2. The player makes a deep volley to the red arc.
3. The coach then feeds the next ball to the purple star 2.
4. The player must make a volley cross court into the purple arc.
5. The third ball the coach feeds goes to the blue star 3.
6. The player makes this volley to the blue arc.

The objective is for the player to volley the ball at an angle with the first bounce of the ball in the arc and the second bounce must be past the orange line. If the second bounce is past the orange line then the player has created enough power to make it an effective shot.



## Drill No 24 – Volley approach and smash

In a match you may find yourself in the situation with a midcourt volley that you use to come in behind to try and finish the point. This drill helps develop the accuracy of the volley as well as making the player finish the point off with a smash.

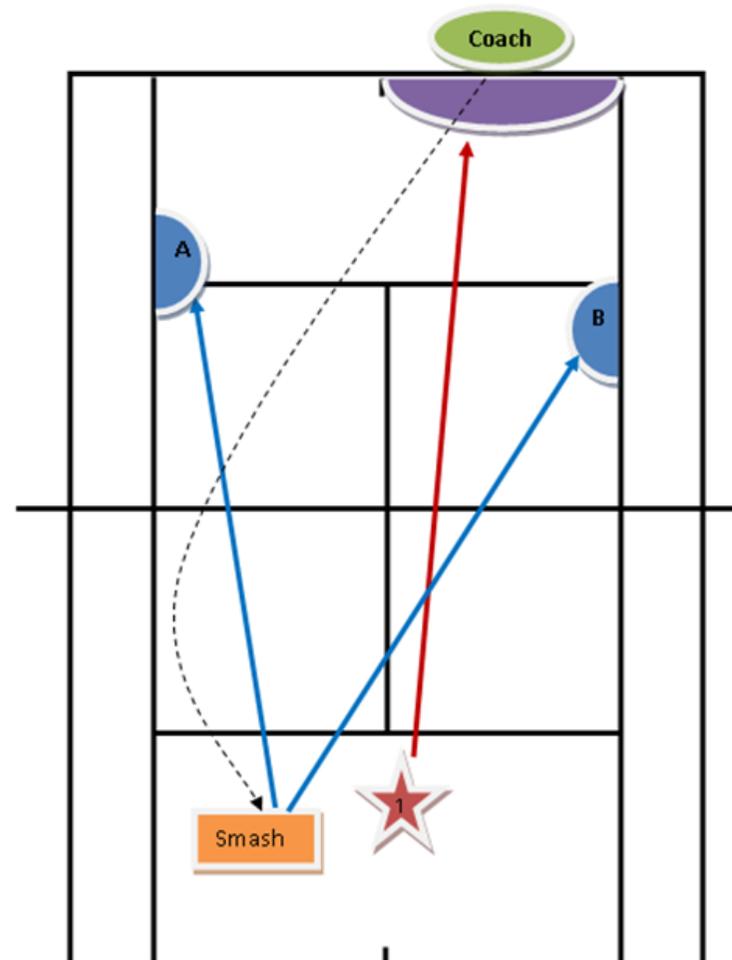
1. The coach feeds the ball to the player who will make a midcourt volley from the red star 1. This volley is guided deep to the baseline (purple zone).
2. The player will follow towards the net down the path they hit.
3. The coach then feeds up a crosscourt lob which the player must get behind and smash into either zone A or B.

This drill can also be done in the other direction.

*Jeremy is a Performance Tennis Coach at Tennis Works who hails from France and has competed at National and International level including competing in the French Championships at Roland Garros in 2004.*

*Jeremy has extensive competitive tennis experience and has for the last 10 years coached both in France and the UK across all age ranges and skill levels. He is a FFT BEES Level 1 and LTA CCA Coach who enjoys working primarily with both junior and adult performance players, whilst also enjoying introducing children to tennis through the mini tennis programmes. He also has extensive equipment knowledge and is an excellent stringer.*

*As a Tennis Works Coach, Jeremy plays a major role in the Stony Stratford Tennis Club (UK) Junior and Adult Development Programme as well as competing for the club. He can be contacted at [jeremy.elbert@tennisworks.net](mailto:jeremy.elbert@tennisworks.net).*





## HOW DOES THE FOREHAND GRIP INFLUENCE YOUR GAME?

**John Cavill**

How you hold the racket is paramount to making good contact on the ball whilst playing a shot. There are many variations of grips and these will be influenced by:

- Game style – Baseline, Net player etc.
- Playing surface – Grass, hard, clay.
- Injuries prevention – The grip is adapted to help prevent an injury.
- Stance – How the player stands and prepares when playing the shot.

On the forehand there are 4 openly agreed types of grips:

1. Continental.
2. Eastern.
3. Semi-western.
4. Western.

Let us look at each in turn.

### **1. The Continental**

I cannot think of one player on the tour who uses

this grip on their forehand when trying to drive the



ball. It was a popular grip on the forehand until the early 1970's as tennis was commonly played on low bouncing grass courts until the US Open and Australian Open changed surfaces. The biomechanics of using this grip and creating topspin is inhibited. The contact point would have to be very late and this could also cause injury to the wrist, as it will

be in a very uncomfortable position.

This grip is used on the forehand for players wishing to slice the ball. The forehand slice can be used when playing a defensive shot whereby the player has been stretched out of position and by slicing it back their reach is further.

It can also be used on the drop shot and approach shot, as slicing the ball will make it bounce low on the opponent's side of the net.

## **2. The Eastern**

The Eastern forehand grip as shown in the diagram



will enable the player to hit the ball flat. What we mean by flat is that the racket face will be open to the ball all the way through contact. Hitting the ball flat is a great tactic when you want to send the ball back fast to give your opponent less time to recover. The flat shot can also be very effective on low bouncing surfaces such as grass, as the contact zone sits nicely at waist height.

When holding the racket with the Eastern grip, the wrist will be at an angle that favours the waist height ball, otherwise hitting a high ball with this grip will put strain on the wrist and the potential for injury. The only other limitation of this grip is that it is harder to generate large amounts of topspin,

which is required to bring the ball back down into the court for consistency.

## **3. The Semi-western**

The benefits of using the semi-western grip are that it enables the player to have good variance for



hitting the ball with spin and flat and that the player is able to play the ball at a variety of heights.

Personally I feel that the semi-western or some variance of it is the most suited to the modern game. There are many players competing with grips that are positioned between Eastern and Semi-western, so finding that grip is very much a personal choice depending on their tactical

intentions and what feels natural to them.

## **4. The Western**

The full western grip enables the player to create the most amount of spin on the shot. Many clay court players have adopted this grip due to the nature of the clay court with high bouncing balls and long rallies. With the western grip, players are



able to generate large amounts of top spin and comfortably strike the ball at shoulder height. The disadvantage for people who use the Western grip is that they sometimes struggle to play shots that are coming to them low and this is especially difficult on low bouncing surfaces such as grass. By using a western grip on low bouncing surfaces can create injury problems

as the wrist is over strained when trying to get under the ball to create the top spin.

### **Grip and the contact point**

The grip will naturally change the contact point and the height at which you make contact with the tennis ball. As mentioned earlier, for an **eastern** forehand grip, the natural contact point is around waist height but for a **semi-western** it's between waist and shoulder height with the **western** grip being more around shoulder height.

### **Swing pattern with the different grips**

By having different grips, the players swing to the ball will be influenced due to the contact height. This is important because when a player is trying to create spin on the ball, it is determined by how the tennis racket and the strings move across the tennis ball at contact. For example, when hitting a shot with an **eastern** grip, the tennis racket will drop down and then swing forward at the tennis ball. This allows the racket to swing through the tennis ball instead of up on it, which creates a flatter shot with less topspin. By using the **semi-western** or **western** grip the contact point is higher up and this allows the player to drop the racket down and then swing forward and up on contact. This low to high action will cause the racket to cut up the back of the ball and can be played anywhere up to and around shoulder level. Naturally as the racket moves up the back of the ball it will generate more topspin.

### **Cavill's Conclusion!**

With whoever you are working with, the grip should not be the first point of action and players shouldn't be set into a certain grip without experimentation. I believe that a player will naturally find the best grips by giving them an environment that will allow them to find what is right for them. This can all start at a young age by

getting players to do racket skills, such as tapping the ball up, tapping it down. Or using the side of the racket.

If there are basic errors, for example, holding the racket too far up the grip then this may be because the child is using a racket too big for them. I feel that as long as a player can consistently contact the ball in front and execute the technical requirements for tactical gain without being at risk of injury, then whether it is the grip I use, Nadal uses or Federer uses, it must be natural to the player and what they want to achieve on the court.

*John Cavill is the Co-founder and Director of Tennis at Tennis Works Ltd. He is also the Director of Tennis at Stony Stratford Tennis Club and heads up the [Cavill Academy](#) (established 2005) which is now based there. The academy develops young tennis players and is producing national level players. In 2009, he established [MK Ace Tennis](#), a Milton Keynes, UK based charity that delivers affordable and accessible tennis to schools and public access facilities to programmes which have served up to 600 people a week. Since 2005 John has been organising workshops for local coaches, and in October 2009 the Tennis Works Seminars were launched with guest speakers presenting to coaches that travelled from far to attend. To take Tennis Works to the next level the business required more expertise and financial assistance and in January 2010, John and Melvyn Jones joined forces to establish Tennis Works Limited, an innovative tennis development and educational resources company.*

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## Live Tennis Works Seminar

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**Guest presenter... Paul Dent**

*Live Seminar in Milton Keynes, UK*

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Enjoy an interactive learning experience with Paul as he takes you through an array of mental skills games and drills that will help you instil in your players greater competency, character and a positive mind-set.

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**Jofre has worked with Carlos Moya, Rafa Nadal, Tomeu Salva and Nuria Llagostera.**



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**'Developing a player's Game style, Strategy and Tactics'**

**Presented by... Jofre Porta**

**Global Tennis Team Academy - Mallorca**

**Tuesday 25<sup>th</sup> October 2011, 20.00-22.00 BST**

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Learn from someone who has worked with the top players - Carlos Moya; Rafa Nadal; Tomeu Salva and Nuria Llagostera.



### ARE SPORTS/ENERGY DRINKS REALLY HEALTHY?

**Wayne Dumbleton**

When I worked as a fitness trainer I lost count of the number of times we would have to treat someone coming off the treadmill in the gym with dizziness and/or a racing heart. Too many times, people would dash from work and then consume stimulant drinks to wake them up before carrying out vigorous exercise. Most of the time, you would find that they had had little to eat prior to training, or had been drinking tea or coffee all day to keep them awake. They were therefore existing on constant stimulation – with very little energy intake to help them exercise. It was amazing how quickly they recovered after sitting down to rest and then consuming some carbohydrates (energy).

My first job was as a school teacher in a secondary school and I remember well the number of children consuming as many as 12 sugary drinks a day – some of which were called sports drinks. For the strongest users, it had become an addiction, and left you wondering where their nutrient intake

was coming from. Many of them became hyperactive during lessons and were disruptive. We found an extremely effective way of dealing with these ‘troublemakers’ was to look at their diet. We found that giving them decent hydration and nutrition throughout the day often improved their behaviour to such an extent that their parents even thanked us.

Recently I have spoken to hundreds of tradesmen who also live off ‘energy drinks’ and ‘stimulant drinks’ to get them through the day. Again, there is an addiction element with some of them who admit to needing at least 8 bottles a day, before going home for a decent meal in the evening.

When I started to look at what was in these drinks I was shocked to learn how unhealthy they were, despite claiming to be ‘sports drinks’ or ‘energy drinks’. What I found was that there were 3 common factors in the drinks.

1. Large amounts of processed sugar
2. Large amounts of artificial sweeteners
3. Stimulants

In terms of marketing a product, these ingredients are great. They are very cheap and very addictive. They can also burn off very quickly, meaning the user wants more very quickly. Some 'energy drinks' have as much as 15 teaspoons of sugar in one bottle. However, there is very little nutrient value, meaning the long-term health risk was great. They also took their users on a daily roller coaster ride of highs which could only be prolonged by constant use.

### What is in Your Sports/Energy Drink?

All forms of food and drink provide energy. The question is, what other effects do they have on the body? Look carefully at the ingredients in what you drink and be careful of the following:

**Sugar:** Fruits contain naturally occurring sugars (fructose and glucose) already. Therefore, there is no need to add processed sugars. Nature supplies us with our needs and natural products are broken down more easily by the body. Over-consumption of sugars will lead to excess body fat. High levels of sugar in the blood stream can also lead to dramatic insulin rises, which in turn can lead to highs and lows or 'the roller coaster effect'.

Sustained and gradual energy release prevents these constant highs and lows.

**Caffeine and Taurine:** Caffeine is a well-known stimulant, and Taurine, a naturally occurring amino acid, is often combined with it to boost the effect. Stimulants act on the central nervous system temporarily warding off drowsiness and increasing alertness. However, stimulants can exacerbate anxiety and sleeplessness and are a drug, and not a nutrient – therefore they are not an energy source. The danger with 'constant stimulation' is that the user may feel like carrying out energetic tasks, even though their body does not have the energy needed.

**Sweeteners:** Ah you say – 'but what about the new diet sports drinks?' Well, they get their sweetness by using large amounts of sweetener. When you think about it, it is ironic that we add sweetener to fruit juice, when there is actually no need to add anything if you mix fruits properly. Again however, sweet substances can be very addictive and are generally cheaper than real fruit juice. Much research has started to question whether sweeteners actually encourage you to gain weight. An article in the Daily Express which can be viewed online commented on how much of the recent research into sweeteners found that sweeteners can actually boost a craving for food. The article

can be found online at

<http://www.express.co.uk/posts/view/255633>

The following video on YouTube gives a clear account of one view about the endorsement of aspartame by the FDA (Food and Drug Administration) and is recommended viewing, <http://www.youtube.com/watch?v=kn5slnNB8h0>

### A Change in Attitude

After working with elite youngsters in sport for 16 years, I realised that it just wasn't right that they were drinking so many of these drinks – with the potential long-term damage on their health. They and their parents complained about not having time to make their own sports drink – so I decided to make it for them. I am married to a State Registered Dietician, so my source of information was close at hand, and I started to look at what really needed to be in a sports drink. There are 3 basic types of sports drink

1. **Hypotonic** – A drink with more fluid and less energy in it. Can be used by people doing less than 60 minutes of exercise who want to hydrate but won't use great amounts of energy.
2. **Hypertonic** – A drink with less fluid and more energy (the highest energy level of all the drinks). Any sports participant who gets nervous

prior to competition and can't eat, could use this drink to up their energy levels.

3. **Isotonic** – Major research showed that an isotonic drink should have between 5.5-6.5 g of carbohydrate per 100 ml of fluid. This gives the perfect balance between energy and hydration. Therefore during any exercise lasting an hour or more, an isotonic drink can be used before, during and after.

I therefore decided that it was best to start with an isotonic drink, as it met the needs of most exercisers and would give good levels of,

1. **Hydration** and
2. **Energy**

to all who used it. However, an isotonic drink has one more major benefit.

3. **Electrolytes** – salts that increase the thirst response, encouraging users to drink more. Salts also help in two other ways in the body. They help absorption of water into the cells and they help with electrical activity in the body (and your brain works on electrical impulses).

I realised that the energy needs for the drink could be met by natural fruit sugars, and that in fact using these would be more effective than adding a processed sugar for the following reason -

*“Rehydration solutions combining two different carbohydrate substrates (glucose, fructose, sucrose, or maltodextrins) induce greater water uptake than solutions containing only one of the substrates.” - ‘Essentials of Exercise Physiology’ (2nd Edition), McArdle, Katch & Katch*

This didn't surprise me at all, as nature has a wonderful way of making foods more digestible for our bodies. We basically weren't made to consume processed foods, but our bodies have adapted to digest the natural food sources around us. By combining certain fruits, I found that you could get the right taste and energy levels. Yes, it was a bit more expensive than throwing processed sugars in, but not a lot more.

By spending months playing with the water/fruits ratio, we found that we could get the perfect isotonic balance using natural products. It was then a question of adding the right amount of salt and preserving the drink using a preservative derived from a natural source and with the same toxicity levels as table salt. The best thing of all however was that we could add a fourth element to the isotonic drink,

#### **4. Increased antioxidant levels.**

Antioxidants are wonderful molecules that help us fight cancerous cells, thus reducing the risk of cancer. Unsurprisingly they are found in large

numbers in fruit and they also help boost our immune system allowing it to fight infection (especially when we are tired and the body may be more run down). Therefore, it is a good idea to put high levels of fruit in a sports drink.

And that was how 'pure4m' came about. A simple idea leading to a worthwhile product. For more information visit our website at [www.pure4m.co.uk](http://www.pure4m.co.uk)

*Wayne Dumbleton was an athlete, winning the European Junior Clubs Championship in 1990. Illness held Wayne back from making it at the senior level, but instead engendered in him an interest in finding better and healthier ways to live and train as a sports person.*

*After studying for his Master's Degree in 'Applied Human Science', Wayne went on to work with elite sportspeople in many sports, including tennis, athletics, football and golf. Wayne also founded IPRO Interactive Ltd ([www.iprointeractive.com](http://www.iprointeractive.com)) – a company which produced the first real-time salivary monitor for use in sport. In 2005, IPRO won a SMART Grant from the Department of Trade and Industry for £75,000 and he has presently raised just under £1m in private investment for IPRO. He is currently a 25% shareholder and Director in that company.*

*Wayne has felt for a long time that there is a big gap in the sports drink market for a healthy product, and therefore set up H2Go Ventures Ltd in 2010. Wayne has worked with 12 National Champions in different sports and has also worked as a Physiologist for Premiership Football teams and the British Army. Wayne was trainer to Tom Lewis for just under 5 years (English Open Amateur Champion 2011) and is currently trainer to Josh Sapwell (National, European and Orange Bowl Junior Champion 2010/2011). Wayne has also worked as a consultant for Elena Baltacha (Number 52 WTA Tennis) and Marilyn Okoro (finalist World Athletics Championship).*

*During the 11 years it took Wayne to set up IPRO, he became an expert in Immunology and has conducted thousands of test of elite sports people to look at the effect of training and competition on their bodies, and in particular immune systems. His knowledge of the sports world and contacts developed during the formation of IPRO, has helped him recruit an experienced team, including State Registered Dieticians, to develop a much needed product in pure4m. Wayne still works with Josh Sapwell in tennis, but the rest of his time is devoted to growing pure4m.*



### 'JOSH'S TENNIS DIARY'

*Hello again and I'm back for another round up of my diary. Not much to report as the summer season has come to an end and as I prepare for the winter events.*

*After last month's health issues with a urine infection, my start to September has basically been having two weeks of rest! In this period I did exactly that and played no tennis and did no training, while I allowed my body to recover. Although I love my training and it is something I live for, there are times like this when you have to look at the bigger picture and realise that when your body needs time out, you have to listen to it. This experience has given me a great sense of awareness about my body and when things aren't right, as when I first went to the doctors to have a blood test they said there was nothing wrong!*

*Once I had taken my period of rest I started back at training on 14<sup>th</sup> September. Even though I wasn't training for a while, it's amazing how your fitness drops in such a short period. Back at Letchworth Tennis Club I started with light exercise with the fitness training and basket drills to start building up my fitness in preparation to head off to Barcelona for two weeks of training.*

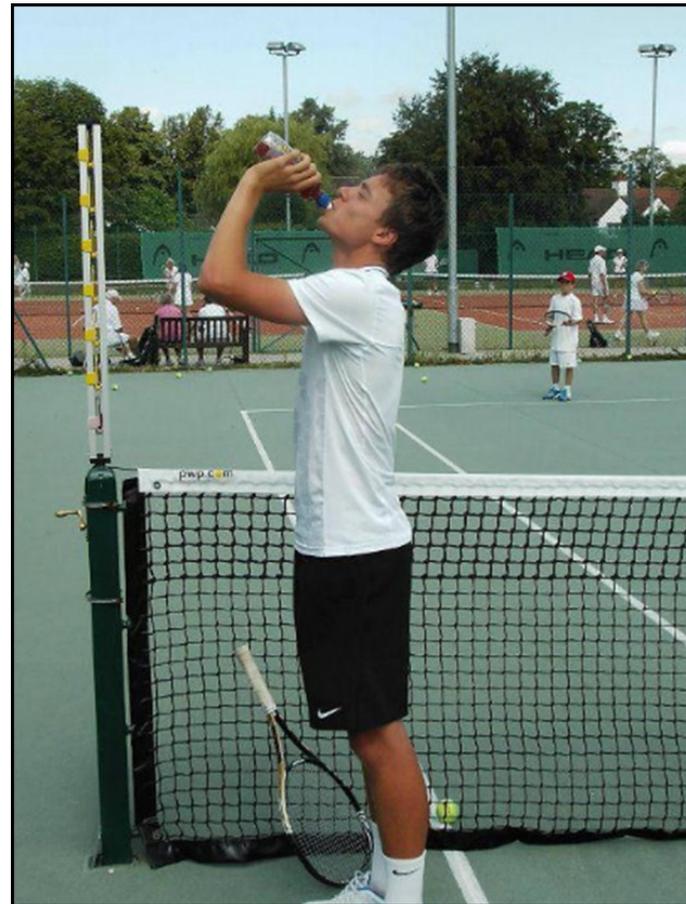
*Coming back from illness was obviously the toughest part of the month for me as it is also mentally hard to recover. There is no short cut and it simply hurts to get back*

## TENNIS WORKS NEWSLETTER - Vol. 2 Issue 2

to where I was, but as the saying goes..."no pain, no gain!" It has also taught me how badly you can play when you're not fit, as there have been a lot of 3 set matches that I have lost over the past 3 months, which in the past I would win due to my higher levels of fitness.

On 17<sup>th</sup> September I flew out to Spain with my good old friend and fitness coach, Simon Tomlinson, who has been travelling for 4 months. It has been great to have Simon around again as he has done a lot for me over the years and I very much appreciate it. Having come back from illness, it's also good to have someone around me who will ensure that the training will allow me to gradually regain fitness without overdoing it. 😊

During my visit to the world famous Sanchez-Casal Academy, where the likes of Andy Murray trained as a junior, I have totally focussed on training and no competitions. At the academy I have been doing a lot of basket drills and hitting with former players. I have had a session with Columbian guru, Pato Alvarez who coached Murray and 30 to 40 other players who have made the world top 50. This was great for my learning experience as I need to be around coaches who have produced world class players to help me learn and grow.



## TENNIS WORKS NEWSLETTER - Vol. 2 Issue 2

I return from Spain on 1<sup>st</sup> October and then fly out to Thailand and Malaysia on Thursday 6<sup>th</sup> October with the LTA to compete in 3 ITF Futures events. Six players born in the year 1996 have been selected on their previous results and ITF ranking.

I'm sorry that this diary entry is so short but there really isn't much to report when you're resting up for half of the month.

Next month's report should be filled with lots about my visit to Asia and the events I will be competing in.

Before I forget, if you haven't done so yet, check out John's (C) interview with Neil (C) on page 17, it's all about me and I haven't even seen it yet!

That's it for this month and I look forward to reporting back next month!

Forty Love,

Josh Sapwell— 30th September 2011



Sign up to any annual plan before Saturday 8<sup>th</sup> October and apply the discount code **ANNIVERSARY** and get a fantastic 25% discount on top of our standard offer of 12 months for the price of 10 and a free first month!



## Forthcoming events 1



**LAST CALL FOR EARLY READERS**



**Live Tennis Works Seminar**  
**'No frills .... Just mental skill drills'**  
**Guest presenter... Paul Dent**  
*Live Seminar in Milton Keynes, UK*  
**Monday 3<sup>rd</sup> October 2011**  
**Open to all Coaches**  
Enjoy an interactive learning experience with Paul as he takes you through an array of mental skills games and drills that will help you instil in your players greater competency, character and a positive mind-set.  
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**Monday 3<sup>rd</sup> October:** Join us in Milton Keynes as Paul Dent delivers an on court practical Seminar that will enable coaches to improve the positive mind-set of their pupils. Mental strength is the key to peak performance at whatever level a player is competing it. Paul will be taking coaches through an array of mental skills games and drills to help achieve this. Paul has a Sports Science degree from Loughborough University and has been coaching for 25 years and is co-author of the Tennis Coaches Toolkit. He has coached several junior and senior international players and is currently responsible for the Performance Coaches Award course.



**Live Tennis Works Seminar**  
**'Developing Club & County Doubles Play'**  
**Guest presenter... John Willis**  
*Live Seminar in Milton Keynes, UK*  
**Monday 7<sup>th</sup> November 2011**  
**Open to all Coaches**  
Enjoy an interactive learning experience with John as he shares his experience to enable coaches to develop club level players to a higher standard in Doubles play, covering preparation, game situations, tactics, court positioning, team work and much more.  
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[BOOK NOW](#)

**Monday 7<sup>th</sup> November:** Join us in Milton Keynes as John Willis delivers an informative interactive seminar that will help coaches develop club level players to a higher standard. Covering areas such as pre-match preparation, recognising game situations, tactics, court positioning, team work and much more. John is the Chairman of the British Tennis Coaches Association and coaches at Doncaster Lawn Tennis Club. He has coached 3 junior players to National Championship titles and for the last ten years has delivered the LTA Coach Development and Award Courses, up to and including CCA including National Roadshows. Don't miss this event.



## Forthcoming events 2

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### Keep Tuesday 25<sup>th</sup> October free and do not miss this event.

Join us for this FREE WEBINAR, sit back and share the experiences of internationally renowned Jofre Porta, founder of the Global Tennis Team Academy.

Tennis Works is proud to present the 'Developing a player's Game style, Strategy and Tactics' Webinar. Join Jofre as he shares with us his thoughts, observations and understanding of what the requirements are to develop not one but two world number one ATP tour players!

Jofre Porta is internationally renowned for his work with top players (Carlos Moya, Rafael Nadal, Tomeu Salva and Nuria Llagostera) and is a regular speaker at numerous conferences, courses and seminars worldwide.

During this event, Jofre will be discussing what he believes are the definitions of Game style, Strategy and Tactics and how they are each developed. He will be talking about who influences the decision making process for each of these areas and how a vision that is agreed by the player, coach and support team will help create a complete player.



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**Presented by... Jofre Porta**

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Hi, so we have this great offer, where if you sign up to any annual plan between Saturday 10<sup>th</sup> September and Saturday 8<sup>th</sup> October and apply the discount code **ANNIVERSARY**, you will get a fantastic 25% discount on top of our standard offer of 12 months for the price of 10 and a free first month!

So what ..... Just why should anyone join us here at [tennisworks.net](http://tennisworks.net)?

We offer a subscription website that provides tennis development and educational resources. Our aim is to '*inspire tennis excellence*' and provide a 'one stop shop' where one will find everything they need to play, coach and develop the wonderful game of tennis whether you are a player, parent, coach, tennis leader, tennis enthusiast, club official or business owner.

Resources are grouped into six main areas:

- **Physical** – Covering fitness, strength and conditioning, visual skills, nutrition and more.
- **Technical** – Covering stroke production for all the shots
- **Tactical** – Covering game plans, patterns of play, decision making and more
- **Psychological** – Covering visualisation, emotional control, positive thinking and more
- **The 5th Performance Factor** – Covering all aspects to do with the tennis environment
- **Business Support Services** – Includes business aids, templates, resources and more

These are in the form of:

- PDF documents
- Video and audio files
- Read only articles

Additionally, you will find:

- **Webinars** –Join us on one of the many live webinars we will be regularly holding where Tennis Works and guest speakers deliver content on all aspects of the game of tennis. Otherwise members can visit our archive of recorded webinars which are constantly added to all the time.
- **Online forums** – Create discussion and exchange ideas amongst like-minded tennis enthusiasts at different levels of development and coaching.
- **Download area** - Where you can access items to download and keep, to enable you to build your own personal library of tennis resources.
- **TENNIS WORKS NEWSLETTER (TWN)** – Monthly electronic newsletter full of interesting and informative articles on all things associated with tennis provided by a variety of different individuals and professionals.
- **Online store** - Offering tennis equipment; clothing and associated training resources in the form of books and DVDs at competitive prices with further discount for members.

We are also pleased to provide two unique interactive resources:

- **Tennis Works Tennis Manager™** - This unique system helps you manage and record the areas you will require as a coach or tennis player including training sessions, competitive events, diet details, physical programme and goal setting. You can with other people, so your coach can easily access information to monitor your programme.
- **Tennis Works Lesson Planner™** - This allows you to create lesson plans that can be printed off, shared with your students or shared with other people from the resources on the website.

There are four subscription levels each giving you different levels of access although all levels, with the exception of the free one have access to **Tennis Works Tennis Manager™** and **Tennis Works Lesson Planner™**. Please visit the site to see what each level offers and the pricing structure.

If you join as a **Developer** or **Coach** you can automatically participate in our **Affiliate Programme** where you can earn income by

promoting the site. This offers uncapped potential to earn additional income.

One of the subscription levels is that of **Enhanced Coach**. This enables you to attend live Seminars at Milton Keynes (UK). Six live seminars are held each year with guest presenters who are experts in their field delivering educational presentations on subjects that support the development of tennis. Many elements of these events involves demonstration on court with players and is a fully interactive experience. Attendees also earn LTA License points. If you are only able, or only wish to attend occasional seminars, you can do so by purchasing tickets for individual events and subscribe to the site at a lower level.

What makes tennisworks.net unique to the other tennis resource sites that exist? Quite simply CONTENT and FOCUS.

Much of our CONTENT is unique and exclusive to us. We have spent many hours filming quality coaching material and producing it in a way that really gets the message across.

FOCUS because we avoid looking at the big name players and instead show what it means to develop from the grass-roots up, from Beginner through Foundation and on to Intermediate and Advanced, no matter what age you are.

We hope you will join us. Visit [tennisworks.net](http://tennisworks.net) and see what we offer.



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# TENNIS WORKS NEWSLETTER - Vol. 2 Issue 2

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tennisworks.net is full of quality content in the form of videos, webinars, audio files and documents to help everyone from two year old beginners through to professional tennis players. We also run regular live seminars in the UK with guest presenters delivering educational workshops which are professionally filmed and edited to create premium content for the website and DVD packages.

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