



TENNIS WORKS NEWSLETTER

Volume 2 - Issue 3



TWN - Table of contents

Letter from the editors	3
Tennis' hidden challenge by Joe Dinoffer	5
Sowing the seed by Keith Reynolds	9
Curses and tennis - part one, the curse of the firstborn by Jofre Porta	12
An interview with Yvonne Cavallé Reimers (WTA Tour Player)	15
The 'Tennis Drill Series' - Ground strokes movement by Angel Inocencio	19
The 'Global' experience by John Cavill	21
Eat well, eat like a champion by Emma Dymond	25
Josh's Tennis Diary by Josh Sapwell	28
Forthcoming Tennis Works events	32

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We want to hear from you!



A LETTER FROM THE EDITORS

Melvyn Jones & John Cavill

Welcome to another edition of the **Tennis Works Newsletter (TWN)**. John has just returned from a week at the Global Tennis Team Academy in Mallorca which was founded by Jofre Porta and we therefore have some varied and interesting articles relating to his trip. We kick off however by welcoming the return of Joe Dinoffer who gives his insight and solutions into the hidden challenges of tennis. Keith Reynolds of The Tennis Coaches Toolkit writes about the role of coaches in those formative tennis years in 'sowing the seed'. Keith is also delivering the December seminar so look out for details.

We then have the first of our Global Tennis Team Academy related articles with Jofre Porta, giving us his first article in a series on 'Curses in tennis'. His first instalment is the curse of the firstborn and should provoke a few thoughts depending on where you come in the sibling pecking order! We then have a wonderful interview with one of the Academy players, Yvonne Cavallé Reimers. Yvonne is a WTA Tour Player, ranked currently at 537 and the interview by John, with further comments from Jofre, offers an insight into the different attitude and approach from a typical UK based developing tennis player. The 'Tennis Drill Series' is delivered by Angel Inocencio of the Global Team who shares two drills on ground strokes movement.

John Cavill then shares his 'Global' experience, built over a six year period in which he has visited Jofre and his team five times. This visit, two players Tom and Emily, from the Cavill Academy shared the experience and you can hear from them in the article. Emma Dymond shares some nutritional advice in her article 'Eat well, eat like a champion', these health articles are always intriguing. Josh's Diary sees him sharing his exploits from Asia, where he has been throughout October playing tournaments, it's as entertaining and enlightening as ever.

For early readers of this edition, you still have chance to register for the free Webinar on Wednesday 2nd November when Dan Kiernan, former No 1 British Junior and British Senior Doubles, will be presenting on how he established the SOTO Academy in Spain. We also have a number of great seminars coming up for those who are close to our base, so please see the forthcoming events.

Watch out for next month's edition when we will have some exciting announcements to make. Have a great month.





TENNIS' HIDDEN CHALLENGE

Joe Dinoffer

Experts agree that tennis is the best lifelong sport in the world, offering more health, social, developmental, and competitive opportunities than any other activity. At the same time many will argue that tennis' biggest challenge is that it is perceived as a difficult sport to learn. However, even more say that it's not hard to learn how to hit tennis balls. In fact, just hitting the ball is relatively easy. What can be challenging is for beginners to learn how to keep a ball in play with friends and advance quickly and painlessly to the intermediate level. In other words, making that transition from beginner to intermediate – moving past the level of having a pro spoon feed balls at exactly the right height, speed, and place, a far cry from real tennis.

The issue of embarrassment – The key issue seems to be that people, especially adults, don't want to make mistakes, particularly in front of other people. And, since beginning tennis players often take more readily affordable group lessons, the beginners find themselves in exactly the

environment they want to avoid – making many mistakes in front of their peers. Studies show one of the primary reasons that adults and juniors quit activities they are learning is because of the stress or anxiety of failure.



The challenge of the beginner -The challenge has always been that premature live ball drilling can frustrate new players since they waste more time picking up balls than hitting. The proposed article would then list alternatives with several devices which are available that can help players comfortably “load up” with balls. The idea of a beginner playing with another beginner with one can of balls is borderline ridiculous. They will spend most of their time picking up balls – how much fun is that? One close-up view of the net while bending down to pick up balls is somewhat

interesting but after that it just becomes painful. (editor note: We timed several beginners walking to the net and back to the baseline to pick up balls. The average time needed? 25 seconds without stopping at the net to talk!) Beginners, in particular, do not need time to further dwell on the mistakes they make. They will make mistakes, granted, but then they need a tool which allows them to move on quickly to the next shot.

Optional tools – Whether it is simply loading up with 5 balls in each pocket, using a Hip Hopper pouch, ball clips around the waist, or a tube product around the waist which holds three extra balls, beginners need to come prepared with extra



balls. A practice hopper is really not the best option since there is a guaranteed 10-second pause to go to the hopper to get another ball. Give beginners the freedom to make mistakes and immediately get an “instant replay.”

Increase fun by encouraging instant corrections –

The rules are simple: Players are just encouraged not to make the same mistake twice in a row. The only purpose of this exercise is to encourage continuous play and take the emphasis off of the errors. When a mistake is made, they stay in the same place and try the same shot again by simply taking another ball out of their pouch or pocket. This reduces the anxiety of making mistakes since they don't have time to dwell on them. Players learn to simply see mistakes as part of the journey and make instant corrections. The positive mental and psychological freedom of this experience is powerful. Wouldn't it be great if in real life we were given unlimited replays like this!

Cooperative skill building – One tremendous benefit of tennis as a lifelong sport is that it is fun and very social. All too often practice sessions become competitive with winners and losers – not an ideal learning and growing environment. For example, we can have four players playing a cooperative game which could easily apply to any practice situation focusing on any single shot or combination of shots with our players simply being paired together hitting volleys back and forth. They begin with an agreed upon number of balls in their ball pouches and simply volley back and forth until one team runs out of balls. The team which keeps

their 20 balls in play longer is the winner. By creating exercises like this, it motivates each pair to cooperate and, at the same time, introduces the fun and excitement of competition. To create synergy for the entire group, try rotating partners after each rally while maintaining cumulative individual scores of how long each pair keeps their twenty balls in play before emptying their pouches or hip clips.

Shot sequences without interruption - We all know that as players advance they must gradually perfect shot sequences. After all, one of tennis' biggest attractions is the excitement that only an open sport like tennis can create. In contrast, closed sports like track, swimming, and even golf are very different. They don't provide the same head-to-head competitive excitement where unexpected things happen all the time. However, at advanced beginner and intermediate levels, when players begin learning shot combinations, these random game situations can be challenging and players will initially make many mistakes. Using ball pouches meets this challenge by permitting repeated attempts to master a sequence without having to start all over again after each error ... learning flows easily since there are no interruptions. For example, players can practice a five-shot serve and volley sequence. As

soon as one or the other misses a shot they can continue the sequence immediately without interruption. In normal practice this would be impossible. Normally, after each error the players would have to go back to the baseline and start over. They never complete the entire sequence.

The slice serve – Most experts will agree that one of the requirements for arriving at the intermediate level is mastering a basic slice serve. Here's a tip that will have you serving up slices in ten minutes.



First you need something close to a continental grip. But, this is easier said than done. Most players learning the continental grip for serving change to the traditionally limiting frying pan grip right in the middle of their motion which makes a slice virtually impossible.

A sure-fire tip to correct this problem (which has plagued millions of tennis players for 100 years) is to simply place your thumb under your third finger while holding this correct grip. This will effectively keep your grip from slipping. Then try a 360-degree serving drill. It goes like this: While holding your thumb with your hand in the

continental grip position (try to keep your wrist relaxed while doing this) serve 6-10 balls and move in a circle standing on the baseline. Do not worry where the ball is going but just take notice of which one ends up in the area of the service box (one of them will).

Then stop in that starting position and hit another ten balls or so just noticing the spin and observing the flight of the ball. If you need to make it go more right or left, simply make a slight adjustment in the stance by turning your body and feet more to your right (for right-handers – lefties do the opposite) to make the ball go to the right, or to the left to make it to more to the left. If your balls are landing in the net, simply aim higher and hit up as if you are trying to hit over the back fence. If the



wrist feels tight when you are holding your thumb under your third finger, just drop your little finger off the bottom of the racquet. Finally, by taking away the target, i.e. having them intentionally move in a circle with no specific target to hit, players relax much more easily and will not worry about the fact that their balls will go more to the left than they are used to. Therefore they get used to the grip more quickly with less resistance to change.

I hope these few tips I have offered help you to help others embrace this wonderful game we love.

Joe Dinoffer has had an extensive "world class" career in the tennis industry, and has conducted clinics and exhibitions in over 50 countries, personally logging over 30,000 hours of instruction in English, Spanish and German. He is a Master Professional in both the USPTA and PTR, a distinction awarded to only a handful in the tennis industry. Joe also received the prestigious 2006 USPTA Tennis Industry Excellence Award.

Joe is the author and editor of 7 books and more than 20 DVDs. He writes regularly for Tennis Life and Racquet Sports Industry Magazines, and also has numerous instructional tips airing on the Tennis Channel. As a member of the Head/Penn Advisory Staff and National Speaker Bureau, Joe is a frequent speaker at national and international tennis conferences, having conducted over 300 workshops since 1995.

He is also the founder and president of 3 companies, www.uncourtoffcourt.com, www.kidfitness101.com, and www.preventchildobesity101.com, all dedicated to serving the needs of tennis, fitness, and physical education coaches with innovative training aids and educational tools. He lives in Dallas, Texas, with his wife, Monika, and their daughter, Kalindi.



SOWING THE SEED

Keith Reynolds

Some thoughts at a glance -

- It's a long journey becoming a tennis player
- So is formal academic education
- Winners can't be chosen too early
- Junior development has been too pressurized
- The coach's primary task is to plant the 'game seed'
- That principle task is the same for juniors and seniors
- The player ultimately determines their game quality

When children start off at primary school they are at the beginning of a very long educational journey. There will be times when they are examined and tested to see how their progress is faring but there is no real discussion as to whether or not they have completed education until they reach at least late teenage years. In fact in a modern society, tertiary, vocational or degree education is now relatively common and the idea

of lifetime in-service training is taken for granted, no matter what profession or job that person ultimately takes.

So, given the widely accepted culture that education can be a lifetime process, why do we fall into the trap of making such high demands upon youngsters who are learning their game of tennis and, not dissimilar to the educational journey, will take many years to be able to show mature results?

The tennis environment which has for the last five years been developing in British tennis, at least in the most publically visible headlines, has been one of miniaturizing the game and the associated competitions. This is a very smart move in allowing the game to be played in replica format.

Where the difficulty begins is in the strategy of using all this available information to make talent selections, give financial grants to individuals,

invite selected individuals to further elite opportunity and generally give the thumbs up or thumbs down to very delicate relationships, which have only just begun to take root.

To me this is the equivalent of allowing a marathon race to be staged with the organizers starting to pick the winners and get the medals and money ready for those who are winning after 2 or 3 miles because they will be expecting to dominate and win the race in miles 24, 25 and 26!

No wonder there is such a demand for mental skills development as there are going to be a lot of eyes to dry and tears to wipe away as the lead runners change from mile to mile.

Let us return to academic education. Try now to recall the processes and the content that will be delivered and practiced throughout the years between the ages of 5 and 21, an age at which there is the possibility that someone may become fully qualified or obtained their degree.

You may even have experienced that full process yourself.

It is from this vision that I have obtained the title for this article of

'SOWING THE SEED'



With beginner juniors all that the coach can successfully accomplish in these first few formative years is helping implant ideas, tennis behaviours, tactics and technical abilities which will one day blossom into the full blown tennis game.

The difference between juniors and seniors starting tennis is simply the amount of time that there is for the individual to mature into a tennis player

and the greater difficulty that a senior has in acquiring coordination skills because their 'coordination concrete' has already started drying, if not already set. This problem though should not be seen as a reason for not 'sowing the seed' of

whatever game the senior may be able to acquire but be aware of the limitations of possibility please.

One of the pervasive difficulties that the coach operates under, whether they know it or not, in a world of intensive junior selection is the misapprehension that they can radically influence the level a junior can obtain by simply intensifying the teaching process. This imbalance between the teaching and learning process can easily cause the energy that has the coach focused in the wrong direction.

The desire of the coach to teach more intensely is not related in a direct linear fashion to the pupil learning intensely. This is because the coach's ownership of their ability to play tennis cannot be transferred into a pupil simply through intense desire. The pupil's desire to gain ownership of the ability to play tennis is related to how quickly they are learning to play tennis and that speed of learning is influenced by how well the coach can create a learning environment.

It is this learning environment which is the incubator in which ownership of the ability to play the game of tennis grows; the equivalent of the heat, temperature, comfort and humidity of the incubator are the coach, family, peer group and

tennis opportunity. However what is most likely to influence the speed and quality of growth is the player's ability to learn and their motivation to improve.

In summary therefore: *'It takes a very long time to become a tennis player and our responsibility as coaches, is to maximise the chances that the young seedling tennis player has as good a root system as possible which is very firmly embedded in high quality, nutritious ground'*.

Keith was educated at Millfield School, Somerset where he gained a tennis and football scholarship and Downing College Cambridge where he graduated with a Degree in Economics. After extensive travelling, a career in finance, and experience of international tennis, he found his vocational career – tennis coaching.

In 1979, with his business partner Ashley Broomhead, he bought the Watchorn Tennis Club. It was awarded Club of the Year in 1991 for its pioneering work in laying clay court surfaces, low cost indoor structures, community tennis programmes and producing over 20 National Champions of all ages.

Keith continued to play and coach at performance level by captaining the country at Seniors Level as well as having held the positions of Junior National Team Coach, Senior Tutor LTA Performance Coach Award and International Tennis Federation Level II Performance Award Tutor. He has tutored courses in Africa, Asia and Europe.

He coaches on the ATP tour and works at My Tennis International High Performance Centre at Loughborough (UK) as coach, mentor and in partnership with Paul Dent, a coach education and mentoring service – The Tennis Coaches Toolkit. He is also tour coach to Britain's Jamie Baker.

Watch out soon for an exciting Tennis Works announcement in association with The Tennis Coaches Toolkit.



CURSES AND TENNIS

Part one - The curse of the firstborn

Jofre Porta

Any activity, whether it is sport or not, have many circumstances that are both intrinsic and extrinsic and either facilitate or inhibit the activity itself. In this article we will go through 'The Curse of the Firstborn' to explain a possible scenario and ways in which these factors can be overcome.



If you are the child, imagine the day that your parents are going to welcome you into the world as their first born. The midwife cleans your body and passes you over to your parents while you make your first cries. How exciting for your parents!

Now let's see, I am their first child and my mother hugs me as they are overwhelmed. She holds me tighter than normal because she is afraid that she may drop poor delicate me! Fortunately or unfortunately, at this moment I don't have any concept of 'falling' or the distance to the ground,

so I don't share their concerns with Newton's law of gravity! But this panic and overprotection makes me feel insecure, although I don't know what this fear is for, apart from knowing that something bad is happening. It's OK as I can take comfort by being held close to my mother's chest and during this moment it fills me with a great sense of protection.

In the next scenario, imagine that you are the second born. Prior to your arrival your father has made some changes to his life, like not going to the pub on Friday nights like when your older brother was born. As you enter the world, they put you in his hands and he raises you above his head, emulating the scene in the Lion King. Everyone laughs and my mother says with a smile, don't drop him. As a newborn, you will experience the same challenges as your older brother by trying to maintain balance (my first job being proprioceptive work) while your body starts to

understand that life is going to be tough and you will have to start building coping mechanisms for what is coming.

As time goes on and the children grow up, the older child has to do the majority of sharing including games and other activities with the younger siblings. This is natural, normal and healthy for the relationship within the family, but there are side effects. Being able to interact with a younger brother or sister is continuously demanding with certain skills being developed but the younger child is constantly being stimulated, while the older child has put on the hand brake, as otherwise there is no communication or games being played. This situation creates a far more fertile developmental environment for the younger child, both mentally and physically.

It is natural that when parents experience the unknown of having their first child, they want them to come out perfect. They are very conscientious of 'helping' their child so that everything happens to plan. With many years of



looking forward to having children, they will try and do anything to realize their dreams. As parents they will take care of them and make all the decisions on their behalf. With this approach, the child may not develop important decision making skills and without these invaluable tools in everyday life, this will also limit their sporting abilities.

With the second child, the parents are more relaxed. In some way they may be a little bit disappointed as to how everything panned out with the older child, as it didn't go exactly to plan. The second child has the privilege of more freedom, as parents accept that nothing goes to plan after experiencing this with the first child and with this freedom, the second child is able to make more decisions for themselves. Independent decision making is all that one could wish for in sports education.

This example is very common and it is evident that the majority of talented people are not the eldest sibling within the family. But what can we do to support our child's personal and sporting development? Must we resign ourselves to this

natural occurrence or can we do something about it? Obviously the answer is YES, we can do something about it.

The tough lesson to be learned as parents, which goes against natural instincts, is to hold back and let your child make decisions, even if they are wrong (obviously this is within reasonable limits). The child will hopefully learn from their mistakes and in turn improve their decision making process for better choices in the future. Another way in which a parent will be assisting their eldest child in their development is to integrate them with other older children which will stretch their capabilities.

The next curse is when your child is tall and strong within their age group from a young age...this can lead to early results orientated success without stretching the player's natural abilities and I look forward to discussing this with you all in a future edition of this Newsletter.

Jofre Porta is the founder of the Global Tennis Team academy in Mallorca and is internationally renowned for his work with top players, Carlos Moya, Rafael Nadal, Tomeu Salva and Nuria Llagostera. He is a regular speaker for numerous conferences, courses and seminars worldwide. For more information go to www.globaltennisteam.com or email Jofre at info@globaltennisteam.com.



Are you interested in learning more about Jofre Porta and his team and what they can offer you?

As a parent, or a coach, do you want to expose your child or players to a coaching philosophy that embraces the whole person and see them taught by the team that has worked with the worlds top players?

The Global Tennis Team Academy offers a number of Programme options. From Annual Programmes for their own full time Academy based players to Short Stay Tennis Camps of between 1 and 3 weeks, as well as short sessions of a day or more.

Additionally, if, as a Coach, you have your own group of players, Jofre can organise a campus and training programme for 10 or more players, tailored to your specific needs, which can include the integration of your players with those at Global.

For further information visit www.globaltennisteam.com or email Jofre at info@globaltennisteam.com or telephone (00) 34 971 796 362.

When contacting them, please mention Tennis Works. If you book any visits to, or services from, Global Tennis Team Academy then again mention Tennis Works and send confirmation of your order to office@tennisworks.net and you will be sent a free gift from us, as well as qualify for three months free membership of tennisworks.net.



YVONNE CAVALLÉ REIMERS (WTA Tour Player)

interviewed by John Cavill with additional comments from Jofre Porta of the Global Tennis Team Academy, where she trains.

Yvonne is 19 years old and currently ranked 537 on the WTA tour. She trains at the Global Tennis Team Academy in Mallorca and during John's recent visit to the academy, Yvonne took some time out to answer a few questions about her journey so far.

John: How were you introduced to the sport?

Yvonne: *Near my house in Palma there are 3 tennis clubs and one of the local tennis coaches was a good friend of my father, so he encouraged him to bring me along to the club and have coaching.*

John: Do you have any brothers or sisters?

Yvonne: *Yes, I have one elder sister who is two years older. She also played tennis but stopped when she was 15 years old as she wasn't at a good enough level to move much higher. As a child I was always trying to compete with her, so this helped me improve.*

John: How old were you when you started to take tennis more seriously?

Yvonne: *I was about 15 but not until I was 16 or 17 was I able to compete in WTA qualifying events and then from here I really wanted to see how far I can go.*

John: When you started playing, who were your coaches?

Yvonne: *I trained with a coach near my house but they closed this club and he moved to Palmanova with Angel Inocencio. I spent about 5 years with them before training with Juan Marco, a former player, for 1 year. Since then I have been training at Global Tennis for the past 5 years.*

John: How old were you when you started playing tournaments?

Yvonne: *I was about 10 or 11 when I started to play local tournaments and when I was 13 I played in the Nike Junior Tour. Unfortunately only the top 8 go through to the Masters Finals and I came 10th!*

John: Where were you ranked as a junior?

Yvonne: *From when I started competing, I was ranked about 3rd or 4th in the Balearia, which covers the islands of Mallorca, Minorca and Ibiza. It was only 2 years ago that I became the number 1 in Balearia and I still hold this position. Last year I was also the runner up in the 18 and Under Nationals in Spain but I didn't have a national ranking until I started competing in mainland Spain when I was 16, but the ranking was very low. As a world ranked junior, I didn't play many events, so I was about 600 but I preferred to play WTA events.*

John: What is it like being a professional tennis player?

Yvonne: *I like it a lot and really enjoy playing every day. If I didn't enjoy it, then I wouldn't continue as it is very expensive and my parents are investing a lot to help me with travel, coaching, tournaments etc. I don't mind travelling but the only reason I travel is because I enjoy playing tennis. It can be difficult at times as most of the time I have to travel alone due to the expense and I only have Babolat as a sponsor but this is just for equipment.*

This year I have just finished my education, so I will train full time as a tennis player and see where I go from here and whether I go back to studying or continue as a tennis player. I don't want to be 21 years old and 500 in the world as I must see some results. My goal for the next year is to get into the top 250 WTA.

At the moment I am competing in WTA \$10,000 events and trying to get into \$25,000 events but it is so hard to get into these events as there are not so many tournaments at the moment and the top players are competing in lower events so they can do well and protect their ranking points. For example, the next event I have, the top 8 seeds are ranked in the top 200. I thought I would be in the main draw but instead I am ranked 23rd in qualifying!

John: What will you do when you finish tennis?

Yvonne: *I will definitely study and I would like to go to America to do this.*

John: How have your parents supported you and how involved have they been?

Yvonne: *Obviously financially they have committed a lot. When I go to tournaments, I travel alone so I am not dependent on them and they will only come and watch me sometimes if I play in Mallorca. I don't want them to*

push me as I have the desire, so they are very relaxed to just let me get on with it.

John: Has your tennis had an impact on your family life?

Yvonne: *Now there is no problem, but in the past there were some issues as my sister was a bit jealous but this is natural.*

John: Do you ever think what it would be like to live a normal life and spend time socialising rather than everything around tennis?

Yvonne: *I don't have much of a social life and of course, I would like to spend more time doing this but I have chosen tennis and I am very happy with this.*

Comments from Jofre Porta (Founder of the Global Tennis Team Academy) about Yvonne

'Before two years ago I really didn't believe she could be a professional tennis player. She has fantastic coordination, plays very well, is a great worker and a really nice girl but I didn't feel that the ambition to take the challenge was there and we discussed this many times. Recently she has made some very big changes and I believe it is possible now. I think the problem is that she doesn't set the targets high enough and is too conservative, for example, why does she say I want to be top 250 and why not top 100...this is very Mallorcan. In her case I feel that she should be a little more brave to take the challenge.

Yvonne has a belief that she will be top 20 eventually but tennis is changing so much in the women's game. Quite recently the girls tended to get to the top at a young age playing very strong in the 1st, 2nd and 3rd shot of a rally with no lobs or drop shots but now there are many injuries from this way of playing which explains why the number 1 player in the women's game is constantly changing because of all the injuries. Now is the time for players who are very adaptive with their game and the ability to play defence not just attack. Yvonne is one of those players so I have every confidence in her to do very well. I used to joke that players had to make the top 100 at 15 years old but now there are players like Li Na and Schiavone who are in their late 20's at the top. Players need to be at the top of their game further into their life because if they are at the top at too young an age, their mind is confused and this can cause serious problems which makes tennis only short term for them. In Yvonne's case, she is developing at a good pace to have a long tennis career.

The relationships amongst the women on the WTA are very different to the ATP and the women are very

dependent on the coach as a father figure, but the men are more independent and will travel alone more. For Yvonne, she is very independent and it shows her depth of character that she does travel alone. There are many mental problems by not having someone with you but she is far more grateful for the opportunity she has. Yvonne owns her tennis. She arrives early, warms up properly, takes responsibility for everything, does her fitness to the highest standards, looks after herself and organises everything. I joke that this must be because her mother is German she is so structured, but this is Yvonne having great discipline. Because the family don't have a lot of money and she hasn't got any financial sponsorship, she has to take more responsibility and sacrifice for her tennis. In some cases where the families have lots of money and all the support available, they become spoilt and over protected and don't appreciate what they have. Yvonne is not like this and lives life like a normal person which is why she is so nice. We believe that players should travel alone more and take more responsibility to develop the person which helps the tennis'.

Final word from John Cavill

It was evident to me while I was conducting this interview how stable Yvonne is in herself, especially if I am to compare her to other 19 year olds. She is focussed, relaxed and dedicated to achieve her best so with this attitude you cannot ask much more from the player. There were two big messages I got from this interview and they are:

- You don't have to compete so much at such a young age and focussing on developing all aspects of your game as a junior is far more important than results, as these will come in the late teens and onwards.
- Players should take responsibility for everything, not just playing tennis, as this will help them to develop their character and benefit their tennis.

I personally like meeting such positive people and where ever her journey in tennis or life takes her, she will always be fulfilling her potential, such is her attitude.

John interviewed Yvonne and Jofre whilst he was spending a week at the Global Tennis Team Academy in Mallorca where two of his own Cavill Academy players were training.

October 2011



THE TENNIS DRILL SERIES

Ground-strokes movement

Drill No 25 - Short-ball, deep-ball combination

Drill No 26 - Lateral movement with braking

Angel Inocencio

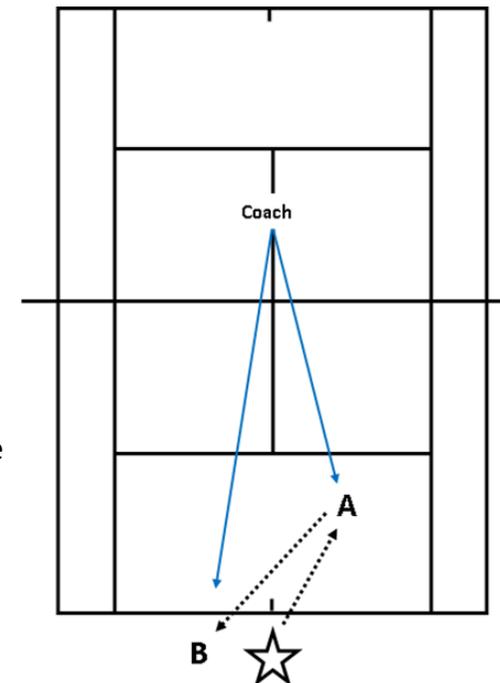
The drills I share with you are core exercises that we practice at the Global Tennis Team academy in Mallorca. If a player cannot move forwards and backwards, left to right in control and on balance, then it is difficult to execute the shot with power and accuracy.

Drill No 25 – Short-ball, deep-ball combination

This drill helps develop forwards and backwards movement so players can step up the court on short balls and move back behind the ball on deep balls.

1. The player starts from the star and the coach feeds the ball to A.
2. They must move up the court and play a forehand cross court.
3. The coach then feeds a ball deep to the players backhand so they must move behind the ball into area marked B and hit the shot cross court.
4. The pattern is then repeated so the player makes 6 shots in total, hitting from A, then B, then A and then B.
5. On the sixth ball which is played from B, the player must rally back to the coach who volleys back to the player but moving them around the court.

This example is described for a right handed player and can be done in the other direction to practice short backhands and deep forehands. As the player develops, the coach makes the feeds more challenging and can stretch the player more during the volley rally.

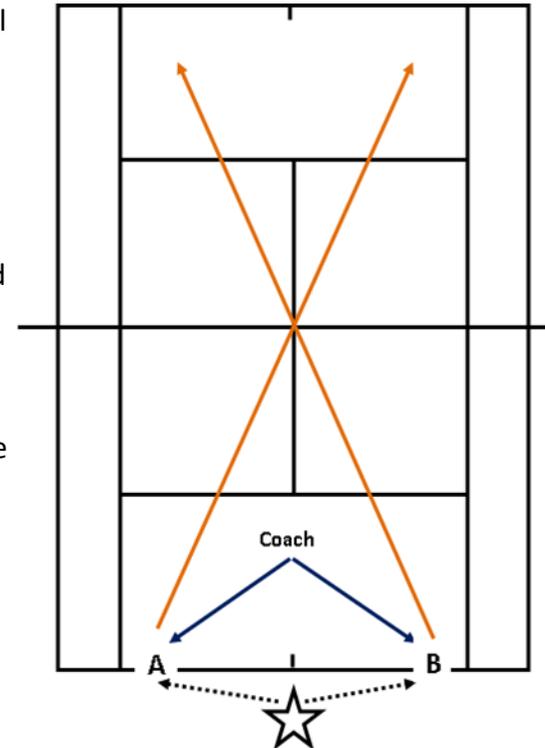


Drill No 26 – Lateral movement with braking

Players must be able to stop to ensure that they are in position to hit the ball on balance and this drill combines forehands and backhands with lateral movement focussing on braking. This drill can also be done in the other direction.

1. The player must start from the star and the coach hand feeds the ball to A.
2. The player must stop when they get to A before hitting the backhand cross court and recovering back to the middle.
3. The coach then feeds the ball to B where the player must again stop and hit the forehand cross court followed by the recovery.
4. On the next ball which is fed to A, the player must stop and catch the ball in the left hand and throw it back to the coach, then recover.
5. Then they hit the next shot from B crosscourt
6. The next shot is hit from A crosscourt
7. Then the next ball from B is caught in the right hand and thrown back to the coach.
8. The final shot is then hit from A crosscourt.

This drill can also be done in the other direction.



Angel Inocencio has been coaching for 22 years with young players coming into tennis right through to ATP and WTA professionals. He has spent most of his career working in Mallorca which included working for 2 years with Jofre Porta at the Government Centre in Palma where they trained Rafael Nadal as a junior. Angel then went to coach at Nova Sport in Palma Nova for 9 years, where several players were produced, including the current 320 ranked ATP player, Pedro Clar-Rossello. He now works with Jofre again as the Head Coach at Global Tennis Team in Mallorca with some of Spain's top juniors and he is currently working with Ivonne Cavalle-Reimers who is ranked 537 on the WTA tour and 21 in Spain. He can be contacted at www.globaltennisteam.com



THE 'GLOBAL' EXPERIENCE

John Cavill

Over the past 10 years, I have spent many weeks travelling around the UK and abroad to expand my knowledge of the game and meet others who are passionate about tennis. Seven years ago I was invited to an international conference in the Madrid where Tony Nadal (Rafa's uncle and coach), Joan Bosch (Carlos Moya's travelling coach), Antonio Cascales (Juan Carlos-Ferrero's coach) and Jofre Porta (Moya's coach from 5 years old to world number 1 and Nadal's technical coach) were all presenting. All of these people come with a wealth of knowledge and experience that is very hard to find in the UK and to be welcomed on a level where these coaches were accessible, approachable and welcoming, was an inspiring experience.

Through this visit I have found a mentor and a great friend in Jofre Porta. He is a true tennis coach in every aspect and a humble man, with so much insight into player development. It is very

rare to find a coach who has started with a player from when they were very young and followed their journey until they were the world number one, which was Jofre's experience with both Moya and Nadal.

As I write this article I'm at Jofre's academy, the Global Tennis Team, based in Mallorca. This is my 5th visit over the past 6 years and like every coach, you never stop learning as there are so many areas of discussion and debate around player development and the coaching environment. One of the main reasons for my visit is to expose two young players from my own Cavill Academy, Emily Honor aged 10 and Tom Cunild aged 12 to this high intensity environment. By being around excellence, you can start to understand and appreciate what it takes to be good. Unfortunately there are very limited opportunities in the UK to expose young players to this kind of environment. Many so called 'performance' players in the UK do

not really understand the hardship it takes to become a good player and I know that if the coaches pushed the kids as hard as they do here, they wouldn't have any customers! Jofre and his team deliver 'hard truths' about the players, that for our players seem as insults or offensive, but for the Spanish and other foreign players they are dealing with they thrive off the aggression and demands put on them, as deep down they know that the coaches love and care for the players and are pushing them to be the best they can be.

You have to be made of tough stuff to survive in tennis at the top. So the environment they are creating is in preparation for the future, as there is no point taking a soft approach with compromise and excuses, because it is a false sense of security where the player will ultimately be more disappointed when they don't have the mentality to compete with other tough players.

Tom and Emily had a complete culture shock during the visit. After the first morning session, they looked like they were ready to pack their bags and come home! The demands for complete focus while they were being pushed to their physical limits was a place where they both struggled. At home in my club I do push these players but I too am guilty of not pushing hard enough at times as I



Emily displaying her serve to Jofre

Know what the players are like and the last thing I want to do is give them a bad tennis experience that makes them drop out. Every player has a choice as to how hard they want to work and many



Emily displaying her backhand

TENNIS WORKS NEWSLETTER - Vol. 2 Issue 3

like the thought of being a tennis player, but one of the main objectives from this trip is to give them a reality check. There are 2 ways things will go from here...either they take the challenge or stay in their comfort zone. Both players must understand the requirements to take the challenge, so by seeing WTA ranked players and top international juniors training will help with that understanding or aspiration of being like that player. If the player feels that they couldn't rise to that challenge, this is not a problem as thousands of players don't, but this at least helps them to put



Tom developing his forehand with Jofre



everything into perspective and that they may be a club, county or national junior champion, but in terms of the greater world of tennis they have only travelled a significantly small distance to be a professional player. When I asked the players what they thought of the experience at the end of the week, Emily said, 'very tiring but great fun' and Tom said, 'I don't like getting shouted at but I have improved lots'. Emily's mother, Kim, was also on the trip and she said how hard the coaches are on the players but it brings the best out of them and the rewards are massive.

The daily schedule for these young players is 9-10.30am on court with lots of basket drills to help the player's movement, grooming

technique and developing patterns of play. This is then followed by an hour of fitness which is very much based on coordination, movement, balance and receptive skills. The morning session is done by 11.30am and the players will then take a shower and rest until lunch at 1pm. They are next on court from 6-7.30pm, training with local players in more open drill situations with lots of rallying and point play.

Experiences like these are worth every penny as it is impossible to describe the amount of continuous effort and hardship a player has to endure to be great, but like video analysis, by showing the players they can start to comprehend and hopefully take inspiration to be better. Jofre commented on the players at the end of the week saying, 'it has been a fantastic week. The players have improved so much in the very short time but this is what makes me happy. Some top players don't improve this much, so it is a pleasure to help people who want to be better and it doesn't matter what level they play at.'

At Global Tennis they will work with anyone who wants to work hard at their tennis and I would highly recommend that any coach gets in touch with Jofre's team to organise a visit for this wonderful experience for themselves and their players.

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.



Are you interested in learning more about Jofre Porta and his team and what they can offer you?

For further information visit www.globaltennisteam.com
email Jofre at info@globaltennisteam.com
telephone (00) 34 971 796 362.

If you book any visits to, or services from, Global Tennis Team Academy then mention Tennis Works and send confirmation of your order to office@tennisworks.net and you will be sent a choice of free gift from us, as well as qualify for three months free membership of tennisworks.net.



EAT WELL, EAT LIKE A CHAMPION

Emma Dymond

What's the difference between your average Joe and a Tennis pro?

Well for me the answer is simple, a lot less than you think, especially when we are talking about nutrition. Shocked, well I'm not surprised, there are a lot of myths surrounding sports nutrition and what athletes should be eating. Hopefully after reading this article I can dispel a few of those for you!

Let's start with the basics

We've all heard the car analogy where if you fill it with crisps, chocolate and McDonald's every day you aren't too surprised to hear that it doesn't run terribly well. By aiming to have a diet packed with nutrients we allow our bodies the opportunity to work at its best and to fight off illness and disease associated with a poor diet. Many athletes like Jennifer Ennis and Linford Christie have spoken about their medal winning achievements that could not have been reached without good

nutrition, so why aren't we all doing it?

Eating well

So what am I talking about when I say eating well? The Food Standards Agency has hopefully made this a little simpler to understand with their Eatwell Plate. The plate model aims to describe what our overall diet should look like as a whole, you could even use it as a basis for your everyday meals if you like.



[Click here to download a larger, printable version](#)

Fruit and vegetables

This group should make up approximately one third of our diet and are essential for many reasons including; vitamins, antioxidants, fibre and cancer fighting properties. The government recommends a minimum of at least 5 portions of fruit or vegetables each day, ideally with at least 3 portions from vegetables and 2 from fruits. What is a portion you might ask? Simply if it can fit in your hand it's a portion e.g. one banana or 3 heaped tablespoons of peas for an adult, or one plum or half an apple for children.



Starchy carbohydrates

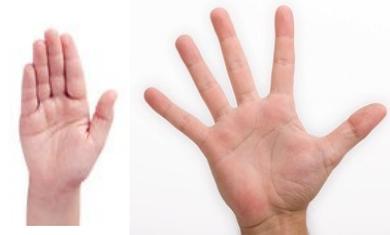
Again this food group should make up approximately one third of our diet. One myth I hear time and again with carbohydrates are that they are bad or 'fatty,' and are often excluded or

limited in a lot of faddy diets. In fact this group is especially important to athletes, as carbohydrates are the body's favourite source of fuel. When broken by the body into glucose, they are used to make a product called adenosine triphosphate or ATP for short, this substance is used by the muscles for fuel, meaning we can do everything from the dishes to a winning sporting performance like Novak Djokovic at this years Wimbledon final.



Meat, fish and alternatives

Another big myth for athletes is that they need large amounts of protein. Whilst protein is important for tissue growth and repair, in the UK we actually eat too much from this group. Ideally we should aim for 2-3 portions daily of; meat, fish, eggs, beans, nuts or lentils, with a portion approximately equivalent to the size of your palm. Aiming also for 1-2 portions of fish per week can also be beneficial, with at least one from an oily source to boost omega 3 in the diet.



Milk and dairy

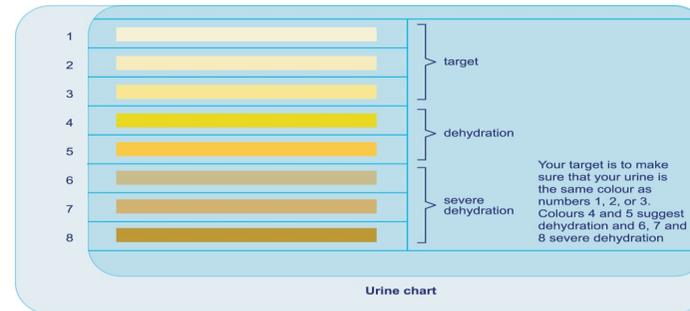
This group is often over looked by children, teenagers and those watching their weight. Dairy products like cheese, milk and yoghurt are great sources of calcium and phosphorus. As you may already know calcium and phosphorus work together to achieve strong bones and teeth but are also very important for nerve signalling, muscle contraction and the making of ATP (or muscle energy). Opt for lower fat varieties where desirable.

Foods high in fat and sugar

The smallest slice of the plate belongs to foods high in fat and sugar, with examples including cakes, crisps, butters, oils and fizzy drinks. Foods from this category are often energy dense but contain little in the way of any nutrients. Ideally consume one portion or less from this group per day.

Fluid

Hydration can really affect sporting performance with just 5% dehydration having a 30% decreased effect on performance and brain function, making intake of fluids essential. One simple method to ensure good hydration is from urine colour assessment or a “pee chart.” By aiming for urine in the top three colours of this chart means you are on track to good hydration.



Only once the basics of good nutrition and hydration are in place can you move onto learning how to adapt your diet further for sporting performance. If you or your team of coaches would like to move beyond the basics and learn more tricks on how to improve nutrition and hydration for sports performance visit www.dymondstrength.co.uk and enrol on our BRAND NEW Coach Education Workshop today.

Emma Dymond was a keen sports woman from an early age and went on to achieve a BSc Applied Sport and Exercise Science degree from the University of Glamorgan. Having always been interested in nutrition for health and sporting performance her Science degree fed her interests in nutrition further, where she went on to complete a degree in Human Nutrition and Dietetics at London Metropolitan University. Emma now works as a state registered Dietician specialising in Sports Nutrition.

DYMONDstrength Limited, are the UK's leading strength and conditioning training provider of bespoke, strength and conditioning courses, for sports coaches, fitness professionals, PE teachers and students. Fully endorsed by the Register of Exercise Professionals (REPs) their courses introduce delegates to best practice, provide the highest quality information, and deliver the most accurate performance training advice available on the market. Emma has recently launch and written a REPs certified Nutrition and Hydration for Sports Performance course. For available course dates and pricing or to contact Emma please go to www.dymondstrength.co.uk



'JOSH'S TENNIS DIARY'

Hi everyone! I have been away for all of October in Asia playing three different tournaments, which was a bit of a roller coaster experience. During these weeks I passed out on court, got food poisoning and was physically gone by the end, but again it was a great learning experience.

At the start of the month I had the pleasure of having a training session with a 10 year old player called Emily Honor, who John Cavill coaches. This was great fun and I think Emily enjoyed the experience as it is important that these opportunities are available for aspiring tennis players. I still need more experienced players to assist me, so it is good that I can be there for others. My coach Neil was also at the session, so between Neil, John Emily and myself it was great to catch up and help each other.

I left for Malaysia on 6th October with a group of other British players, as this was an LTA funded trip and we headed to Perak for the ITF International Junior Tennis Championships. This was a Grade 4 event for 18&U on hard courts and the tournament started on 11th October. I could not believe how hot it was out there! The humidity was overwhelming with temperatures of 34 degrees, which caused a few issues for the British players while our bodies adjusted.

In the first match I played a boy called Tony Chin from Malaysia who I beat very comfortably 6-0, 6-0 without having to do anything special apart from keeping

TENNIS WORKS NEWSLETTER - Vol. 2 Issue 3

consistent. In the next round I played fellow Brit Alex Sendegey who played a very good first set that he won 6-3. I then got my timing and rhythm together and stayed more consistent to take the next two sets 6-1, 6-2. In the Quarterfinals, 7 of the 8 players were from Britain and I played the only non-Brit, Aoran Wang from China who played a great first set which he won 6-3. This situation was a reoccurrence of the previous match, but in this case I had to change my timing to stay more consistent which meant my opponent struggled to find ways of winning points and eventually crumbled with too many mistakes. In the semi-finals I played Clay Crawford and I was winning 4-2 before I then passed out on court. We think it was to do with dehydration and the heat, but I came around to continue the set which I won 7-3 in the tiebreak. At this point I was physically in trouble and managed to play one game in the second set before having to retire. This was a great shame as I was hoping to play Pete Ashley in the final who eventually went on to win the event.



After the first week I then got food poisoning which really took it out of me but I managed to start the next tournament on 18th October in Sarawak, Malaysia but I played the first two rounds not feeling great. This was a Grade 3 event on hard courts and the first round I played Zheng Cheng Liao who is Taipei. I won this 6-2, 6-4 and then went on to play a big South African lad called Adriaan Du Toit who was seeded 11th. He could really slap the ball with big shots but I managed to stay consistent and finish the match 6-4, 6-4 even though I wasn't playing well enough to play my game. The next round was against an Indian

called Aman Agarwal who was the 8th seed. He was very good and kept consistent but the difference was that I managed to break his serve in both sets to win the match 6-4, 6-4. He did have his chances but I felt that I managed these situations very well by coming up with an ace or a big serve. The next round was the quarterfinals and I played fellow Brit, Scott Clayton, who was the number 3 seed. I won a close



first set 6-4, but after being 3-0 down in the second I just went for it with the belief that if they went in, I would close the gap but if they went out I was conserving energy for the final set. Unfortunately I didn't win one game in that set and lost it 6-0, but in the third set it was very close and went to a tiebreak to decide the match. I was 6-5 up in the third set and 40-30 up before Scott was sick on court. It was amazing as he then came back to hit 4 aces out of 6 serves to take the match to a tiebreak. I was 6-4 down in the tiebreak and facing match points against me, but I managed to hold tight and rise to the occasion which eventually saw

me come out on top by winning the tiebreak 9-7. This put me through to my second semi-final in two weeks where I played a Frenchman called Calvin Hemery. He was very good and played like Gael Monfils with great athleticism. After I took the first set 6-4, I started to lose my energy and he closed the match out 6-3, 6-2.

Next stop was Thailand which was even hotter! This was a Grade 2 event called the Tecnifibre LTAT which was played in Nonthaburi on hard courts. My first match was against a Thai player called Watcharaphong Iam La-Or who I comfortably beat 6-4, 6-2 by just staying consistent but in the next round I lost to Chih-Jen Ho from Taipei who was the number 3 seed. The score was 6-3, 6-0 and I should have done much better but I had no energy left which was disappointing.

I think the most positive part of the trip was reaching two semi finals, considering the heat and food poisoning. It was a great experience and nothing quite like I have experienced before but I have definitely learned some things for the future. I now have an ITF Junior ranking of 359, so things are going in the right direction 😊

Next month I will continue to train at home and then compete in some men's events on the British Tour in Loughborough and Nottingham, so I look forward to keeping you posted on how these go.

That's it for this month and I'll see you all again soon.

Forty Love,

Josh Sapwell— 31st October 2011





Forthcoming events 1



LAST CALL FOR EARLY READERS!



Join our FREE Live Webinar
'Developing a Tennis Academy in Spain'
Presented by... Dan Kiernan
SOTO Tennis Academy
Wednesday 2nd November 2011, 20.00-22.00 GMT
Click here to register

[BOOK NOW](#)

Wednesday 2nd November: Join us for this free Webinar in association with the SOTO Tennis Academy, RPT and BTCA as Dan Kiernan founder of SOTO, shares his experience gained from establishing a training environment that has Grand Slam level players using his academy as their base. Dan was one of the top juniors in the world, he spent three years on the pro tour and competed at Wimbledon. He was consistently ranked inside the top 15 in Great Britain in singles and 700 on the ATP tour. He excelled in doubles, being a former British number 1, and ranked 150 in the world. Dan founded the academy in 2010 and has seen it grow rapidly.



Live Tennis Works Seminar
'Developing Club & County Doubles Play'
Guest presenter... John Willis
Live Seminar in Milton Keynes, UK
Monday 7th 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](#)

Monday 7th 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 Road shows. Don't miss this event.



Forthcoming events 2



Live Tennis Works Seminar

'SOWING THE SEED'

Guest presenter... Keith Reynolds

Live Seminar in Milton Keynes, UK

Monday 5th December 2011

Open to all Coaches

Enjoy an interactive learning experience with Keith as he uncovers and shares the 'tennis truths' about developing as a tennis player and how you as a coach can help.

4 LTA License Points accredited

[BOOK NOW](#)

Monday 5th December: Join us in Milton Keynes as Keith Reynolds delivers an informative interactive seminar that will help coaches 'sow the seeds' within their players to maximise their budding tennis development. Keith is a frequent seminar speaker and his experience and knowledge coupled with his own unique style of delivery ensures that as a coach you will go away with new ideas of how to develop your players. Keith presently coaches on the ATP tour with British player, Jamie Baker and is co-author, along with Paul Dent of the Tennis Coaches Toolkit, a definitive guide to coaching. Don't miss this event.



Live Tennis Works Seminar

'COACHING STARTER ADULTS'

Guest presenter... Mark Tennant

Live Seminar in Milton Keynes, UK

Monday 9th January 2012

Open to all Coaches

Enjoy an interactive learning experience with Mark as he prepares coaches for the new ITF scheme, 'Adults Tennis Xpress', which launches in 2012.

4 LTA License Points accredited

[BOOK NOW](#)

Monday 9th January 2012: Join us in Milton Keynes as Mark Tennant delivers an informative interactive seminar in which he will take coaches through the practical skills and ideas needed to revolutionise tennis for beginner adults as introduces the ITF Adults Tennis Xpress Programme. Mark is Director of Inspire2Coach and has over 20 years experience of coaching, having delivered over 80 qualification courses for the LTA. More recently he has been heavily involved in the development and launch of the ITF Tennis—Play and Stay campaign. He is a regular speaker worldwide. Do not miss this opportunity to see him.