ITF Coaches Education Programme
Coaching High Performance Players Course

TENNIS POWERS AND THEIR KEYS TO SUCCESS

By Miguel Crespo & Machar Reid
In this session we will...

• Define what is a power tennis nation
• Compare tennis success among countries
• Present criteria and indicators of success
• Introduce the elements of successful in a nation and how they can be developed
WHAT IS A TENNIS POWER NATION?

• How do we define a power nation in tennis?

• A Nation that is SUCCESSFUL in....
• Producing BETTER players

• Producing MORE players
Comparing Tennis Success among Countries

ITF Tennis Development Department
Why some countries are successful and others are not?

• Causes of inferior achievements in sport:
  – Politics
  – Lack of effective sports policies

• Not clear the nature of efficient sports policies (De Bosscher and De Knop, 2002).
Parameters of success

• Not clear how to distinguish successful from unsuccessful countries in tennis.
• Many different parameters for a country’s success can be built.

(De Bosscher, De Knop, Van Aken, Heyndels, 2003)
Defining success

- Typically, success is expressed in *absolute* terms.
- Structural differences in the countries’ socio-economic situation are important.
- Need for indicators of *relative* success.
Method

• *Absolute success*: Score to players ranked in the top 100 and 1000 WTA/ATP ranking

• *Relative success*: Analysis of macro-(economic) determinants that explain *absolute* success.
<table>
<thead>
<tr>
<th>Country</th>
<th>AS-1000</th>
<th>AS-1000 ranking</th>
<th>R</th>
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<tr>
<td>1. Spain</td>
<td>74220</td>
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<td>56244</td>
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<tr>
<td>2. France</td>
<td>70782</td>
<td>(3)</td>
<td>44500</td>
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<td>3. Czech (Rep.)</td>
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<td>(6)</td>
<td>39910</td>
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<td>4. Argentina</td>
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<td>(7)</td>
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<td>5. Germany</td>
<td>62623</td>
<td>(4)</td>
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<td>6. Italy</td>
<td>51392</td>
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<td>7. United States</td>
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<td>8. Australia</td>
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<td>(8)</td>
<td>22932</td>
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<td>9. Slovak (Rep.)</td>
<td>22316</td>
<td>(14)</td>
<td>16297</td>
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<td>10. Croatia</td>
<td>16631</td>
<td>(18)</td>
<td>14235</td>
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## Results (top 100)

<table>
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<th>Country</th>
<th>AS-100$^3$</th>
<th>AS-100 ranking</th>
<th>R</th>
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<tbody>
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<tr>
<td>2. France</td>
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<td>3. United States</td>
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<td>(1)</td>
<td>555</td>
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<td>4. Czech (Rep.)</td>
<td>399</td>
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<tr>
<td>5. Argentina</td>
<td>475</td>
<td>(6)</td>
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<tr>
<td>6. Sweden</td>
<td>415</td>
<td>(8)</td>
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<tr>
<td>7. Germany</td>
<td>527</td>
<td>(5)</td>
<td>245</td>
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<td>8. Slovakia</td>
<td>261</td>
<td>(13)</td>
<td>219</td>
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<tr>
<td>9. Croatia</td>
<td>205</td>
<td>(15)</td>
<td>2023</td>
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<tr>
<td>10. Russia</td>
<td>781</td>
<td>(4)</td>
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</table>
Results Overview

- Socio-economic determinants give a different image of tennis success.
- U.S. is not the most successful nation in tennis.
- Spain is the most successful country.
- Considering top 1000 data: France, Czech Republic, Argentina and Germany are top-5 tennis countries.

(De Bosscher, De Knop, Van Aken, Heyndels, 2003)
Conclusion

• The ranking of countries differs considerably depending on whether we take into account top 100 or top 1000 players.

(De Bosscher, De Knop, Van Aken, Heyndels, 2003)
Tournaments and Nation‘s Success

Men’s professional game

• More pro tournaments correlate positively with:
  – the number of internationally ranked players of a Nation.
  – the Nation’s number of players ranked inside the Top 200.

• Having a high number of tournaments does not guarantee that Nations will have players ranked among the top 10.

Crespo, Reid, Miley, & Atienza (2003); Reid, Crespo & Atienza (in press), Reid, Crespo, Miley, & Atienza (in press).
Tournaments and Nation‘s Success

Women’s professional game
• More pro tournaments correlate positively with:
  – a nation’s number of internationally ranked players
  – the nation’s number of Top 200 ranked players.
  – the production of more elite female players (top 10).

Crespo, Reid, Miley, & Atienza (2003); Reid, Crespo & Atienza (in press), Reid, Crespo, Miley, & Atienza (in press).
Tournaments and Nation‘s Success

Junior boys’ game

• Junior ranking is a significant predictor of future pro ranking.

• Achievement of a top 20 JR is a reasonable yardstick for future professional success.

• Play on clay courts or a combination of clay and hard courts better to produce pro players than playing on hard court alone.

Crespo, Reid, Miley, & Atienza (2003); Reid, Crespo & Atienza (in press), Reid, Crespo, Miley, & Atienza (in press).
WHAT CAN BE DONE TO ACHIEVE SUCCESS?

• Learn from those who produce good players with fewer resources, who are they?....
• Identify the key factors...
• What can be adapted to each country’s needs?
WHO ARE SUCCESSFUL TENNIS NATIONS NOW?

- France
- USA
- Spain
- Argentina
- Chili
- Sweden
- Germany
- Czech Republic
- Australia
- Russia
- Thailand
- Slovak Republic
- Brazil
- Switzerland
- Morocco
INDICATORS OF SUCCESS

• Membership in clubs
• Rank of tennis popularity in the country
• Number of entries for National Tournaments
• Number of national players ranked in international rankings
• Ticket sales in tournaments
INDICATORS OF SUCCESS

- TV ratings & coverage
- Equipment sales
- Interest of volunteers
- Number of frequent players
- Sponsorship involvement
- Demand for more coaches
- Court construction
SOME KEYS TO SUCCESS

• Organisation/planning/ structure: Goals
• Infrastructure (courts, clubs, employees)
• Competition (nationally and internationally)
SOME KEYS TO SUCCESS

• Effective coaching
• Hard work / Belief / Team spirit
• Role models and tradition
• Money
• Luck

Miley, 1998
1. ORGANISATION / PLANNING / STRUCTURE

• Clear goals & structure: consistency and continuity (i.e. France)
• Striving for the same goal:
  – i.e. Spain: co-operation between National Association and Private Academies
• Career path: like in school (Sweden)
NATIONAL ASSOCIATION`s MISSION STATEMENT FOR PLAYER DEVELOPMENT

• TO PROMOTE AND DEVELOP THE PRESENCE OF NATIONAL TENNIS PLAYERS IN THE WORLD GAME

(MacCurdy, 1999)
HOW CAN YOU DO THIS?

BY HELPING PLAYERS AND COACHES DEVELOP A STEP BY STEP PROGRAMME TO HELP THEM ACHIEVE THEIR GOALS
2. INFRASTRUCTURE
(Courts and Clubs)

• Courts:
  – Public facilities: USA
  – Open private clubs to good players: Ecuador
2. INFRASTRUCTURE (Courts and Clubs)

• Clubs:
  – Importance of club system: Germany, France, Spain
  – Competition: Prize money in France, Satellites in Spain, Bundesliga in Germany
  – Training & Atmosphere (Sweden)
INFRASTRUCTURE
(Employees)

- **National Coaches**: Determine coaching policy
- **Regional Coaches**: Supervision, talent selection and detection
- **Age Group Coaches**: Knowledge of the level, reinforce progression, in contact with personal coach of the player
- **Club and local coaches**: Basic component of all the system
3. COMPETITION

- Enhance the best player’s chances of success: 2/1 win-loss ratio
- Correct quantity and quality of matches
- Tennis = Fun: Performance orientation
- Combine national & international events, singles and doubles matches, surfaces
- Pay attention to Education and Rest
4. EFFECTIVE COACHING

• Coaches Education is important:
  – Experience of top coaches (France)
  – Practical knowledge of Sport Sciences (UK)
• Commitment from the Coach: i.e. travel
• Coach and player learn and develop at the same time: i.e. Safin, Ferrero
• Recognise different ways to reach the top
• Develop a solid game foundation
PATHS TO THE PRO TOUR

• Normal international model: i.e. France
• Skipping international juniors: i.e. Spain
• College tennis in the US
• From junior direct to Tour: i.e. Sampras, Agassi
• Private strategies (don’t play): Williams
FOUNDATION OF THE GAME

• Firmly established between age of 11-14 (Germany)
• Technique & competitive skills: difference between hitting balls and playing tennis (Spain)
• Understand the game (UK)
• Develop power (USA)
• Mind is more important than muscles
5. HARD WORK / BELIEF
CHARACTER ATTRIBUTES

• Commitment
• Independence
• Confidence and self-belief
• Determination and will
5. HARD WORK / BELIEF CHARACTER ATTRIBUTES

- Competitive spirit
- Work ethic
- Reward results, hard work and attitude
- Belief by coaches / administrators / players
TEAM SPIRIT

- A TEAM APPROACH in and individual sport
- COACHING TEAM
- PLAYERS: Small group that support and challenge each other
- Develop a Davis Cup, Fed Cup and Olympic mentality in the players since early ages
6. ROLE MODELS & TRADITION

• Role Models:
  – For players: Top players
  – For coaches: Top coaches

• Long successful tradition: USA, Germany, France, Spain

• History is not everything, you can’t live on it, but it gives references to players and coaches
7. MONEY

- Grand Slam countries: Australia, France, UK, USA
- Other: Germany, Japan, Italy
- The answer is not money! But it does help.
- Utilising resources efficiently:
  - Futures in Spain
  - LTA facilities programme
  - USTA Player assistance: grants, touring teams
NEW EMPHASIS ON

• Tennis from 4-90
• Adherence to tennis: no drop-outs
• Importance of the 18-35 period
• Need of competition at all levels: new formats & ranking systems
• Performance orientation vs. Outcome orientation
CONCLUSION

• Recognise the key aspects: different depending on each country
• It is impossible to copy a whole system
• Adapt what can work best
• Programmes need time and work
• Cross fingers and good luck!