

2022 Nebraska Coaches Clinic Classroom Outline

“The Advanced Foundation” ...Reaching EVERY player’s TRUE Potential & Large Group Training

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1. Moving away from the standard deviation of a bell curve in terms of defining YOUR student’s progression. An Advanced Foundation moves ALL players towards High Performance.
2. Creating PASSION in your program; Building a “Tennis Culture”
 - a. What Separates a mediocre program from a great program?
 - b. What Separates SKILLED players from mediocre players?
 - c. Why do so many players fail to reach their potential?
3. Advanced Foundation: Learning ALL patterns that are associated with advanced strokes
 - a. Good Change versus Bad Change
 - b. Uniqueness within the exact same foundation
4. How are poor foundations perpetuated?
 - a. The assumption that changing from arguably simple techniques to more advanced is ‘easy’
5. Champions are MADE, not born
6. Building a TENNIS CULTURE
 - a. Banners, radio shows, Parades, signage, what does your ladder look like? Posters, displays etc.
 - b. Super Saturday Fund Raising, player development, community development
7. Training within the Advanced Foundation
 - a. Recognize advanced grips, stroke patterns, footwork and spin understandings
 - b. Volley: “Set and Hold”; Slice (as opposed to flat); sideways not “OUT IN FRONT” Continental grip
 - c. Why is change nearly impossible?
8. Defining Player Potential
 - a. Opportunity, Athleticism, Desire, EDUCATION
 - b. Transitional Learning vs. Progressive Learning
 - c. Defining a “Dinker”
 - d. Volley: Grip Issues; arm position, contact point,
 - e. Groundstroke issues: Reaching with the hands; back leg position;
 - f. Swing Path tips: Keep the Plane the Same
9. Individuality within the Advanced Foundation; Similarities among ALL skilled players
10. Defining Advanced Stroke ideas: Hitting more effective shots more consistently
 - a. Not age dependent; Not Strength Dependent
 - b. Reaching the 5.0 level (UTR 8 and above)
 - c. Defending more effective shots by better opponents: part of the improvement equation
 - d. Defining EFFECTIVE Tennis
 - i. Spin; angles, touch, power, disguise, more weapons, more diversity
11. Volley Drills: Down bounces; up bounces, toss and block “Set and Hold” principle
 - a. Reflecting rather than hitting; Mirror and Light
 - b. Why Slice?

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- c. Sideways position through the volley
- d. Maximizing space; volley drills
 - i. Common Faults on the volley
 - ii. Doing drills correctly
- 12. Serve concepts: understanding axis of spin; Spin advantage;
 - a. More advanced serves within the advanced foundation: Forward, Rotational, Upward Thrust
 - b. Common serve problems
 - c. Serve Drills; One footed drills; dirty diaper; difference between first and second serves
 - d. Common serve problems: Position; Back Leg; grip, shoulder opening
 - e. Learning 27 different serves on each side!
- 13. Groundstroke concepts; two handed forehand (Advantages, teaching patterns, etc.)
 - a. Common GS problems
 - b. Segmented Swing Tool; Practice Hit or Coaches Eye devices
 - c. Not using targets; why?
- 14. Large Group/ multi station drills
 - a. Partner fed drills with and without movement; \$10,000 shot drill; three player drills; fast hands drills; Isolated shot drills.
- 15. Overhead concepts
- 16. \$10,000 shot concept; fudging
- 17. Volley options: (Through the net man or angled or deep patient volley?)
- 18. Doubles Problems
 - a. Charging the net prematurely
 - b. Staying at the net
 - c. Not putting the ball away that should be
 - d. Not challenging the overhead
 - e. Not poaching in the right situations and not protecting the alley in the right situations
 - f. Super-Secret strategies
- 19. Mental Tennis: 16 second formula
 - a. Competitive moments
 - b. Momentum Shifts
- 20. Intention driven versus results driven
- 21. One-footed Drills
- 22. Volley Drills
 - a. Toss/Block; Mini Me; Let it drop but not bounce; Drop, drop, clear, clear; Sharp angle volley drill, close in; catch and hit volleys
 - b. Large group volley drills; Poaching drill, cross-over drills; training 36 players on one court.
- 23. Stroke grooving drills: Drop-fed drills: (can be done in HUGE groups)
- 24. Questions?