

#ITFWCC



2019

25-27 OCTOBER
BANGKOK, THAILAND



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Winning through intensity

Swiss Tennis

WORKSHOP PRESENTATION



Those who demand
intensity, must offer
meaning

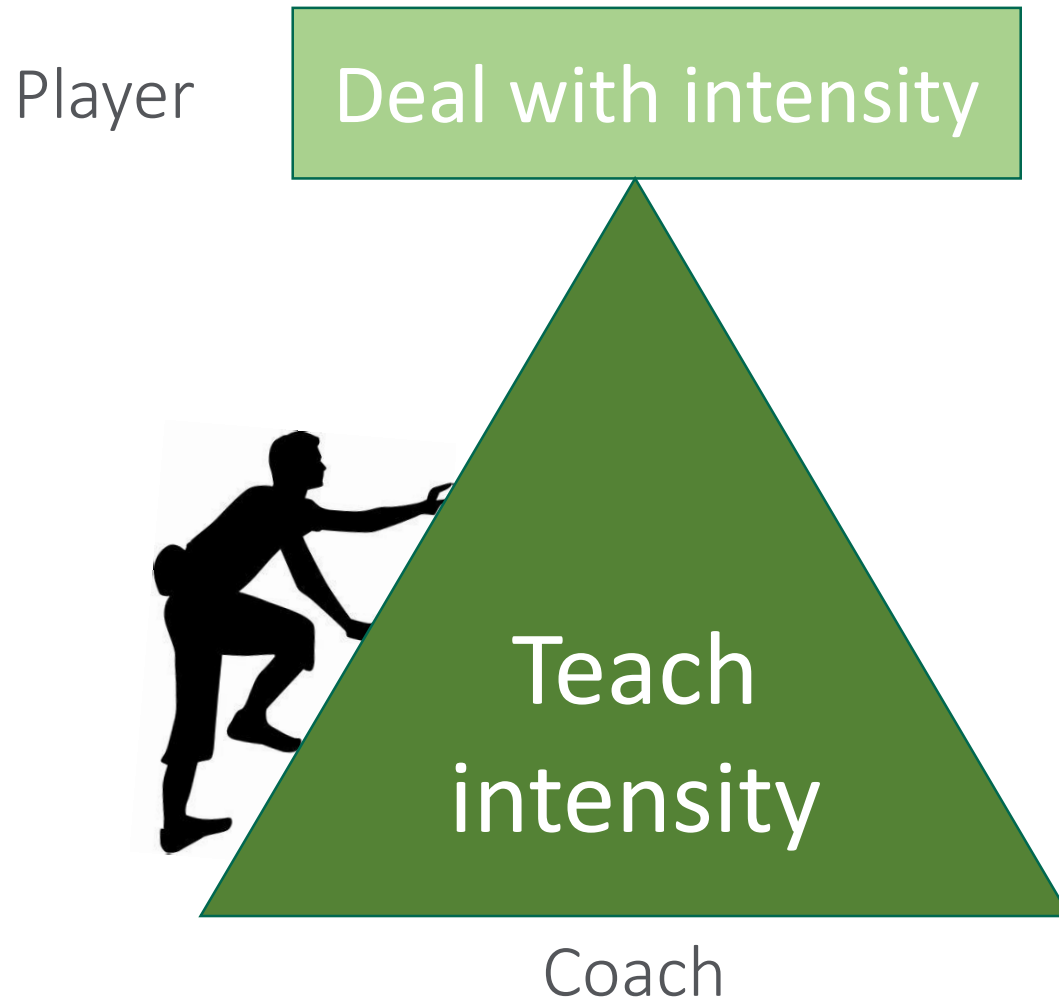
Those who can
keep up the
(variation of)
intensity longer,
become successful



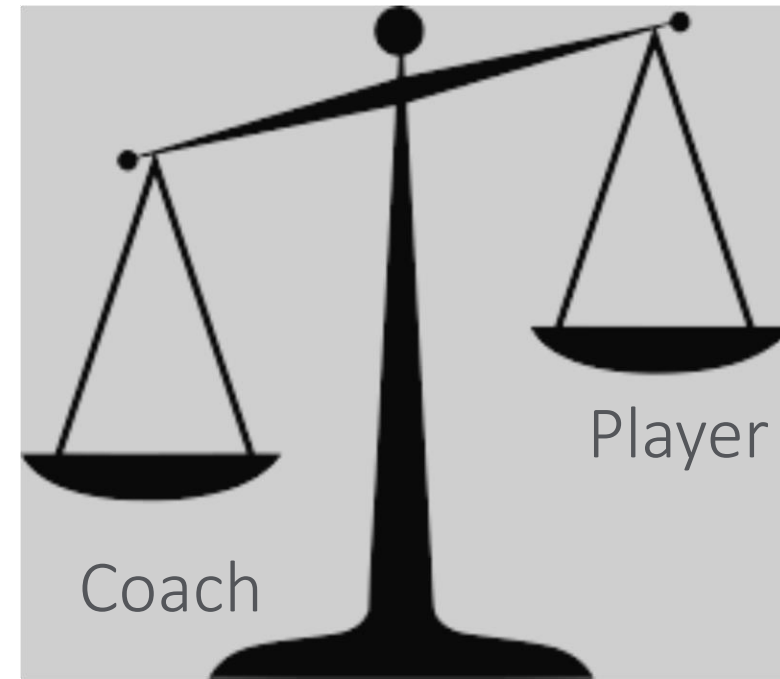
MindMap



Intensity is age based ...



Coach is guiding intensity ...



... through communication

It`s about the last “10%” of performance

Coach

how do I bring the athlete`s
"head" to 100% performance?

- Build up a feedback culture
- Ask questions
- Transfer responsibility
- Get commitment
- Customize content

- Explaining the objective of the exercise aptly.
- Stubbornly sticking to the goal and demanding optimal solutions
- Spotlight on the positive things
- build on strength

Intensity is not measurable - it
takes place between the ears!

Tennis is intensity

- Av. 4.5 change of direction (COD) per rally
- Av. 300 – 1000 COD per match
- Quality of COD → don't lose time 1000x !!!
- Before your stroke high intensity of agility
- After your stroke high intensity of athletic work

Winning through intensity

- Quality of COD → don't lose time 1000x !!!
- Before your stroke high intensity of **agility**
- After your stroke high intensity of **athletic work**
- **Agility** = *is “a rapid whole body movement with change of velocity or direction in response to a stimulus”*. **Sheppard and Young; Journal of Sport Science 24/2006.**

Tennis =
being fast and precise

quality leads to intensity

A big applause to the players!!!

Thank you for your attention!