



Prezentacija

- UPOZNATI IGRAČA
- POBOLJŠATI IGRAČA
- PODRZATI IGRAČA

Upoznati igrača



Kako upoznati igrača?

- Prije toura
- Analiza za vrijeme trening kampa



Upoznati igrača

- Pozitivna kooperativna atmosfera
- Poverenje igrača
- Očekivanja u treningu i natjecanjima
- Focus: igračeva igra



Za vrijeme training kampa

- Uočiti individualne potrebe
- Podići nivo igre
- Postaviti ciljeve za tour



Poboljšati igrača



Kvalitetno zagrijavanje



Kvalitetno zagrijavanje

Vežba 1:

Igra sa jednom loptom

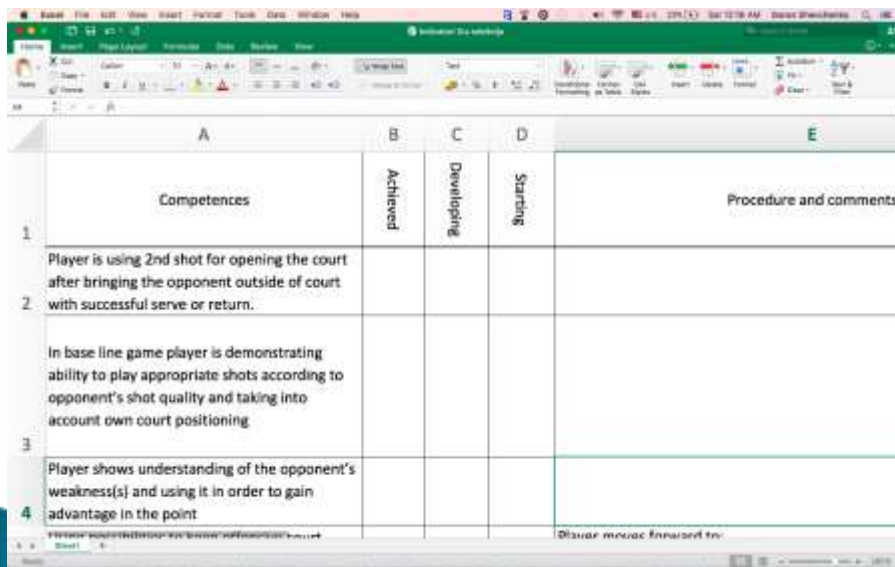
Vežba 2:

Nekoliko koraka prije svakog udaraca

Vežba 3:

Igra u visini ramena

Analiza igrackih kompetencija



	A	B	C	D	E
	Competences	Achieved	Developing	Starting	Procedure and comments
1	Player is using 2nd shot for opening the court after bringing the opponent outside of court with successful serve or return.				
2	In base line game player is demonstrating ability to play appropriate shots according to opponent's shot quality and taking into account own court positioning				
3	Player shows understanding of the opponent's weakness(s) and using it in order to gain advantage in the point				
4					

Postavljanje ciljeva za tour

Igracka kompetencija:

- Taktička komponenta?
- Tehnička komponenta?
- Mentalna komponenta?
- Fitnes komponenta?

Postavljanje ciljeva

Kompetencija:

Na osnovnoj liniji igrač demonstrira sposobnost odigrati odgovarajuće udarce u zavisnosti kvaliteta lopte protivnika i poziciju protivnika

Postavljanje ciljeva

Taktički:

- Kada graditi poen, ostati u poenu ili ići na 'winner'
- Kada promeniti pravac
- Kada igrati 'strong cross'
- Kada odigrati 'drop shot'

Postavljanje ciljeva

Tehnički:

- 'unit turn' prije nego što lopta predje mrežu
- Optimalni rad nogu za uravnoteženu poziciju kod udaraca
- Kvalitet lopte (aktivni top spin)

Rad za igračima

Vežba 1:

Upotreba kvalitetne lopte

Vežba 2:

Igrati % loptu

Vežba 3:

Kada promeniti pravac

Podržati igrača



Prije meča

- Analizirati mogućeg protivnika
- Pripremiti plan igre
- Slediti prethodni meč i napraviti pravovremenu priprema
- Rutina prije meča

Za vreme meča

- Gledati meč igrača i voditi statistiku
- Eventualna promena plana igre
- Pozitivan pristup



Posle meča

- Ostavite vremena igraču
- Analiza meča: nek igrač vodi a trener pomaze pitanjima
- Cilj je da igrač govori vise od trenera



Posle meča

- Pitanje 1: Šta si dobro uradila u meču?
- Pitanje 2: Šta si naučila?
- Pitanje 3: Na šta bi htela trenirati ako opet igraš isti meč sutra?



Prehrana

- Edukacija
- Kontrola



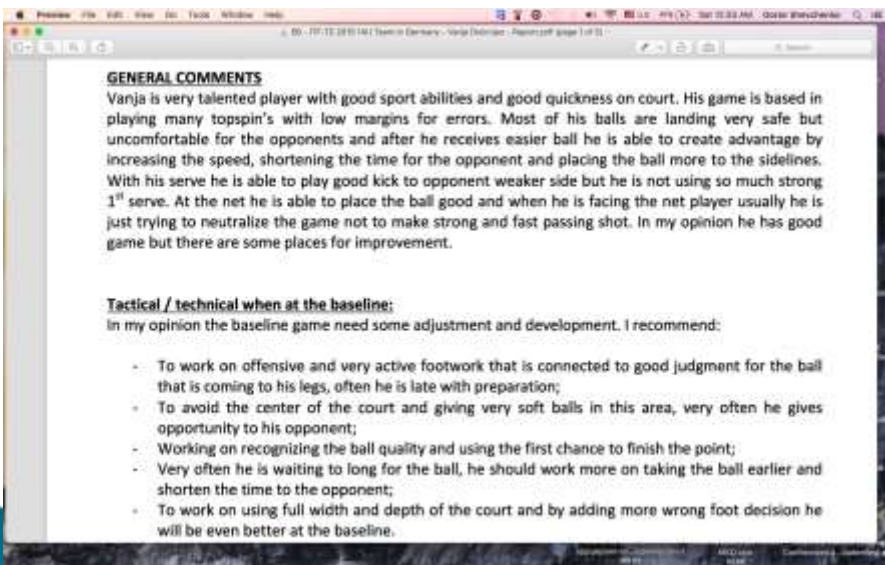
Aktivnosti izvan tenisa



Izveštaji

- 5 igračkih situacija
- Naglasiti bitne dijelove igre za budući razvoj
- Cilj: definirati zadatke za slijedeću razinu igre

Primer izveštaja



The image shows a screenshot of a PDF document. The document is titled "GENERAL COMMENTS" and "Tactical / technical when at the baseline;". The text describes a player's performance and provides recommendations for improvement.

GENERAL COMMENTS

Vanja is very talented player with good sport abilities and good quickness on court. His game is based in playing many topspin's with low margins for errors. Most of his balls are landing very safe but uncomfortable for the opponents and after he receives easier ball he is able to create advantage by increasing the speed, shortening the time for the opponent and placing the ball more to the sidelines. With his serve he is able to play good kick to opponent weaker side but he is not using so much strong 1st serve. At the net he is able to place the ball good and when he is facing the net player usually he is just trying to neutralize the game not to make strong and fast passing shot. In my opinion he has good game but there are some places for improvement.

Tactical / technical when at the baseline;

In my opinion the baseline game need some adjustment and development. I recommend:

- To work on offensive and very active footwork that is connected to good judgment for the ball that is coming to his legs, often he is late with preparation;
- To avoid the center of the court and giving very soft balls in this area, very often he gives opportunity to his opponent;
- Working on recognizing the ball quality and using the first chance to finish the point;
- Very often he is waiting to long for the ball, he should work more on taking the ball earlier and shorten the time to the opponent;
- To work on using full width and depth of the court and by adding more wrong foot decision he will be even better at the baseline.

Zaključci:

- Trener na touru je 24/7 poziv
- Uložiti maksimalnu energiju (strast)
- Fokusirati se na stvari bitne za igrače
- Raditi na “pravim stvarima u pravo vreme”

Hvala vam!

