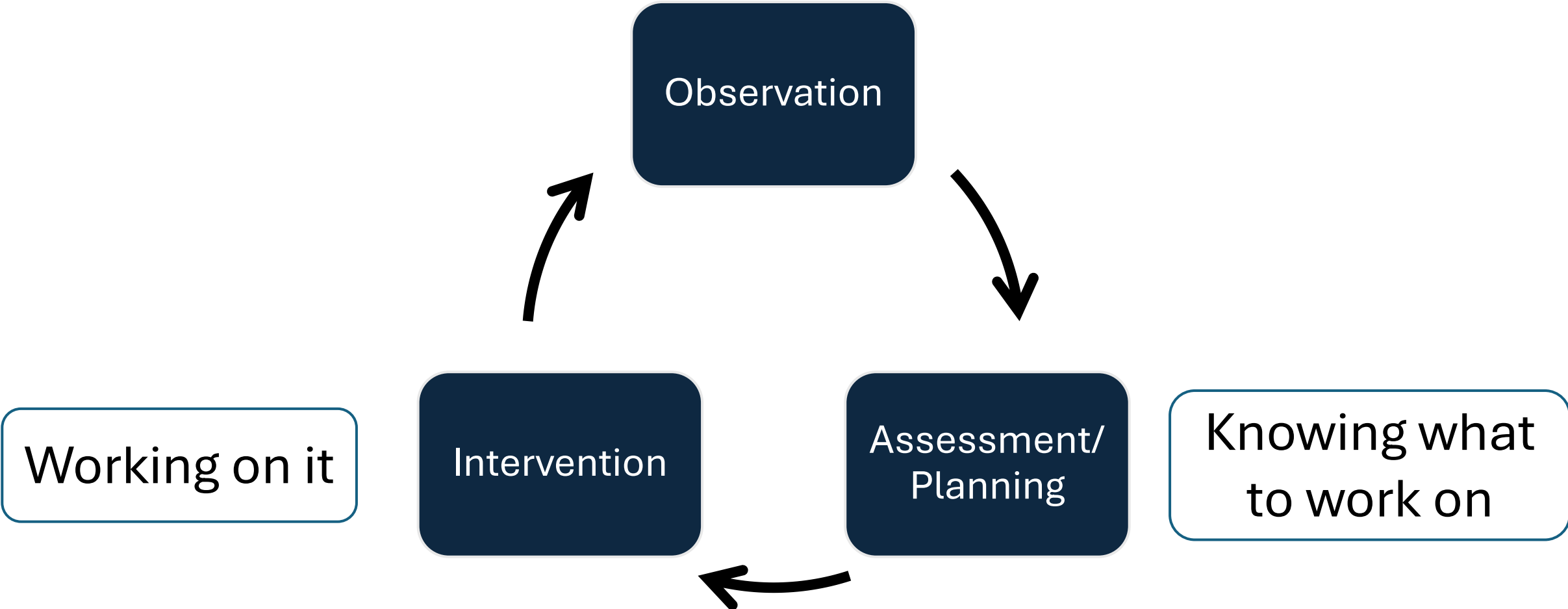


From Tarbes to the Tour

From Tarbes to the Tour



From Tarbes to the Tour

An evidence-informed approach



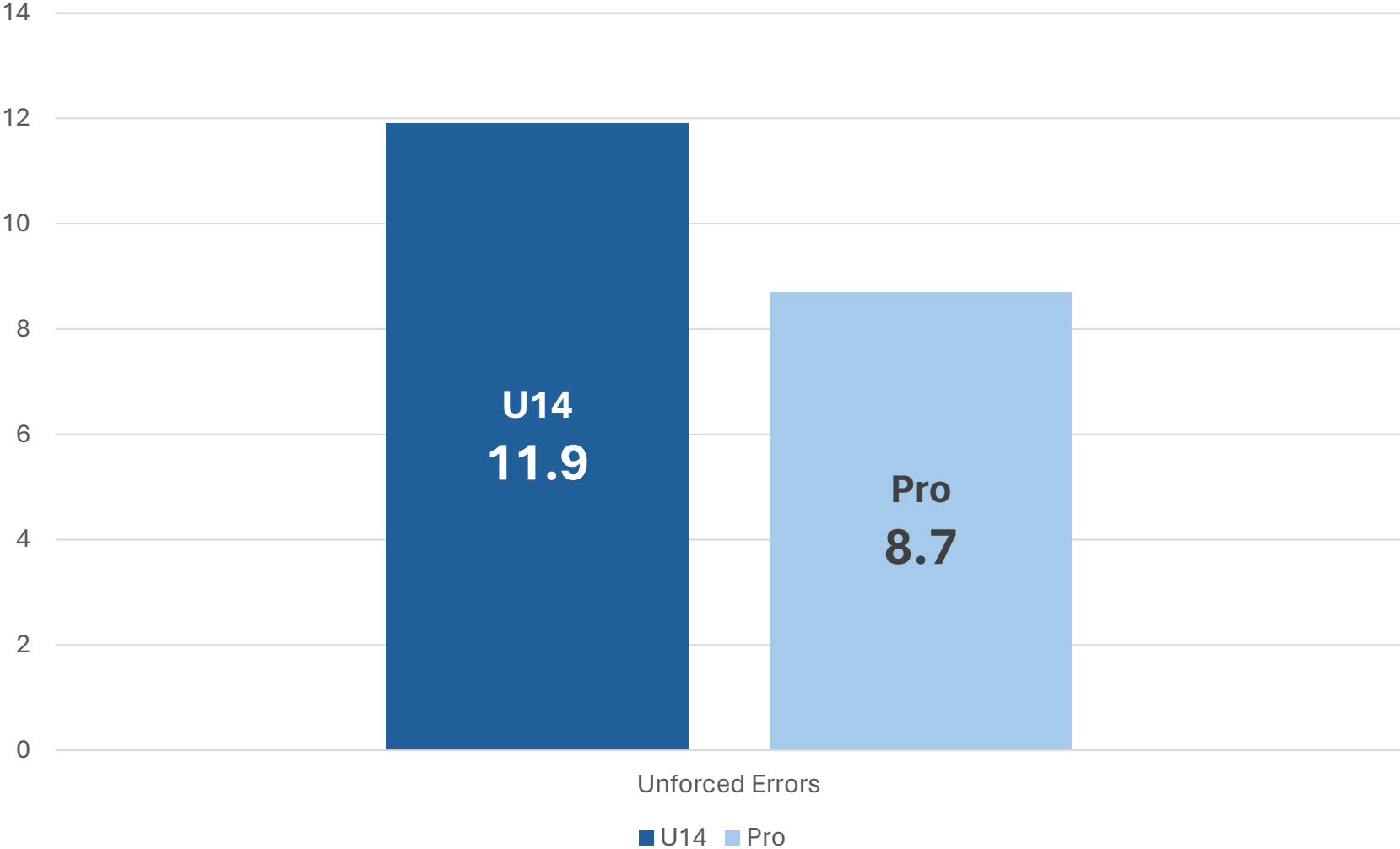
U14 vs. Top 50 ATP/WTA

		1st %	2nd %	1st w %	2nd w %	R1 w %	R2 w %	BP sv %	BP w %	Hold %	Break %
Girls/Women	U14 (Tarbes)										
	WTA Top 50	-2%	-4%	+9%	+1%	-6%	+1%	+10%	-7%	+15%	-5%
Boys/Men	U14 (Tarbes)										
	ATP Top 50	-1%	-1%	+15%	+12%	-13%	-10%	+14%	-5%	+29%	-24%

First difference: **serve quality**

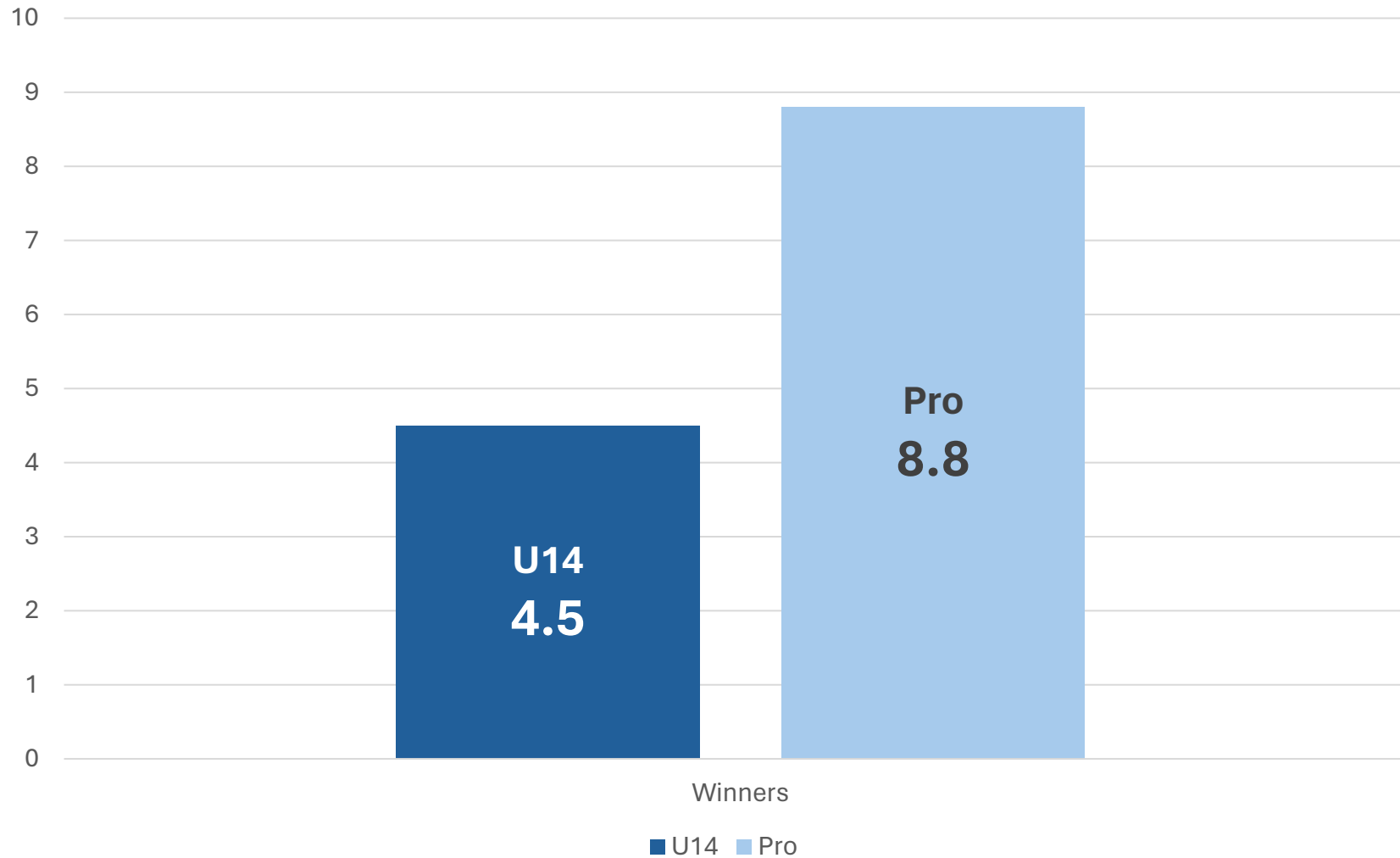
Unforced Errors

U14 vs Pro – Unforced Errors per set



Winners

U14 vs Pro – Winners per set



Tempo

Average time in between shots

Les Petits As:



- Boys' Singles Final: 1.39s / shot
- Girls' Singles Final: 1.35s / shot

Australian Open:

- Men's Singles Final: 1.24s / shot
- Women's Singles Final: 1.23s / shot



SFRVICF : 156 km / h

 BANARES LASALA (ESP)	// 1	00
 ANTONIUS (USA)	0	40

TARBES

Nitto ATP FINALS
Nitto

FIDEURAM
INTESA SANPAOLO
PRIMA BANCA

FIDEURAM
INTESA SANPAOLO
PRIMA BANCA

ROLEX
0:49

Emirates
FLY BETTER

Emirates
FLY BETTER

ATP TOUR

sky glass

LAVAZZA

TORINO

DJOKOVIC	6	2
• FRITZ	6	1

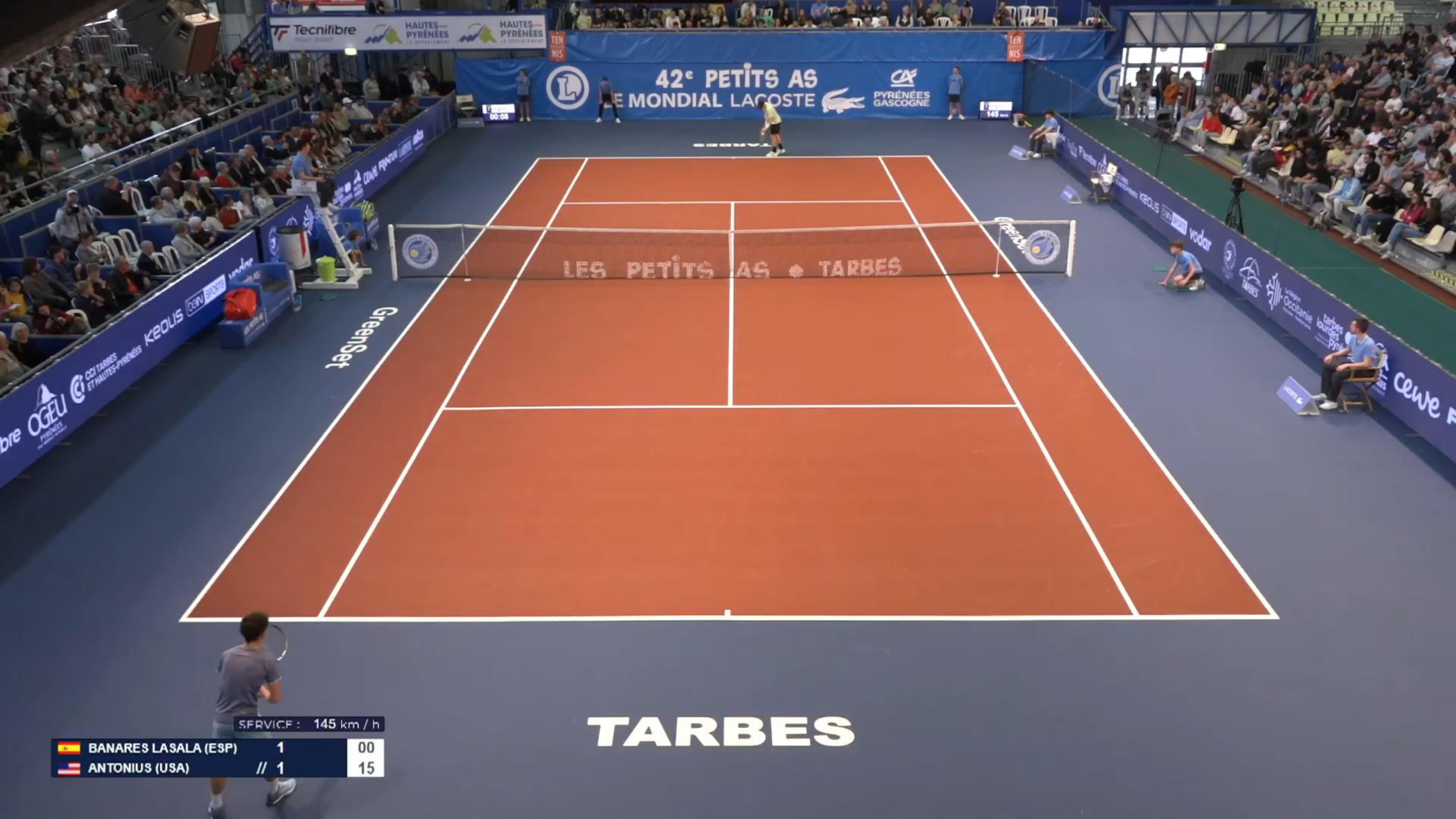
42^e PETITITS A ONDIAL ALLACOST



SFRVICE : 148 km / h

 BANARES LASALA (ESP)	// 1	15
 ANTONIUS (USA)	2	00





Tecnifibre HAUTES-PYRÉNÉES HAUTES-PYRÉNÉES

42° PETITS AS MONDIAL LACOSTE PYRÉNÉES GASCogne

LES PETITS AS TARBES

Greenset

OGELU CCI TARBES ET HAUTES-PYRÉNÉES

vodar

Occitanie tarbes hautes pyrénées

Cewe

SFRVICT : 145 km / h

	BANARES LASALA (ESP)	1	00
	ANTONIUS (USA)	// 1	15

TARBES

國窖1573
GUOJIAO 1573

國窖1573
GUOJIAO 1573

KIA KIA KIA

Emirates
FLY BETTER

Emirates
FLY BETTER

ROLEX
0:39

191
Points

MELBOURNE

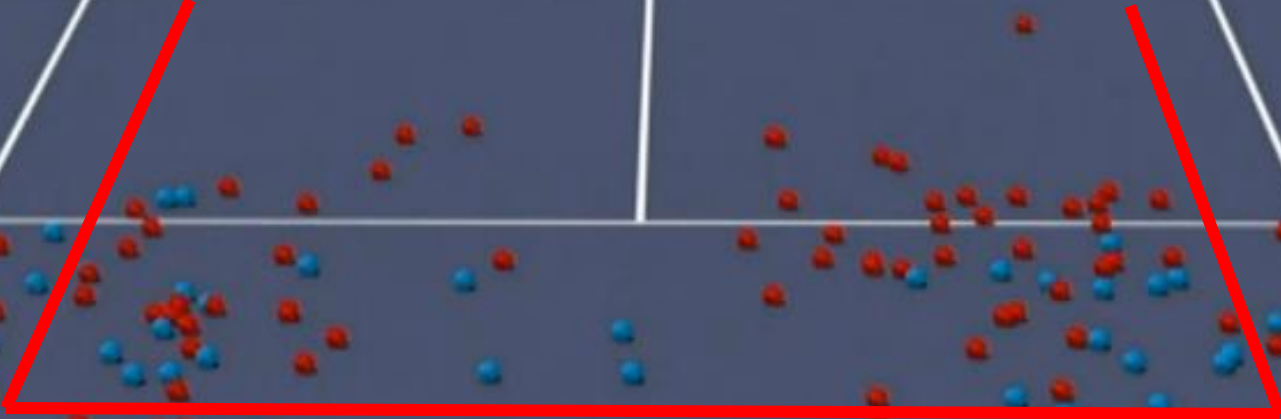
 SINNER (4)	3	0
 MEDVEDEV (3) /	6	15

What is the difference between U14 and Pro?

- Serve + 1
- Tempo

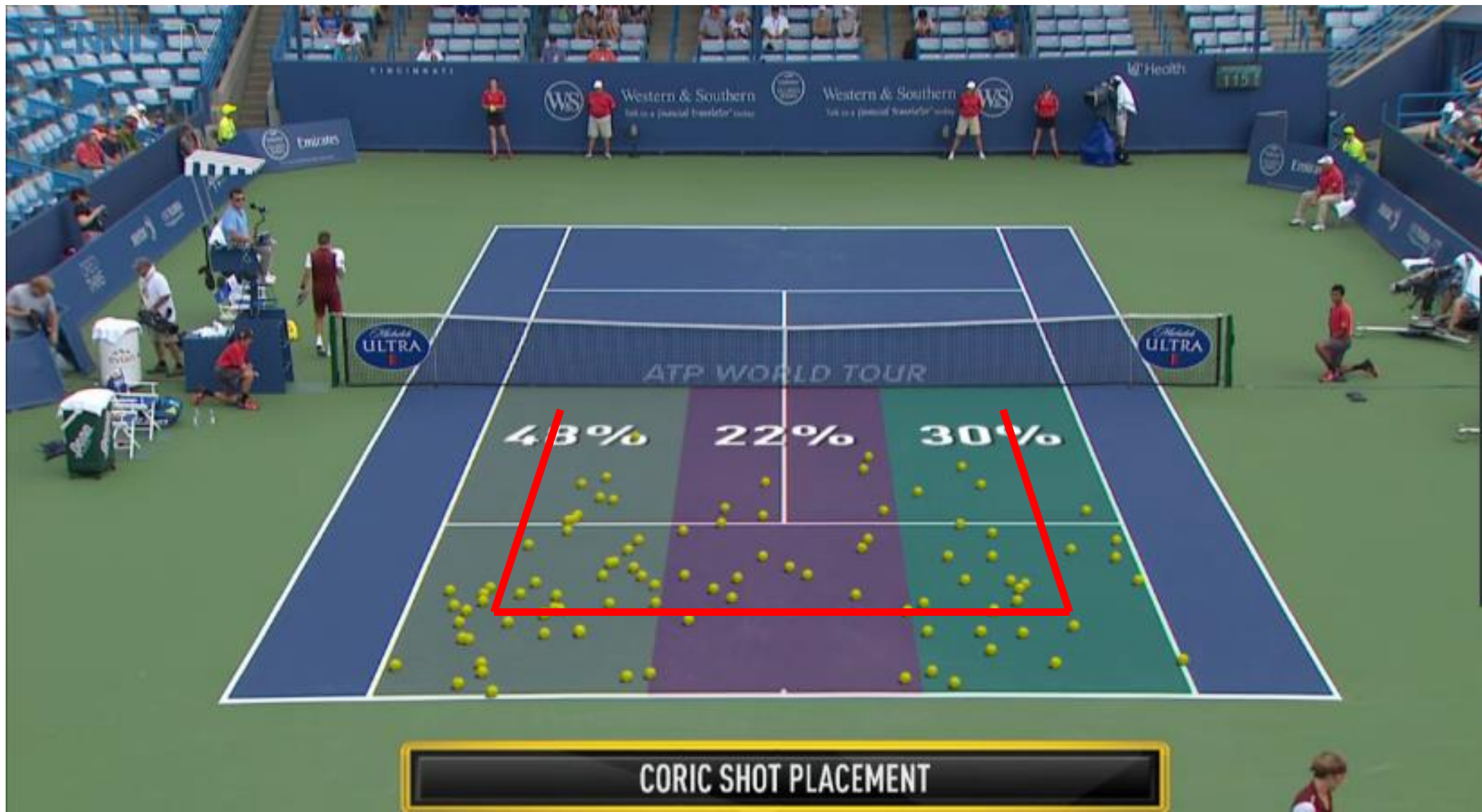
What **isn't** the difference?

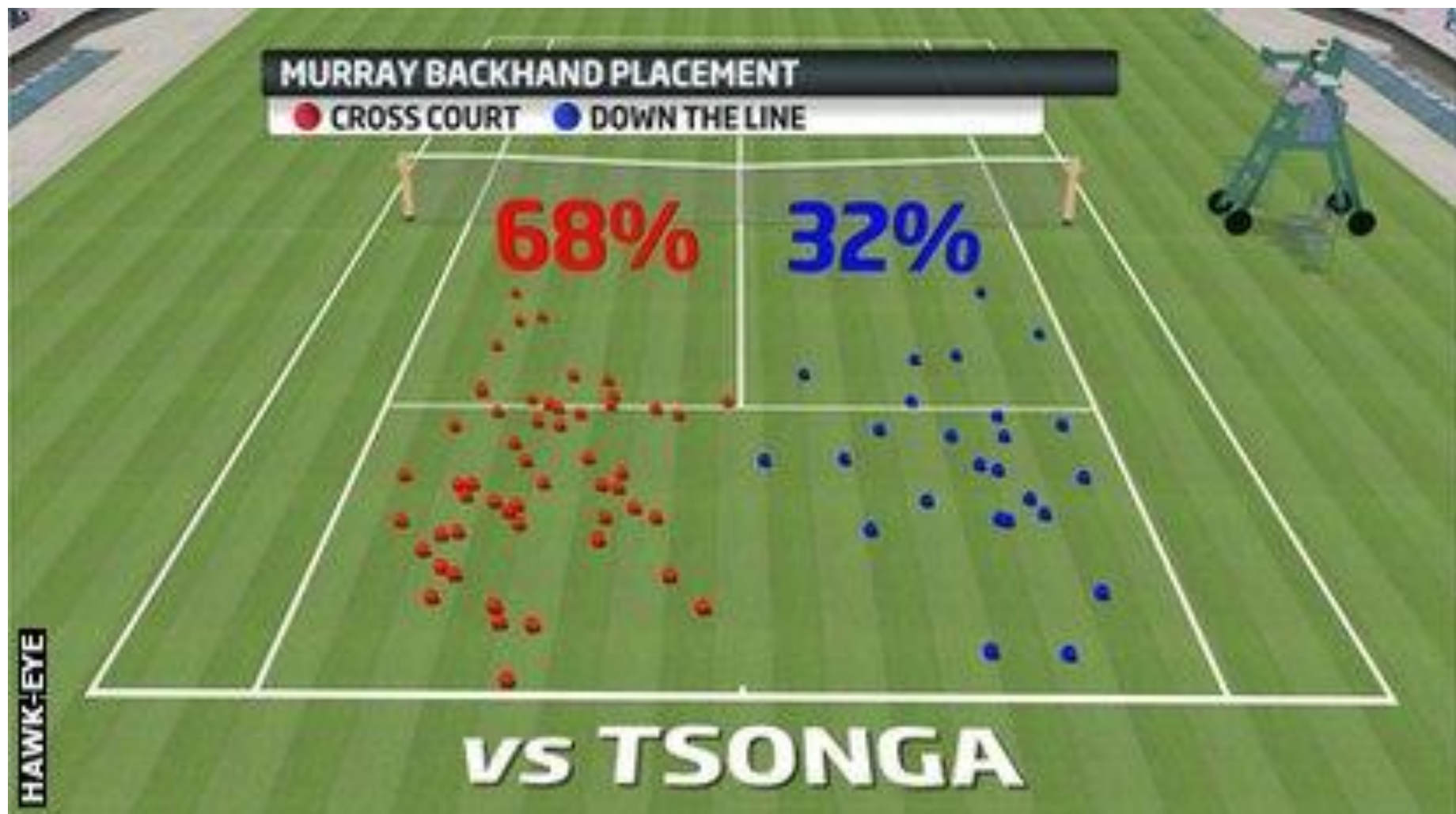
- Depth/Precision



DEL POTRO FOREHAND PLACEMENT

● CROSS COURT 66% ● DOWN THE LINE 34%







ATP WORLD TOUR



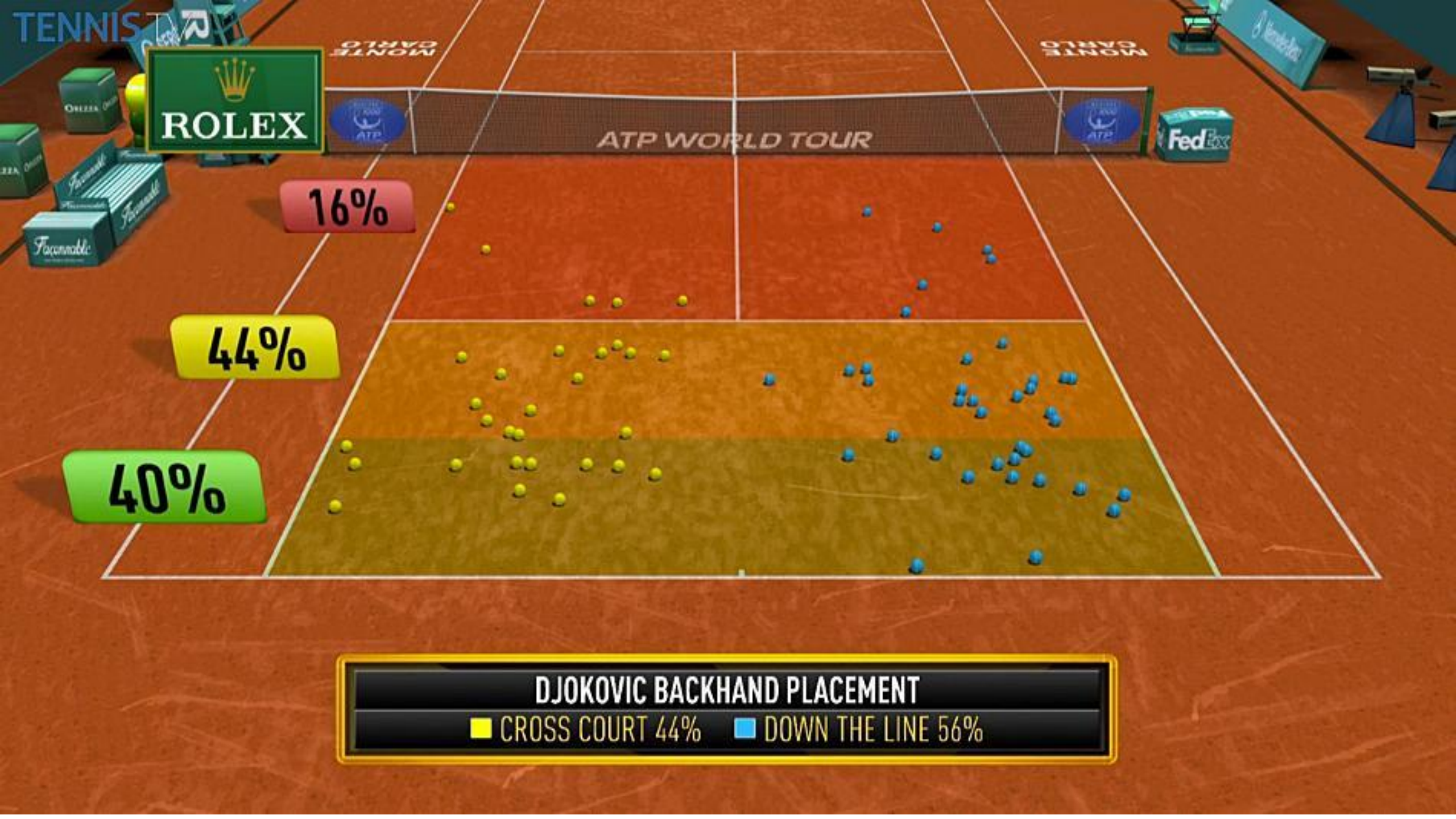
16%

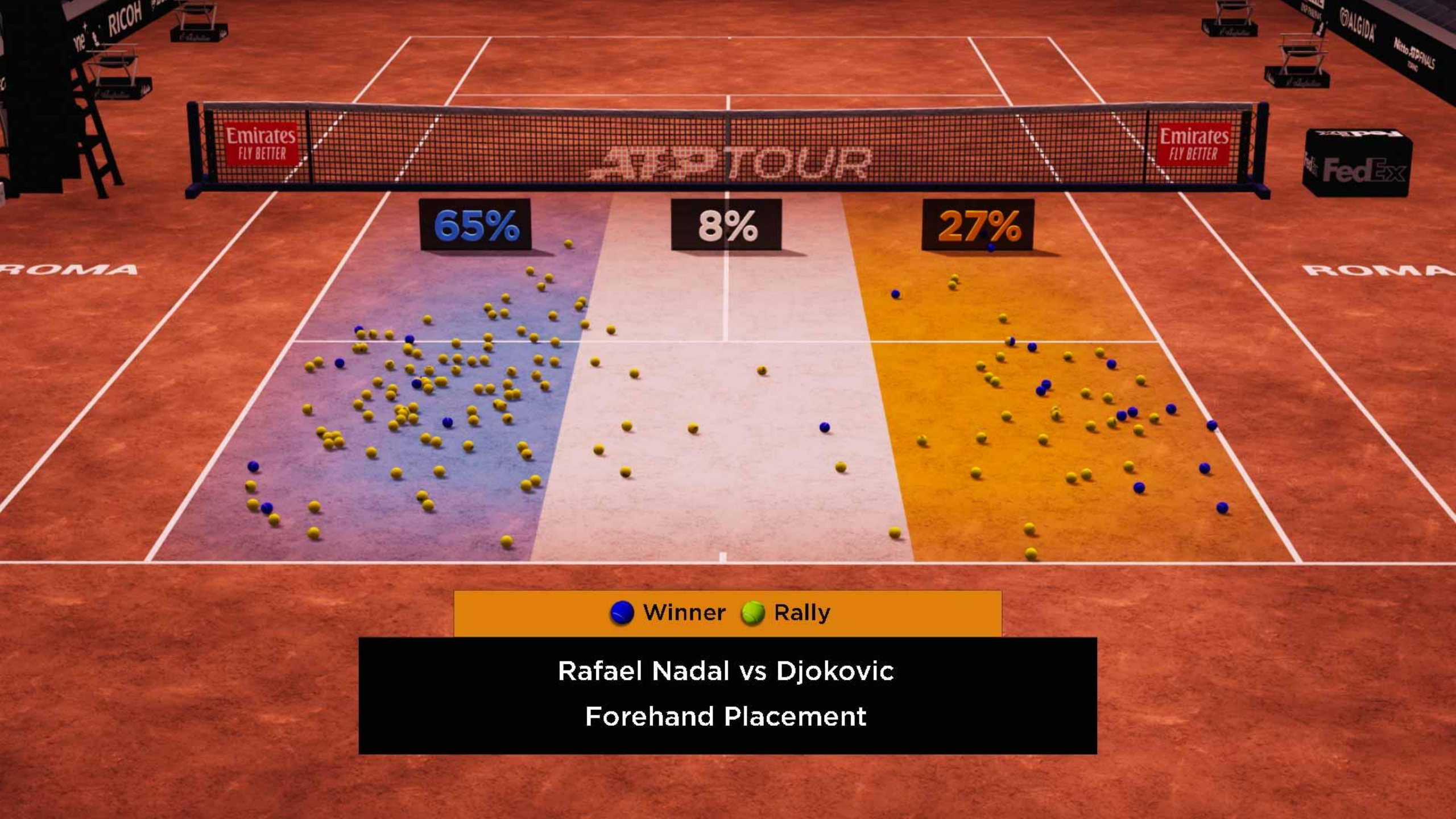
44%

40%

DJOKOVIC BACKHAND PLACEMENT

■ CROSS COURT 44% ■ DOWN THE LINE 56%





65%

8%

27%

● Winner ● Rally

Rafael Nadal vs Djokovic
Forehand Placement

What **isn't** the difference?

- Depth/Precision
- Technique/“No weaknesses”









Technique

vs

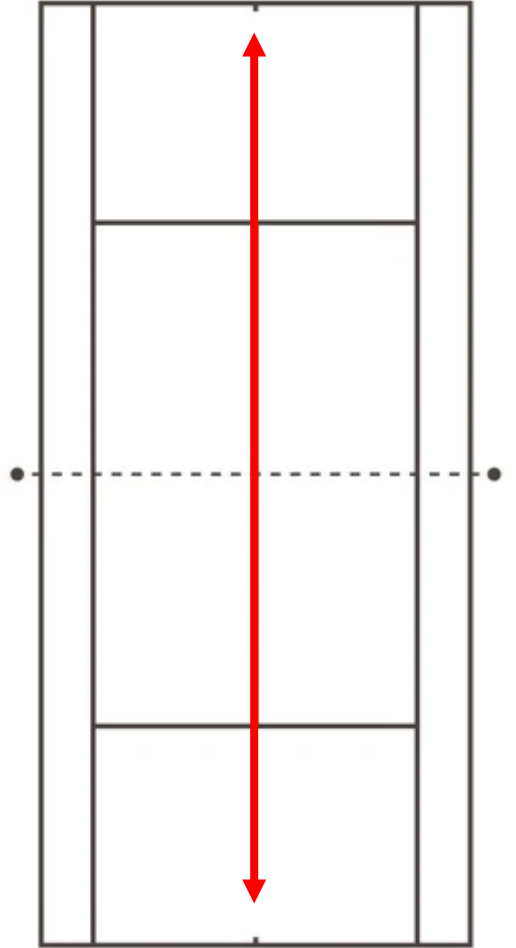
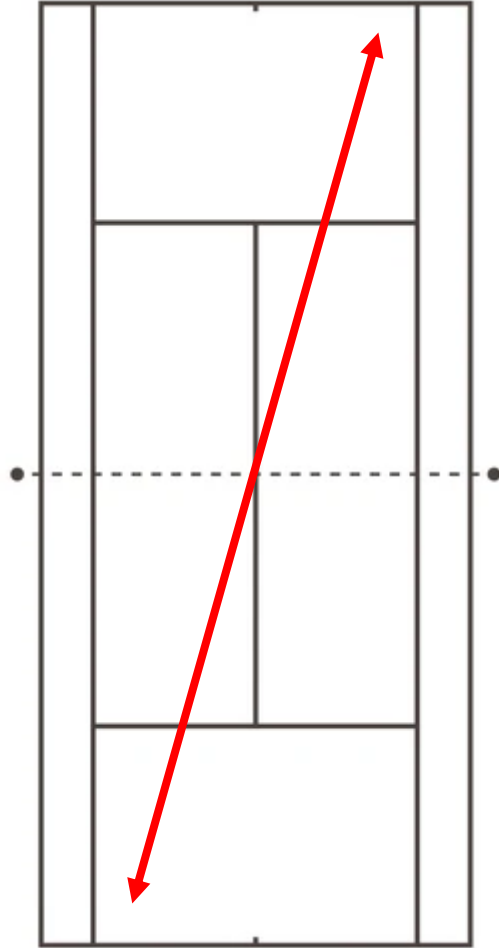
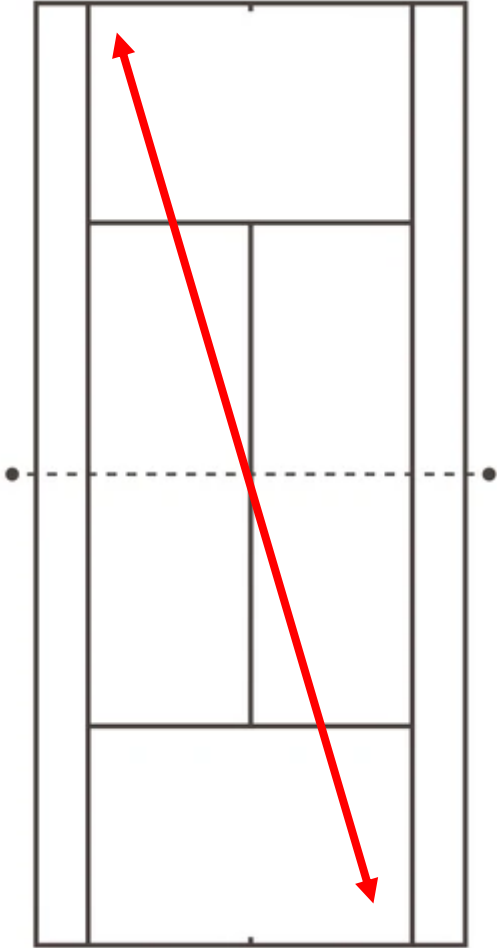
Skill

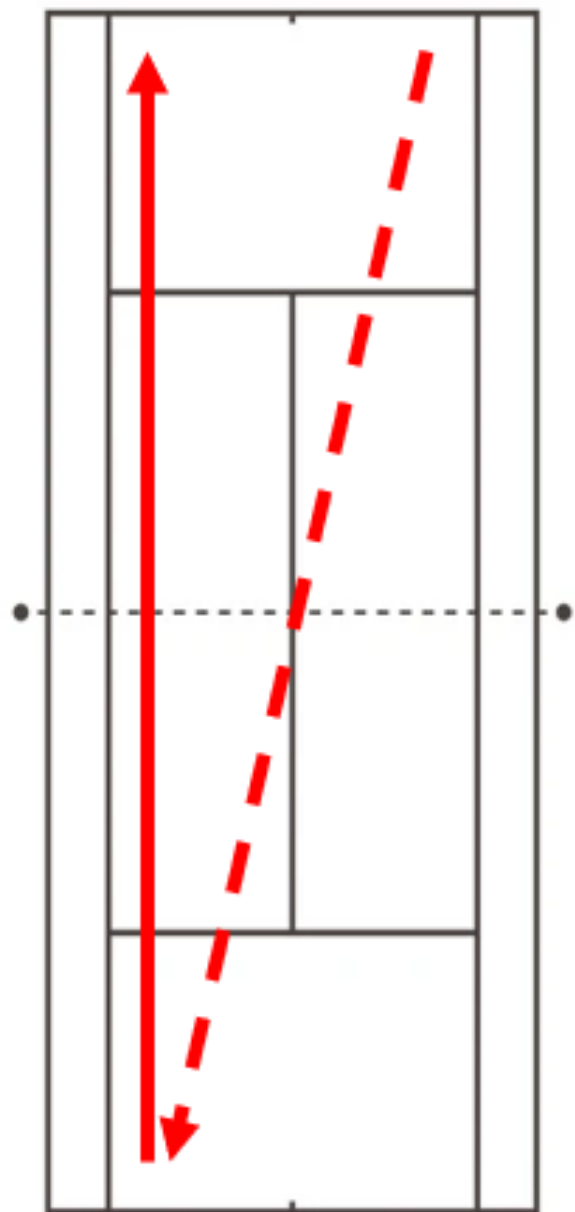
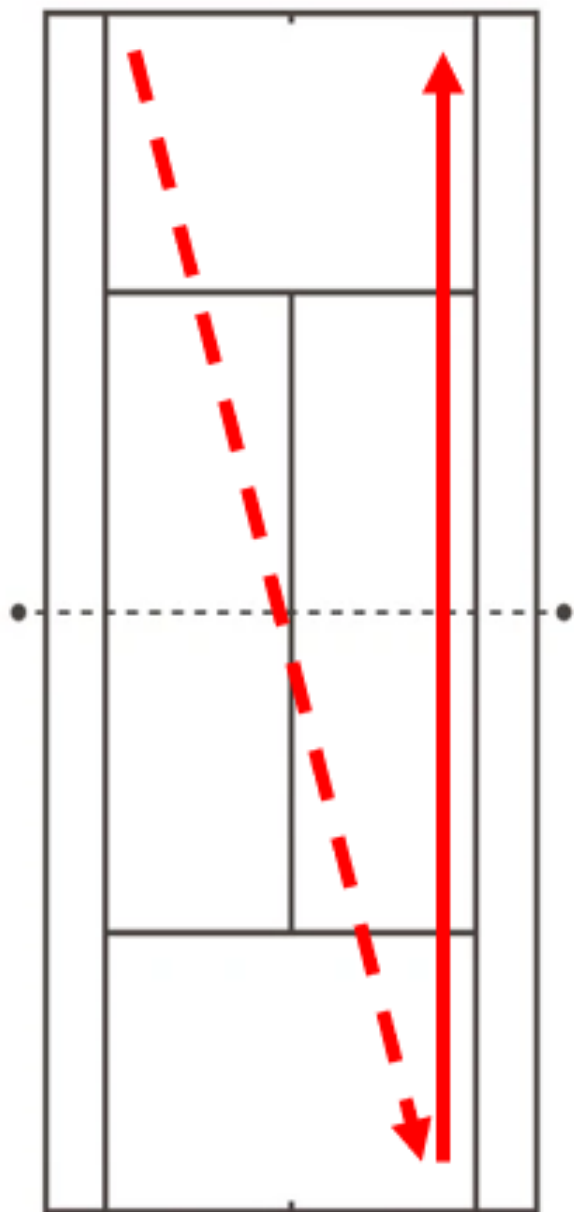
Skill

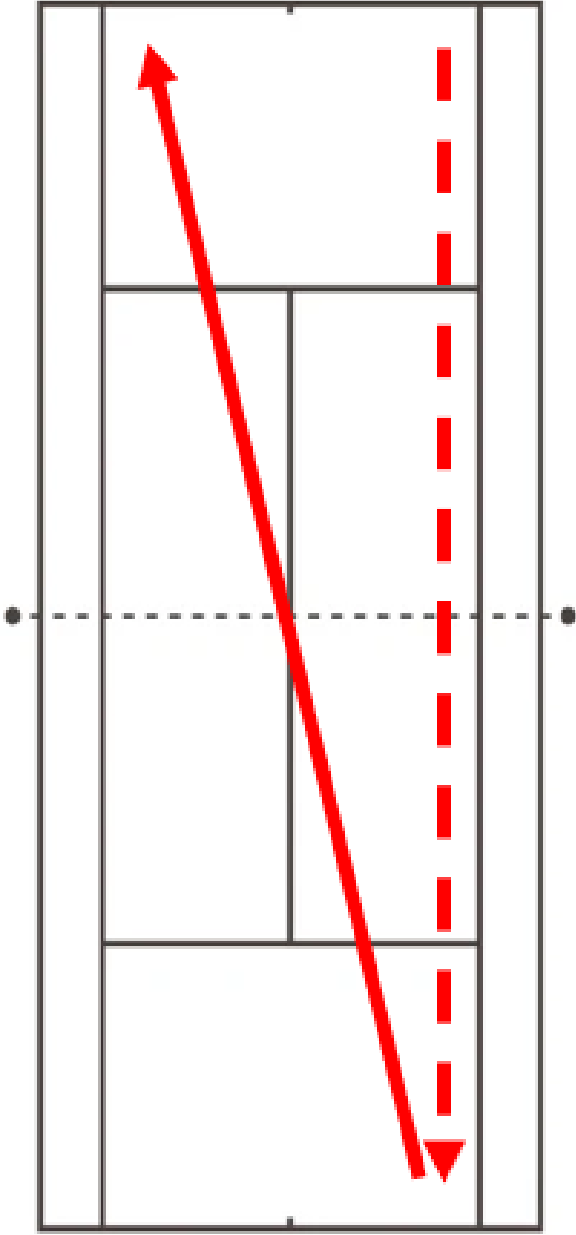
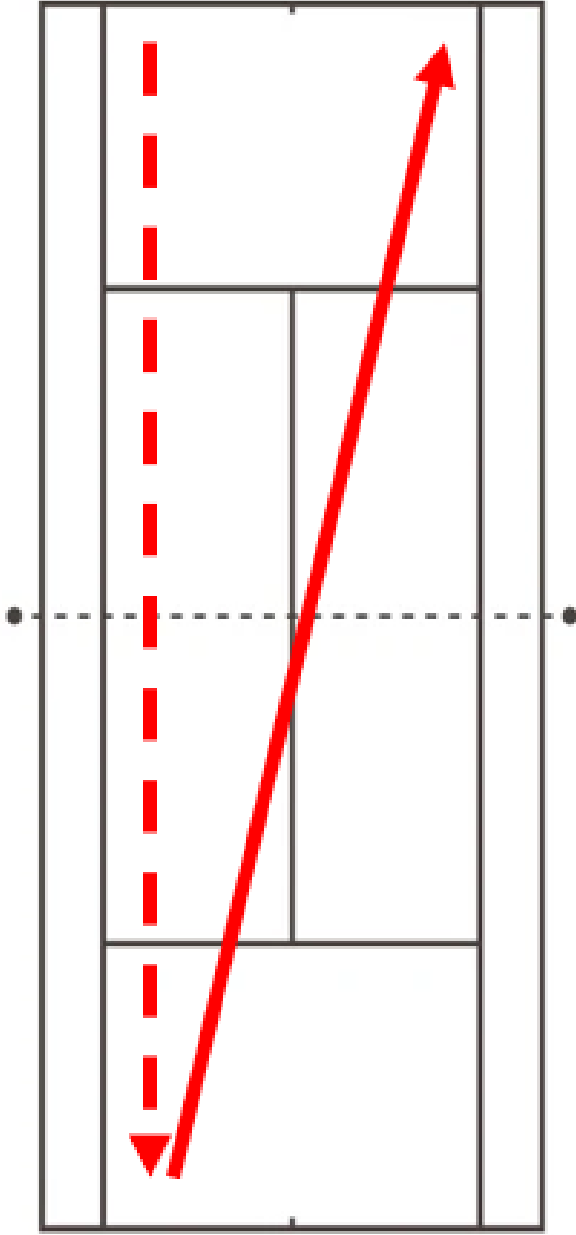
Skill = ability to manipulate the 5 ball controls

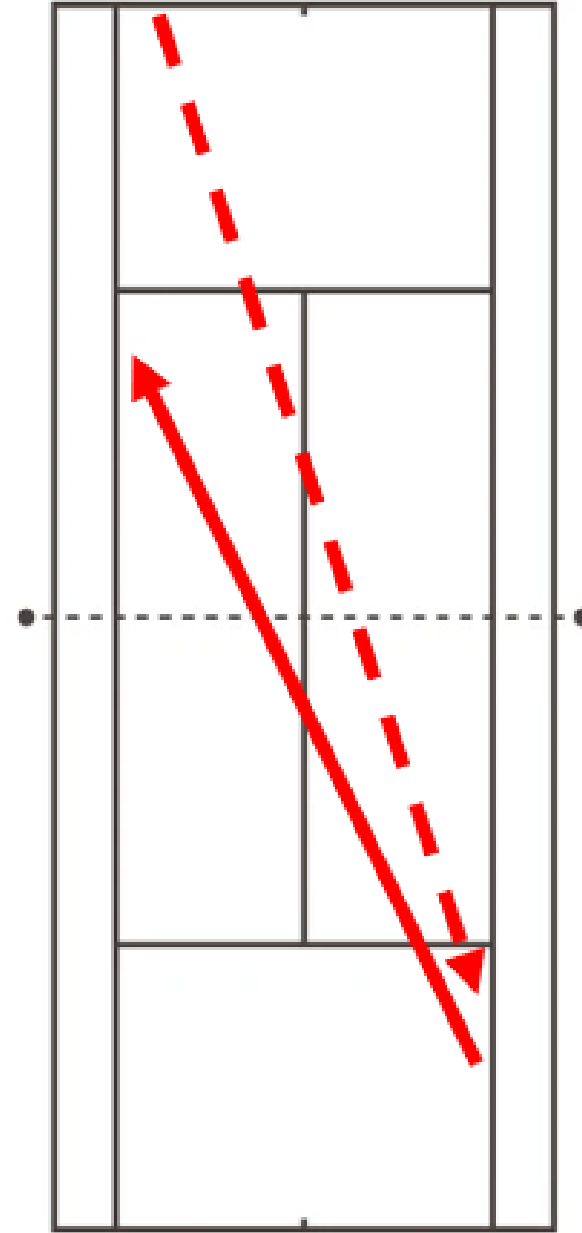
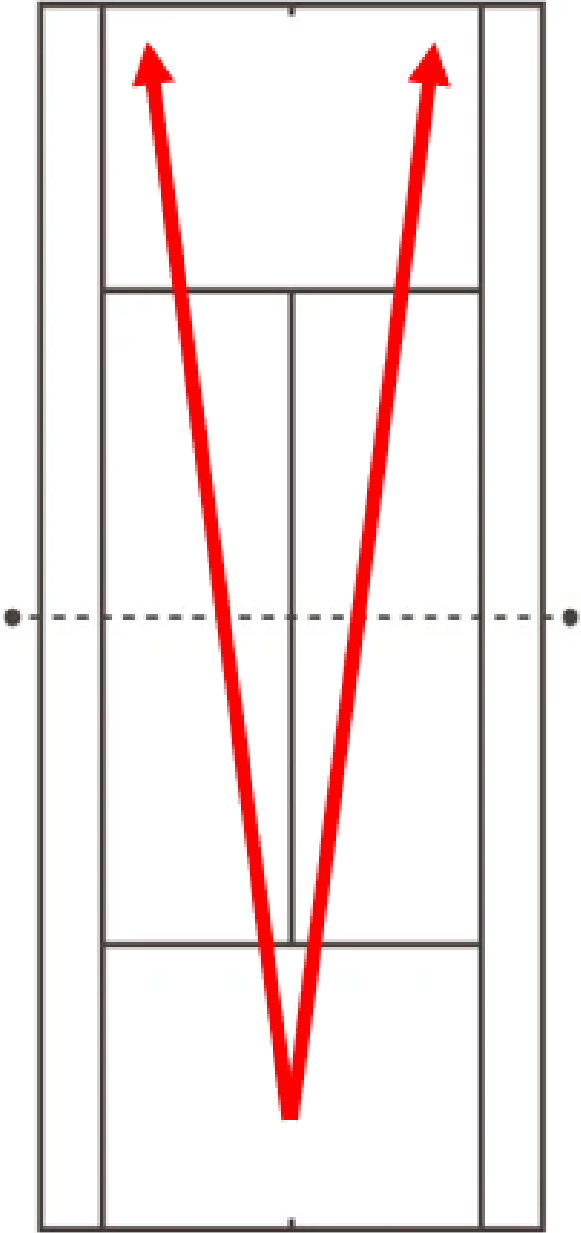
5 ball controls:

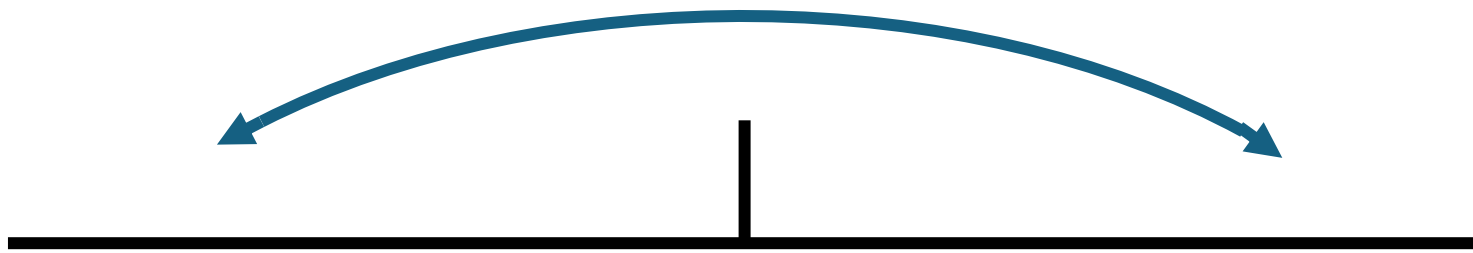
- Direction
- Height
- Speed
- Spin
- (Depth)

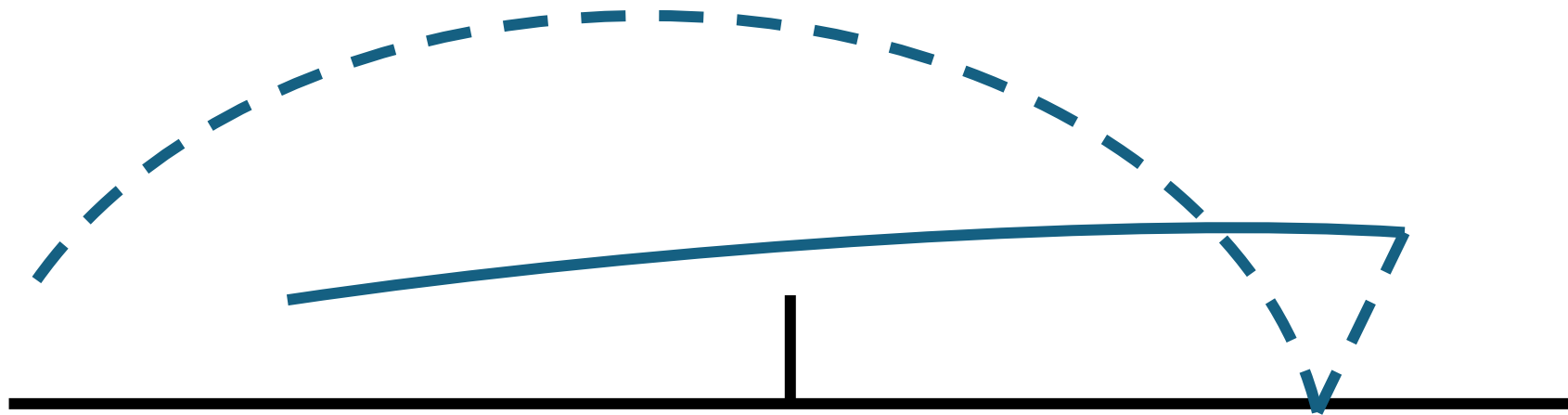


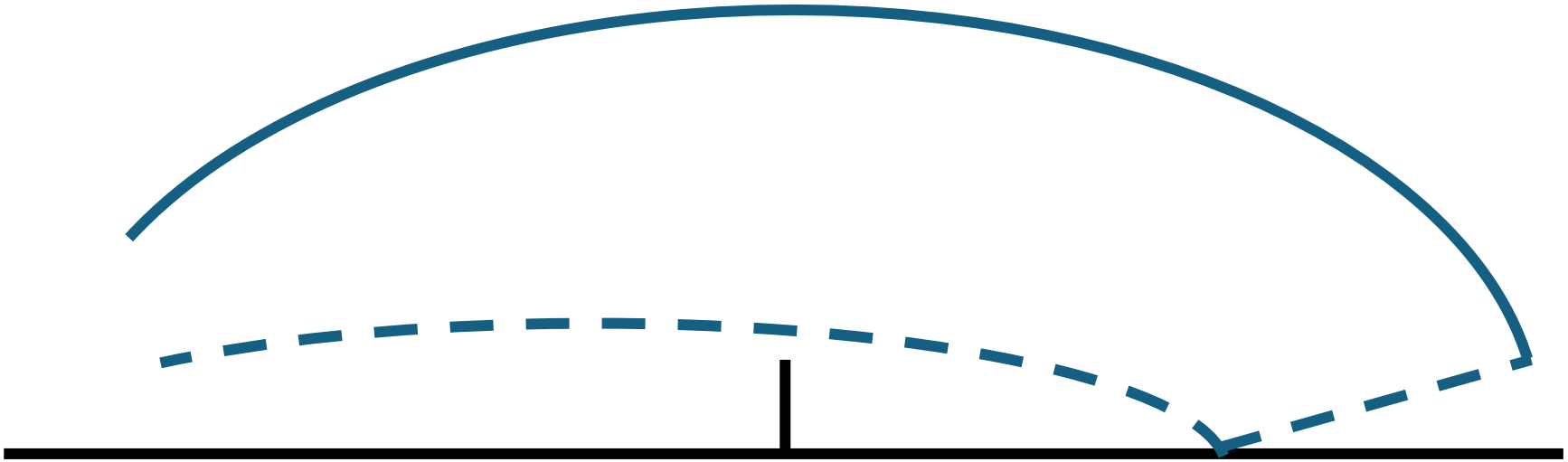












Speed:

maintain speed, decrease speed, increase speed

Spin:

topspin to flat

flat to topspin

slice to topspin

topspin to slice, etc.

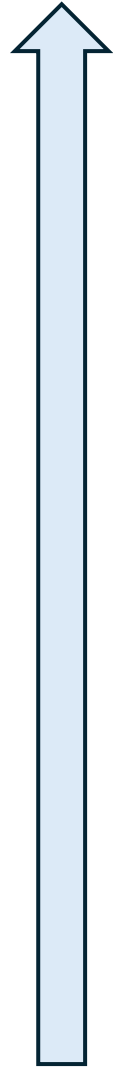
Technique **doesn't** cause skill

Technique **supports** skill

Tactics

Skill

Technique

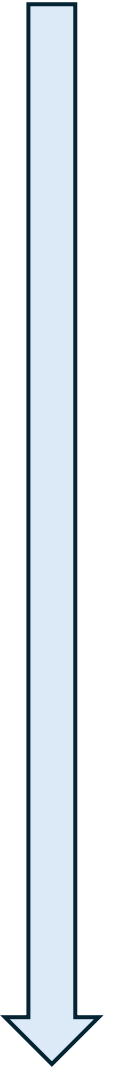


vs

Tactics

Skill

Technique



Can they do
it?



Can they do it
consistently?



Can they do it
faster?



No

Teach it



No

Correct it



No

Train it at
tempo

Conclusions

- Tempo is everything
- Develop strong serves and +1s
- Teach skills, not strokes