

# TIPS FOR HIGHLY EFFECTIVE COACHING

1. Have confidence in presenting. You are the leader- you don't ask, you tell
2. Keep everyone moving. These are only 1 hour programs. When in doubt, just make them move!
3. You are the energy! You must be "over the top" energetic. They came to get the experience and to get excited about tennis. Never too much energy
4. It is better to run a drill you know and add a "progression" rather than make up a new drill
5. Let TENNIS be the sell, not you. The more they hit and learn by playing, the better
6. Confidence is KEY. Better to do a simple exercise longer (too easy) than a difficult exercise shorter (too hard). You would rather hear "that's too easy", than "I can't do that"
7. Be loud and clear when giving instructions or explaining a drill. Focus on the group as a whole and not one or two individuals. Remember "Majority Rules" with drills and your decision on advancing the session.
8. Take nothing personal. People rarely take any "self-awareness" when learning or trying new things. Don't base your success off of attendance or based on how people "play" in your drills. Measure your success based on surveys. Remember, these are early introduction programs and many people are trying tennis for the first time. They don't know even if they are going to like the sport, let alone know if they are going to like the way you are coaching.
9. "Partnering" and "Grouping" is key. Use the "instant activity" to sort out the more athletically inclined players. Identify a friend or family member in the group for good partnering options. Always rotate to ensure that no one person can get "stuck" with a weak player. If odd numbers - coach always hits with the weakest player.
10. Knowing everyone's first name and using their name regularly is very important. This builds a rapport with the players, use name tags to know the names of everyone playing. Make it a point to call every child by name throughout the session.
11. Avoid saying the word "no". Try instead to redirect or note the "change" in their behavior you want.
12. Finish with a positive experience, successful last shot, consider "homework".