

GOLD MEDAL PROFILE

Tactics and Technique

1. It's a game of short rallies

Tactical Situation	Technique		
1st SHOT: SERVE	Racquetwork	Bodywork	Mobility
<p>1. 1st Serve: use power and placement to win point directly or force a short return to create attacking opportunity on Serve +1 situation</p>	<ul style="list-style-type: none"> • Grip decision for quads (continental vs. Semi-Western or Eastern FH grips) • Timing • Feeling: “Hit” feeling on serves. • Creating Variety through P.A.S principles <ul style="list-style-type: none"> ○ Speed: sufficient acceleration of racquet head through impact ○ Direction: Wide/Jam/T ○ Spin: Drive/Kick/Slice 	<ul style="list-style-type: none"> • Momentum: Generating power through smooth movement & rotation: maximizing body segments and their sequence • Hold trophy position or grab wheel on non-dominant side through impact in function of disability (core stability) - 	<ul style="list-style-type: none"> • Start mobility cycle by creating strong contact points with both hands • Take one short push (time permitting) to initiate movement (into court or lateral)
<p>2. 2nd Serve: use spin and placement to “hit the spots” and prevent returner from attacking the serve</p>	<ul style="list-style-type: none"> • Grip decision for quads (continental vs. Semi-Western or Eastern FH grips) • Timing • Feeling: “Hit” feeling on serves. • Creating Variety through P.A.S principles <ul style="list-style-type: none"> ○ Direction: Wide/Jam/T ○ Spin: Drive/Kick/Slice ○ Speed: sufficient acceleration of racquet head through impact 	<ul style="list-style-type: none"> • Momentum: Generating spin through smooth movement & rotation: maximizing body segments and their sequence • Hold trophy position or grab wheel on non-dominant side through impact in function of disability (core stability) 	<ul style="list-style-type: none"> • Start mobility cycle by creating strong contact points with both hands • Take one short push (time permitting) to initiate movement

1. It's a game of short rallies (continued)

Tactical Situation	Technique		
2nd SHOT: RETURN OF SERVE	Racquetwork	Bodywork	Mobility
<p>1. Return of 1st Serve: Neutralize the 1st serve to prevent opponent from attacking</p>	<ul style="list-style-type: none"> • Timing: <ul style="list-style-type: none"> ○ “Spacing” to create ideal impact point ○ Shorten backswing to ensure clean timing • Feeling: “Jab” feeling to counter harder serves. • Optimize ball controls through PAS principles: <ul style="list-style-type: none"> ○ Height: higher trajectory to neutralize/defend 1st serve ○ Speed: take pace off ball by maintain racquet head speed ○ Direction: direct ball back down the middle ○ Spin: create “rising ball” on neutral/defensive return 	<ul style="list-style-type: none"> • Momentum: Absorb power through smooth movement & Rhythm: maintain racquet head speed through impact 	<ul style="list-style-type: none"> • Start mobility cycle by creating strong contact points with both hands • Set up: full preparation of racquet, chair, and body before bounce to create sufficient time for a neutralizing shot • Recovery: reverse mobility behind baseline to gain time and space in anticipation of Serve + 1 shot (“In turn “ vs. “out turn” decision)
<p>2. Return of 2nd Serve: Attack weaker 2nd serve for direct winner or to take control of the point</p>	<ul style="list-style-type: none"> • Timing: <ul style="list-style-type: none"> ○ “Spacing” to create ideal impact point ○ Lengthen backswing to create speed • Feeling: <ul style="list-style-type: none"> ○ “Hit” feeling to gain advantage with power. ○ “Touch” feeling to gain advantage with precision. • Optimize ball controls through PAS principles: <ul style="list-style-type: none"> ○ Height: flatter trajectory ○ Speed: increase racquet head speed ○ Direction: redirect ball into open court on attacking return ○ Spin: ensure ball goes “over and in” on attacking shots from inside the court 	<ul style="list-style-type: none"> • Momentum: Generating power through smooth movement & Rhythm: accelerate racquet head speed through impact 	<ul style="list-style-type: none"> • Start mobility cycle by creating strong contact points with both hands • Set up: full preparation of racquet, chair, and body before bounce to create sufficient time for an attack • Recovery: Inside the court To apply pressure on server (“in turn”) Consider “chip and charge” to apply maximum pressure on server

1. It's a game of short rallies (continued)

Tactical Situation	Technique		
3RD SHOT: SERVE + 1	Racquetwork	Bodywork	Mobility
<p>1. Serve + 1: Neutralize attacking return to prevent opponent from attacking on return + 1 (4th) shot</p>	<ul style="list-style-type: none"> • Timing: Centering well and taking the ball at ideal heights. • Feeling: “Extension” feelings in rallies. “Jab” feeling to neutralize. • Optimize Ball controls through PAS principles based on phase of play: <ul style="list-style-type: none"> ○ height: higher (neutral/defensive phase) ○ direction: direct ball down the middle on neutral phase of play ○ spin: “rising ball” to keep opponent from attacking on neutral shots 	<ul style="list-style-type: none"> • Momentum: Absorb power through smooth movement & rotation 	<ul style="list-style-type: none"> • Start mobility cycle by creating strong contact points with both hands • Set up: full preparation of racquet, chair, and body before bounce to create sufficient time for a neutralizing shot • Recovery: reverse mobility behind baseline to gain time and space in anticipation of attacking 4th shot
<p>1. Serve + 1: Attack shorter returns to win point/gain control of rally on return + 1 (4th) shot</p>	<ul style="list-style-type: none"> • Timing: Centering well and taking the ball at ideal heights. Taking the ball earlier to attack. • Feeling: “Hit” feeling to gain advantage with power. • Optimize Ball controls through PAS principles based on phase of play: <ul style="list-style-type: none"> ○ height: flatter trajectory (forcing/attacking phase) ○ direction: leverage opportunities by redirecting shot to open court on attacking balls ○ speed: increase racquet head speed on attacking shots ○ spin: create sufficient top spin to ensure attacking shot goes “over and in” 	<ul style="list-style-type: none"> • Momentum: Generating power through smooth movement & rotation 	<ul style="list-style-type: none"> • Start mobility cycle by creating strong contact points with both hands • Set up: full preparation of racquet, chair, and body before bounce to create sufficient time for an attack • Recovery: Inside the court To apply pressure on return serve (“in turn”)

1. It's a game of short rallies (continued)

Tactical Situation	Technique		
4TH SHOT: RETURN + 1	Racquetwork	Bodywork	Mobility
<p>1. Neutralize serve + 1 Shot (3rd shot) to prevent opponent from attacking on next shot</p>	<ul style="list-style-type: none"> • Timing: Centering well and taking the ball at ideal heights. • Feeling: "Extension" feelings in rallies. "Jab" feeling to neutralize. • Optimize Ball controls through PAS principles based on phase of play: <ul style="list-style-type: none"> ○ height: higher (neutral/defensive phase) ○ direction: direct ball down the middle on neutral phase of play ○ spin: "rising ball" to keep opponent from attacking on neutral shots 	<ul style="list-style-type: none"> • Momentum: Absorb power through smooth movement & rotation 	<ul style="list-style-type: none"> • Start mobility cycle by creating strong contact points with both hands • Set up: full preparation of racquet, chair, and body before bounce to create sufficient time for a neutralizing shot • Recovery: reverse mobility behind baseline to gain time and space in anticipation of attacking 5h shot
<p>1. Attack shorter serve + 1 shot (3rd shot) to win point/gain control of rally</p>	<ul style="list-style-type: none"> • Timing: Centering well and taking the ball at ideal heights. Taking the ball earlier to attack. • Feeling: "Hit" feeling to gain advantage with power. • Optimize Ball controls through PAS principles based on phase of play: <ul style="list-style-type: none"> ○ height: flatter trajectory (forcing/attacking phase) ○ direction: leverage opportunities by redirecting shot to open court on attacking balls ○ speed: increase racquet head speed on attacking shots ○ spin: create sufficient top spin to ensure attacking shot goes "over and in" 	<ul style="list-style-type: none"> • Momentum: Generating power through smooth movement & rotation 	<ul style="list-style-type: none"> • Start mobility cycle by creating strong contact points with both hands • Set up: full preparation of racquet, chair, and body before bounce to create sufficient time for an attack • Recovery: Inside the court To apply pressure on return of serve ("in turn")

2. It's a game won or lost through the middle of the court

Tactical Situation	Technique		
	Racquetwork	Bodywork	Mobility
<p>Control the middle of the court through trajectory, speed and depth in order to create attacking opportunities or prevent opponent from attacking</p> <p>“Shading” the rally (slight adjustments to do more with the shot or play safer)</p>	<ul style="list-style-type: none"> • Timing: Centering well and taking the ball at ideal heights. • Feeling: “Extension” feelings in rallies. “Jab” feeling to counter & neutralize. • Optimize Ball controls through PAS principles based on phase of play: 	<ul style="list-style-type: none"> • Momentum: Absorb power through smooth movement & rotation 	<ul style="list-style-type: none"> • Ensure chair stays in continuous motion • Set up: full preparation of racquet, chair, and body before bounce to create sufficient time for a neutralizing or attacking shot • Recovery: inside or behind the baseline in function of quality of ball sent

3. It's an attacking game

Tactical Situation	Technique		
	Racquetwork	Bodywork	Mobility
<p>Develop a weapon (forehand or backhand) and create situations where player can leverage that weapon as often as possible to force/attack from inside the court.</p> <p>Improve tactical decision making: Appropriate shot selection in function of phase of play</p>	<ul style="list-style-type: none"> • Timing: Taking the ball early or at an ‘attackable height’ • Feeling: <ul style="list-style-type: none"> ○ “Extension” & “Hit” feelings in rallies. ○ “Jab” feeling to counter & neutralize. ○ “Touch” feeling to gain advantage with precision. • Optimizing ball controls on attacking shot through PAS principles: <ul style="list-style-type: none"> ○ Speed: increase racquet speed through impact to generate pace ○ Height: flatten 	<ul style="list-style-type: none"> • Momentum: Generating power through chair movement & rotation (maximizing segments used and sequence) Set-up: 	<ul style="list-style-type: none"> • Ensure chair stays in continuous motion • Set up: full preparation of racquet, chair, and body before bounce to create sufficient time for an attacking shot • Recovery: inside the baseline to take away time and space from opponent on next shot

	<ul style="list-style-type: none"> ○ out attacking shots to take away time from opponent ○ Direction: leverage opportunities by redirecting shot to open court ○ Spin: create sufficient top spin to ensure attacking shot goes “over and in” 		
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ASSESMET TOOLS AND MEASUREMENT PROCESS

Tactics

1. Data collected through match analysis of the athlete will allow to make comparisons with Gold medal profile athletes and hence provide an objective data driven base for comparison.

For details in each of the 3 key tactical areas identified as part of the Winning Style of play please view charts below



It's a game won or lost through the middle of the court

QUADS	MEN	WOMEN
<ul style="list-style-type: none"> ❑ 40% of all last shots (winners and errors) are hit from 3 quadrants C2, C3, C4 ❑ 68.4 % of all Serve + 1 winning shots are hit from 3 quadrants: C2, C3, C4 ❑ 39% of all Return + 1 winning shots are hit from 3 quadrants C2, C3, C4 ❑ 50.3% of all +5 winning shots are hit from 4 middle quadrants C1, C2, C3, C4 	<ul style="list-style-type: none"> ❑ 36% of all last shots (winners and errors) are hit from 3 quadrants: C2, C3, C4 ❑ 58% of all Serve + 1 winners are hit from 3 quadrants: C2, C3, C4 ❑ 44% of all Return + 1 winners are hit from 3 quadrants: C2, C3, C4 ❑ 41.9% of all + 5 shot winners are hit from 4 middle quadrants: C1, C2, C3, C4 	<ul style="list-style-type: none"> ❑ 34.2% of all last shots (winners and errors) are hit from 3 quadrants C2, C3, C4 ❑ 63 % of all Serve + 1 winning shots are hit from 3 quadrants: C2, C3, C4 ❑ 41.8% of all Return + 1 winning shots are hit from 3 quadrants C2, C3, C4 ❑ 47.6% of all +5 winning shots are hit from 4 middle quadrants C1, C2, C3, C4

6

It's an attacking game

QUADS	MEN	WOMEN
<ul style="list-style-type: none"> ❑ 45% (winners) to 55% (errors) ❑ *30/70 ration in abled bodied tennis ❑ Forehand v backhand winners: <ul style="list-style-type: none"> • 51% of all groundstroke winner were forehands • 49% of all groundstroke winner were backhands 	<ul style="list-style-type: none"> ❑ 44% (winners) to 56% (errors) ❑ *30/70 ration in abled bodied tennis ❑ Forehand clear weapon of choice: <ul style="list-style-type: none"> • 80% of all groundstroke winners were forehands • 20% of all groundstroke winners were backhands 	<ul style="list-style-type: none"> ❑ 31% (winners) to 58% (errors) ❑ *30/70 ration in abled bodied tennis ❑ Forehand v backhand winners: <ul style="list-style-type: none"> • 65% of all groundstroke winners were forehands • 35% of all groundstroke winners were backhands

22

Based on the data gathered in each of these 3 key tactical areas, a determination will be whether the athlete is falling short in any of these areas. It will then be assessed whether the root cause for the short comings are of technical, physical or psychological nature. Depending on the outcome of this assessment appropriate corrective action will be taken

Example: If an athlete is showing shortcoming in his/her capacity to win a certain minimum % of 1-4 shot rallies, this can have a host of reasons, such as technical flaws, lack of strength or speed or difficulty hitting shots under pressure. Each of these root causes requires different solutions.