Development of Agility in Tennis

EXAMPLE - PRACTICE
of drills focusing on the performance
of change of direction and footwork

by David Ribera-Nejad

Intro

Agility & Coordination
Optimizing agility-coordination by selective
interactions and priorities of coordination capacities.
Some optimization concepts are useful to enrich
the technical-coordination development of any tennis skill.

EXAMPLE
• Some changes of directions
  and footwork are selected, and
  a sequence of interactions and priorities
  among coordinations capacities are
  applied.
COORDINATIVE OPTIMIZATION

- Precision: "Accuracy"
- Speed
- Variability

**Skills of General Dynamic Coord.**
- Motor Control
  - Proprioceptive Discrimination
  - Sensory Differentiation
  - Variability of Movement
  - Combination of Movements
  - Guided Guided Movement
  - Fluidity and Flexibility
  - Amplitude of Movement

**Skills of Special Dynamic Coord.**
- Dynamic Balance

**Skills of Static Balance (Goal) (special)**

**Spatial Implementation**
- Proprioception
- Discrimination
- Localization
- Suggestion (placement)

**Temporal Adequacy**
- Reaction - Anticipation
- Rhythmic Differentiation
- Psychomotor Performance
- Phonological Adaptation
- Psychomotor Sensation (impulsivity)

**Example**
Sequence of interactions and priorities among:

- Motor Control
- Spatial Implementation
- Temporal Adequacy

Interpreting the concepts of Master Fco Seikul-Lu Vargas since 1986

Interpreting the master Seikul-Vargas by David Rivera-Nehit
Change of direction and footwork design

Player with a stick touching the cone - bell

- The player runs with a stick
- Reaches the cone - bell mean that the player touch the ball with the stick

Zone A: Free change of direction / footwork

Zone B:
- B1: 4 foot + alternate
- B2: Spin
- B3: 2 short lateral jumps

Zone C and D (before hitting and change dir.)

C/D 1: Small jump 2 foot stance
C/D 2: Step pivot
C/D 3: Sliding - gliding

* Different types of footwork and change of directions each 1-2 practices!!

Player - coach collaborating!

Other designs

A different design every 1-2 practices!!

2 groups and work at the same time

Interpreting the Western Grips by Daniel Kibler-Nisbet — DKN
STRUCTURE of THE PRACTICE
AGILITY - COORDINATION

8' WARM-UP
- runs with o body movements
- static-dynamic stretching - mobility
- some speed activism waves - runs

Priority:
SEGMENTAL DIFFERENTIATION

2' Global Potential

Priority:
- maintain segmental differentiation and interact with
  + BALANCE - REBALANCE

2' Stretching storm

Priority:
- maintain segmental differentiation and interact with
  + RHYTHMICAL DIFFERENTIATION

3' Relaxation and Mobility
- spine

Interparking the master sixth key by David Riker-Webb

Development of the Practice

Priority in Sequential Differentiation

During the design (change of direct and footwork), the tennis player carry the stick as follows:

(a) (dominant/move sit)

Option (a)

1.1
1.2

Option (b)

2.1
2.2

Option (c)

3.1
3.2

Also more frequent change of stick position in latter same path

Development - 3 sets

Change of Direct & Footwork + Sequential Differentiation

- Option B1 + C/D1 → option a
  → option b
  x 2 sets

- Option B2 + C/D2 → option c
  → option d
  x 2 sets

- Option B2 + C/D2 → option e
  x 2 sets

(page 3)
postural control

with breathing techniques

priority on

BALANCE - REBALANCE
maintaining interaction with segmented differentiation

Some sequence of sets as in [14]

and we add the following variations of balance conditions:

Option B1 + yd 3 ——— option 2 — x2 sets

Option B2 + yd 2 ——— option 3 — x2 sets

Option B3 + yd 2 ——— option 4 — x2 sets

Option B4 + yd 2 ——— option 5 — x2 sets

Option B5 + yd 2 ——— option 6 — x2 sets

Stretching - Static - Dynamic

[Diagram of stretching exercises]

RHYTHMICAL DIFFERENTIATION

maintaining interaction with segmental differentiation

\[ \text{balance} - \text{rebalance} \]

\[ \text{get simple decision making (as in [2.10])} \]

\[ \text{some sequence set as in [2.10]} \]

and we add \textbf{RHYTHMICAL VARIATION} as follows:

We do three speeds
- slow
- middle
- maximal

\[ \text{Chry Dir.} \rightarrow \text{Segmental Diff.} \rightarrow \text{Balance} \rightarrow \text{RHYTHMICAL DIFFERENTIATION} \]

\[ \text{3.31: flexion and mobility of spine} \]

Interpreting the Master Seiraho Virgil by David Ribera-Net - 2018