

How long ?????

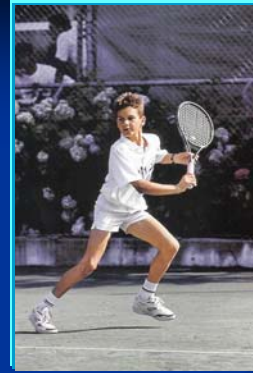
Probable evolution of the top tennis sport in the future



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1. Can it ever dare to predict a trend?
2. If we dare, what benchmarks or criteria should one judge and which bases for further development is crucial?
3. What sense do such predictions, and what conclusions should we draw, if one expects a further development ?
4. What will be expected to trigger development need?
5. Where do we stand today and where will we be tomorrow?

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1. Can one dare at all to foretell an evolution?

- Standstill meant backstroke
- In the last ten years tennis sport itself and above all top tennis sport changed more, as in the thirty to forty years before
- We had in such a way never before in the history of tennis sport such a fast evolution like in this past time
- If one want to lead decennial children in ten years to the contemporary world top, then must one know what one with them must make at this period and what expects the children in ten years at the possible top

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- Every longer-term prediction is certainly a venture and neither I nor someone other one can dare a prediction with one hundred percent accuracy
- Nevertheless we must occupy us with it, because a standstill never before been it in the human history
- Too in sport never been it a standstill, there were only slower or faster jumps or push
- We experts and/or we that mean that we are experts or keep for to be been experts are responsibly for the future in the case of every risk to be wrong

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2. If we dare it, depend on which checkpoints or criteria one should arrange it and which basics are decisive for a further evolution?

- For the direction of training in competitive sport, it is especially important to have orientation of the further evolution of the competitive performance in the respective sport.
- First of all we have to reckon that the whole of humanity in all areas of daily life will continue to develop
- Also be further in sport and therefore too in tennis sport scientific investigations and results of these investigations may cause great modifications in all fields of the training and movement studies

- The systematical coach development will start in many countries those underestimated it up to now and in the countries, which one this training for a long time successful practice will to increase the quality
- As a result, it becomes worldwide more and more ones developed and knowing coaches
- The systematization of the training process beginning with the small children and ending with the top pros is more and more for self-evident fact
- The professional management would achieve in all fields the performance sport

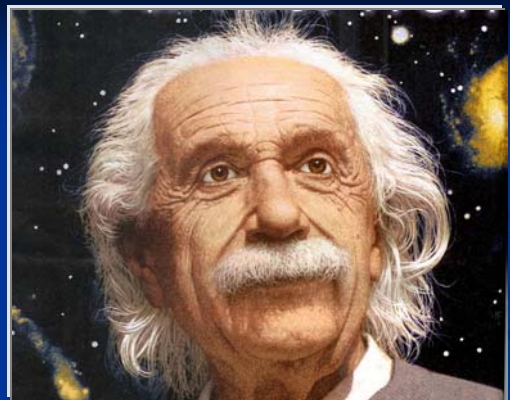
- The daily training practice will bring new knowledge both for the players and for the coaches and both sides force to new ways
- Tue competition in the top will expand and there will always be difficult to fight itself throu there and to establish there over a long time.
- Also the natural evolution of humans will continue
- It will produce more and more new nations players, those run firstly to the extended class and later into the absolute top
- Competition is with it harder

3. Which sense do make such predictions and which inferences should one pull if one expects a further evolution?

- One must not underestimate urge of the human being according to self-esteem, self-confirmation and self-manifestation
- Nothing is more successful than success
- Longing for „new bank“ is in human nature

- One must set up for itself for new requirements if one want to go „at the top“ or if one want to remain „at the top“
- That is valid for both for the experts and for the athletes
- One can stop or slow down neither the natural process of development nor the self-evident fact of the human existence
- **Curiosity** drives the human being for new discoveries

„I have no special talent, I am only passionate curious“



4. Which results have to cause an expected evolution?

- That still so often worldwide conservative opinions and training methods are removed more and more and the modern trend both in thought processes and in actions will have to predominate more and more
- The national tennis associations will have to modernize and reorganize itself if they want that hers represent players been present in the world top
- The players will require more and more power in decision-making

- The ITF, the ATP, the WTA and the individual national tennis associations will have to increase to a closed unit and the judgment means and the ranking list criteria, the tournament lots and regeneration times will have to unify itself
- The influence of sport science both on the long-term evolution and at daily work will have to clear increase
- The athlete must stand essentially more in the center, not the business around
- The players will have to have unit teams on consultants and attendants in order to be able to overcome the enormous requirements

5. Where we may stand today and where we will be tomorrow?

- 5.1 evolution last decade
- 5.2 the contemporary world tennis
 - 5.2.1 the contemporary strengths
 - 5.2.2 the contemporary weaknesses
- 5.3 the necessary basics for an evolution into nearest decade
- 5.4 the necessary measures for the nearest decade

5.1 Evolution of the last decade

- The evolution in top tennis was enormously
- The progress was above all in:
 - the ball- and movement speed
 - the tactical basic strategy
 - aggressivity from all situations
 - inside out strokes
 - urge to the winner
 - down the line winner
 - covering the court
 - positioning at the court
 - value of the return
 - value of the second service
 - tactical agreement on all court surfaces
 - setback of the serve- and volley games

- in the condition evolution
- in the evolution of the support team
- in the training methods
- with the absolute top players in the tournament planning and periodisation
- in acceptance of the regeneration stages
- unfortunately in the accumulation of injuries and the vulnerability for illnesses – weakening the immune system
- in the mental field

■ 5.2 the contemporary world tennis

- it predominates aggressivity
- since approx. four/five years may achieve the top players normally more direct points as non-forced errors
- the winners achieve normally more direct points as the losers
- only in approx. 20% of all strokes are the players in a difficult situation
- according to my analyses decide itself in these 20% of difficult situations approx. 80% of points
- the winners play normally more precise as the losers

- The two-handed backhand is further at the advance, they raises several advantages
- the one-handed backhand is played exclusively with backhand eastern grip
- the second service in man tennis play more and more an important role
- a high percentage of first service is not always an advantage
- a high percentage successfully first services is much more important
- the return is the most important stroke in contemporary tennis

- The down the line winner dominated
- the top players move for itself forward in the absolute nearness of the base line
- the winners stand more closely to the base line in the majority of the winning strokes than the losers
- the difference between the absolute top players and the further and very good players is above all enclosed in the successful solution of difficult situations
- for it is decisive:
 - situation technique
 - coordination perfection
 - explosive power and speed strength
 - perception, anticipation and reaction
 - courage and determination (mental thickness and self-confidence)
 - timing and situation rhythm

- Practical all top players master perfect passing shots – narrow connection to the return
- Foot work is excellent with all top players
- The top players also take hardly out of balance in the case of the difficult strokes
- The back swing become shorter with the most top players – similarity with golf

- The ability to vary the topspin (forehand):

	Range	Average	Width
■ Rafael Nadal	1800 - 4900	3200	3100
■ Roger Federer	1400 - 4500	2700	3100
■ Andy Roddick	1400 - 4200	2700	2800
■ Marat Safin	900 - 3300	2200	2800
■ Lleyton Hewit	1300 - 3700	2200	2400
■ Andre Agassi	1200 - 3330	1900	2100
■ Pete Sampras	1000 - 3400	1800	2400
■ Venus Williams	1100 - 3500		2400

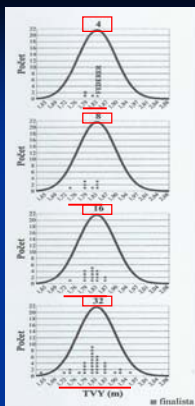
- The topspin (drive) volley became general weapon
- That condition state is excellent with all top players

- The mental part is with the stars outstandingly
 - uncompromising fighting spirit and courage
 - self-discipline
 - self-control
 - self-confidence
 - self-realization
 - distinct determination for hard training work
 - big stress resistance in crucial situations
 - high motivation and determination
 - maximum concentration ability
 - excellent perception- and anticipation ability
 - tendency in terms of always new training contents

- Height and body mass

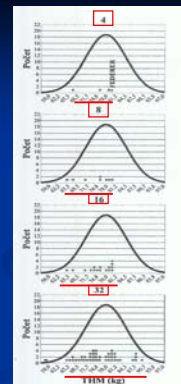
- In man tennis

- Extensive studies of Prof. Vaverka:
 - The average body height of the world top class is 183 – 185 cm and it stabilized itself in recent years
 - The most successful ones are player of this height into Grand Slam Tournaments
 - With increasing rounds, players of this height are represented strongly more and more



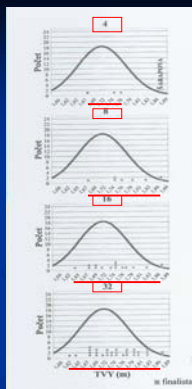
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- **The body mass**
- Stabilized itself with the most successful players at approx. 82 kg
- In the majority, the mass displaces for itself rather in the direction of 66 kg



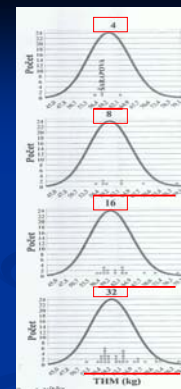
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- **In female tennis**
- here we can not speak temporarily of a stabilization
- tendency is clearly to taller female players
- it is to therefore be accepted, that the future generation will stabilize itself with rather taller players than there is up to now



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- With the **ladies**, the **body mass** in the case of the absolute top stabilizes itself temporarily around at approx. 59 kg
- In the first rounds, we still find rather heavier than a easier body mass



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■ 5.2.2 The contemporary weaknesses

- accuracy
- inside-court-game
- lacks with the use from winner chance
- technical conditional evasiveness in front of long balls
- volley-game
- the second stroke
- variability
- lob
- second service for all in lady tennis

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- Too many neutral strokes
- slice
- slice volleys
- dilate ball hitting (often too far after the culmination point)
- with the exception of the top stars – lacking body use – rotation in the case of the stroke
- head- and eye attitude
- aggressive half volley
- optimal situation solutions in the case of the majority of the players

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■ 5.3 The necessary basics for an evolution into the nearest decade

- before we foretell the further way or recommends, we must respond one necessary basics
- as already said, there is no reason for assumption, that the tennis game not further will develop
- all sports analyze already (analyses of the last Olympic Games) the present state and to place firmly basics for further headway

- The first keystone is courage to the change of thinking
- One must then set up several questions:
 1. How can the tennis game itself modify?
 2. Which effects while foretelling still can we expect?
 3. In which areas are modifications still possible?
 1. Tennis technique?
 2. Condition?
 3. Tactics?
 4. Mentality?
 5. Support?
- Several was already addressed and therefore, to point, 5.4

5.4 the necessary measures for the nearest decade

- also tennis sport must integrate and move in a reacted manner in future the newest sport scientific knowledge
- the human organism react to new stimuli into everything sports equal
- it will be necessary take over the investigation results and the recommendations from other sports
- why should devise one devised?

- Certainly also the competitive tennis sport further continues to increase aggressiveness
- there are provisionally no reason to believe that returns the days of Borg, Vilas, etc
- through what can support one an increase to aggressivity?
- what must one change in order to make tennis more aggressive?
- which areas does that concern particularly?
- where is the basic condition?

■ The most important basics for everything what we must do in the future:

- there's nothing you can not change
- there's nothing you can not learn
- there's nothing you can not develop further
- There are no easy or difficult shots, there are no easy or difficult situations, everything is easy when it is in training thousands of times successfully mastered and everything is difficult what is ignored or little applied!!!!

- *The first factor* that will increase in importance is the **stroke- and therefore ball accuracy**
 - this is through the **modern match-like, task- and goal-oriented training** very quickly to improve
 - therefore, the training content and goals must be adapted already from childhood to the modern requirements
- *The second factor* is the increase of the **action ability of the player**
 - too this destination must be obtained by modifications in training – **situation variability and setting of tasks** in training
 - **the principle of non repeatability of a movement**



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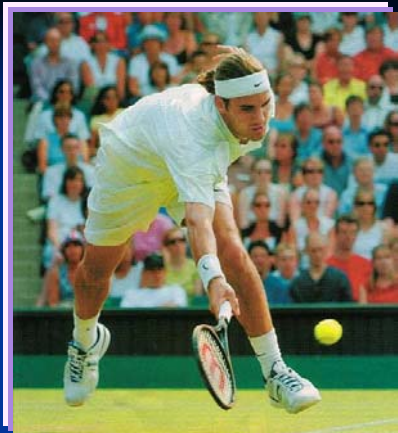
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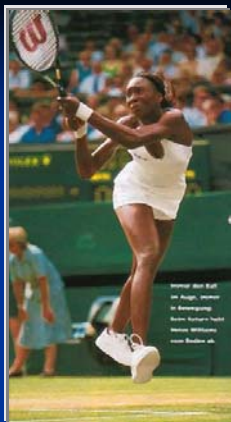
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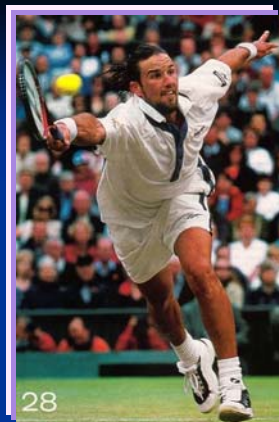
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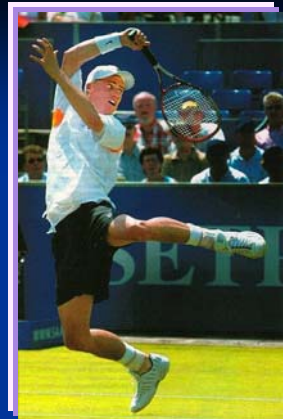
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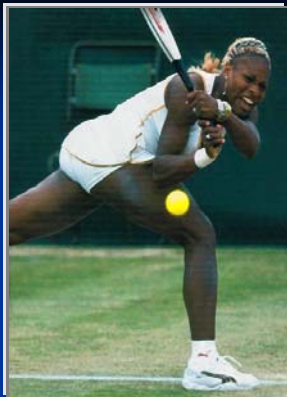
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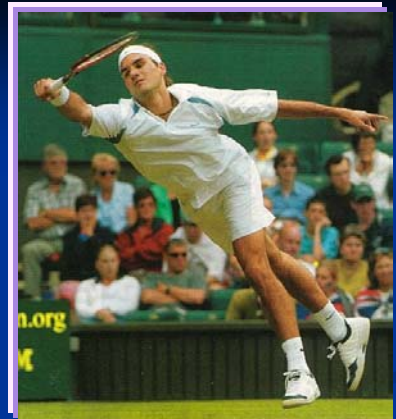
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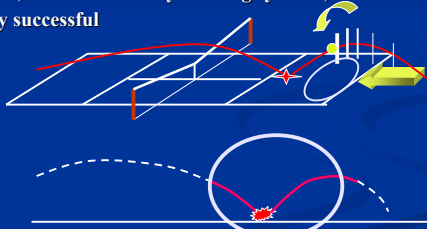


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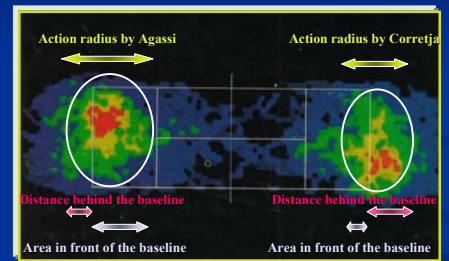
- **The third factor** is the **advance into the court** and to develop the hitting ability **in or around the culmination point or even in front of it**
 - again, there are already training systems, which are very successful



Topspin-volley, topspin-half-volley, hit on the rise, in top of the bounce;

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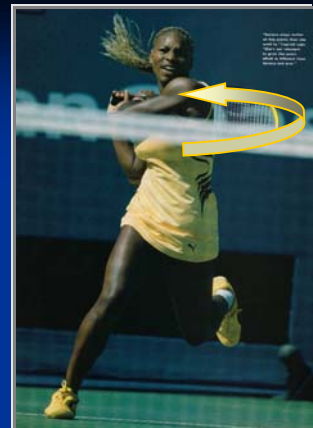
Court Positioning: Agassi - Corretja, set 1 (7-5) at the ATP World Championship

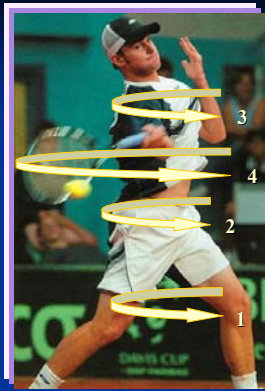


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- **The fourth factor** is **increase the start – and starting rate**
 - this means systematic training in explosives and ground reactive power
- **The fifth factor** is the **raised stroke rate**
 - this means **increasing the use of a rotating body**, the **increased activation of the wrist** (strain shortening cycle)
 - that will result in a **reduction (shortening) of the backswing** in the basic strokes

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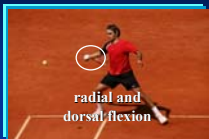




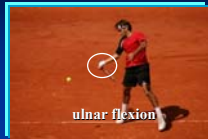
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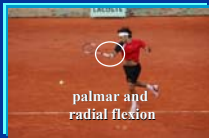
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radial and dorsal flexion



ulnar flexion

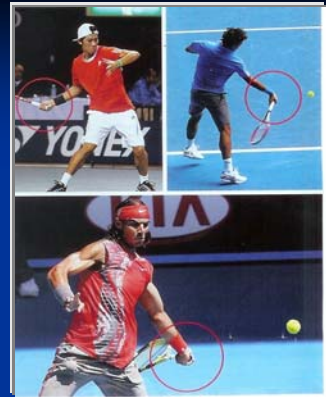


palmar and radial flexion

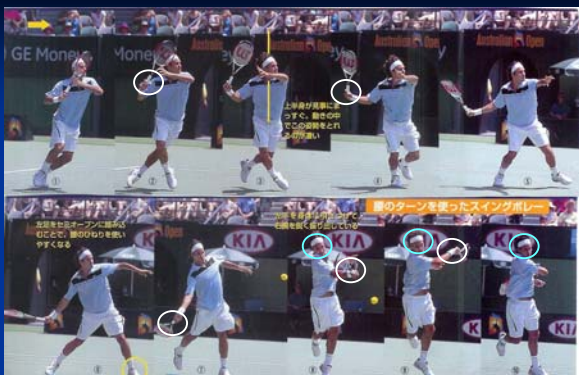


radial and palmar flexion

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- *The sixth factor* is a **high variability in the number of the ball revolutions** with both basic strokes and returns

- for this is a perfectly **appropriate posture of racket grip** (between eastern and semi-western grip in forehand, and the eastern grip in one-handed backhand).

- *The seventh factor* is a **much better use of the volley possibilities** to the winner

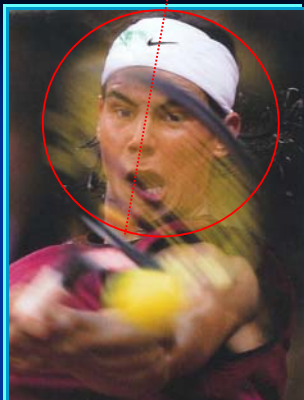
- *The eighth factor* is a significant **improvement (speed and precision) of the second service** especially in women's tennis
 - the first service is only as good as it allows the second one

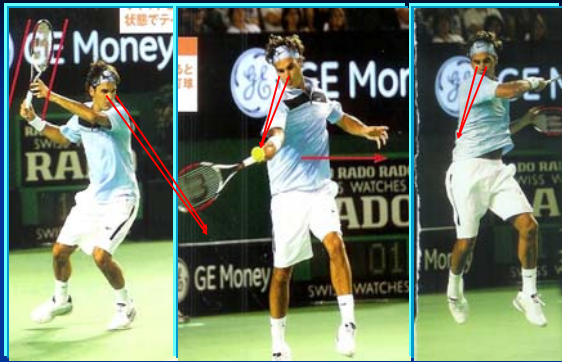
- *The ninth factor* is the **increase in general and specific physical fitness**

- to this is a professional care by specialists necessary

- *The tenth factor* is the **filigree work on technical details**

- head and eye position in the hitting point
 - hitting point well before the point of gravity (arm stretched in hitting point)
 - excellent equilibrium behavior in all situations
 - perfect leg work before and around the hitting point
 - shoulder rotation during the stroke to 210°





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- **The eleventh factor is the punctual decision and conviction to successful solution**
 - According to latest findings, the human make apr. one second before the action the decision whether he solves this action with great confidence and conviction of success or whether he at success doubts
 - **The twelfth factor is a very well-functioning team**
 - Knowledgeable and experienced coach, fitness expert, manager, physiotherapist, nutritionist
 - **The thirteenth factor is a perfect season planning**
 - Planning adequate training and recovery periods, tournament highlights and absolute Tennis rest (vacation)
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- **Final**
 - When these thirteen points as a basis for future progressive development of top tennis sports, then expect us all kinds of efforts
 - at first look, one can assume that several of these factors are already on way
 - that's true also, because a evolution has not jumped from one day to the other, but has a long-term period
 - there are certainly other factors yet to come
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- One thing is sure - the top of tennis will continue to evolve, it will change just like any other sport too
 - what changes in the rules, in technology and the ATP and WTA tournament organization and what the consequences for the tennis will have, we do not know today
 - but we must look ahead, because today's generation of children has been from the beginning prepare for future developments
 - It is our duty to control this optimal
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