



Player Coach Relationship

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Player-Coach relationship



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1. Relationship



Mutual
agreement

Double
benefit: win-
win

Belief in the
project

Respect, trust
and honesty

Victory

- The relationship must be based on a mutual agreement between the coach and the player.
- Both parties must be convinced that they will both benefit from the relationship: win-win.
- To be successful, both parties must believe in the project that they define together.
- Can only succeed if coach, player and parents all act in respect, trust and honesty.
- The main goal of this relationship is victory.



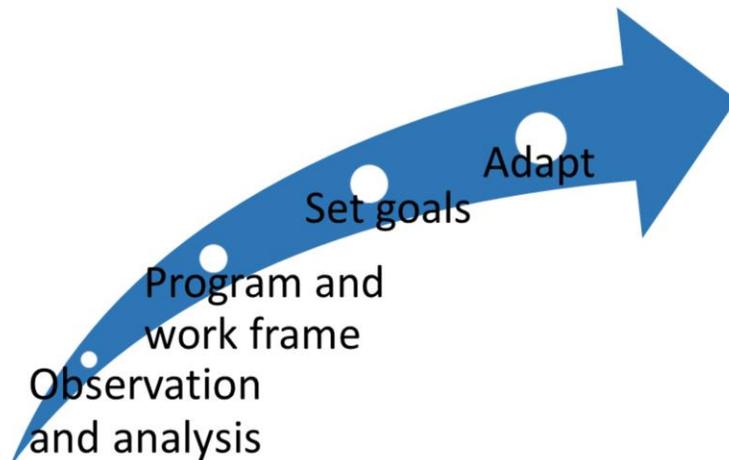
2. Magical triangle



- The relationship can only succeed if the three parties are in sync and each one entirely respects his field of action. No interference.
- The project must be realistically defined according to the player's age, gender, level, ambitions as well as financial means.
- Coach and player should have common values to find a fruitful meeting ground. Their compatibility will help them to work together successfully.
- The parents also play a very important role since they must properly manage schooling, nutrition and logistics. They are also in charge of financing the player's project. A good coach-parent relationship is crucial for the success of the project and the well being of the player who must not be juggled between both sides.



3. Coach



- The coach must first start with a deep observation which will help him analyze the strengths and weaknesses of the player technically, tactically, physically and mentally.
- After getting to know the player specifically, the coach must elaborate a realistic program and work frame for the short and mid term. It is important for the coach to build a strong and professional team: fitness coach, physiotherapist, doctor, nutritionist, mental coach.
- This plan must clearly define the goals to achieve in terms of personality development, tennis progress and the results in matches.
- It is crucial to adapt objectives depending on the results in tournaments.



4. Player



The main actor of the project is the player and his well being is essential.

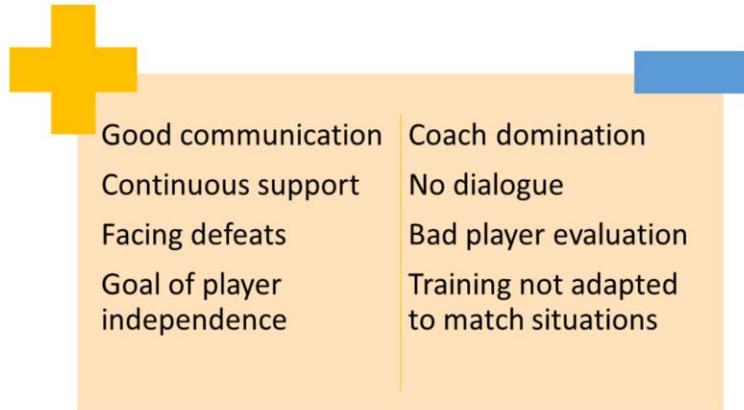
- The player must be convinced. It must be his choice to devote himself to becoming a tennis player.
- The player must be able to listen attentively and then assimilate the information.
- It is essential for the player to understand and to do so, he may ask questions.
- The main goal is to reach the point where the player :
 - is able to make decisions independently.
 - Is able to apply what he has decided.

The outcome of this entire process will appear in the match results and in the player's progression.

Depending on these results, the coach and the player will adapt their plan.



5. Key points of success and failure



Key points of success are:

- Good communication is knowing how to adapt the message according to the situation: Autocratic, Democratic, In between.
- Players of all levels like to be encouraged and not always criticized. The coach must use constructive feedback methods.
- Learn from the defeats. Defeats help identify both strengths and weaknesses that need to be worked upon. Tennis players must learn to deal with defeats in order to move on.
- One of the most important objectives of this relationship is to build an independent player.

Key points of failure are:

- When the coach becomes patronizing and does not let the player to express his own personality.
- When there is no dialogue and the player does not ask any questions.
- When the coach does not properly evaluate the player. The coach must know the three types of players and how to deal with each one:
 - Good student who listens and follows instructions.
 - Rebel who only does what he wants and only wants positive comments.
 - Selective who chooses which instructions are convenient for him.
- When the training is not adapted to match situations.



6. Communication



Three party communication

- Clear
- Objective
- Sincere
- Continuous

Consistent

- Practice and matches
- Positive advice
- Verbal and non-verbal
- Tone of voice

Convince

- Not force
- Learn from mistakes

Personal space

- Mutual respect
- No belonging
- Open-mind

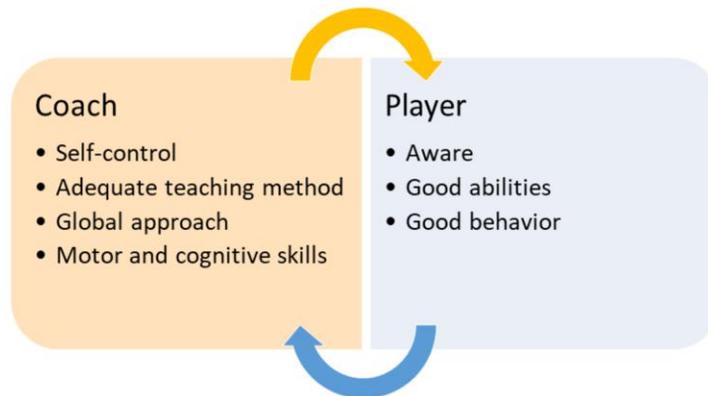
Regular meetings

- What works
- What does not
- What to keep
- What to change

- Communication between the coach, player and parents must be clear, objective, sincere and continuous in order to be productive.
- The coach must have a clear and concise message.
- The coach must always be consistent in his communication during practice and during matches (positive advice, verbal and non verbal communication, tone of voice,).
- The coach must find the way to convince and not force the player to accept his instructions. The coach must let the player make mistakes in order to learn from them.
- Both the coach and the player must have their own personal space that each other respects. It is important to remember that the player does not belong to the coach and the coach does not belong to the player. The coach must be open-minded.
- The coach must organize regular meetings with the player to analyze what works, what doesn't; what needs to be kept and what needs to be changed.



7. Coach and Player Connections



Coaches and players spend many hours together. In order for this time to be useful, there must be constructive connections between them.

Coach:

- The coach must have self-control to manage his emotions. The coach must not release his history on the player.
- It is important for a coach to understand that players learn at different speeds, in different ways. The coach must therefore identify the adequate teaching method for each player and inspire the player's desire to learn.
- The coach must have a global or holistic approach of the game.
- The coach must develop the player's motor and cognitive skills so that the player can use them efficiently in matches.

Player:

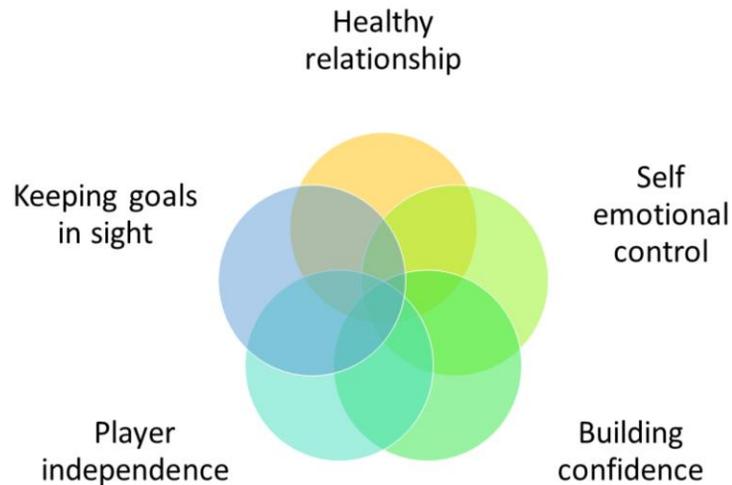
- The player must be aware of the efforts he needs to put forward: hours of tennis and fitness training, nutrition, sleep and sacrifices (social life, vacation time...).
- He must also have good abilities: motor and cognitive skills.
- It is important for the player to have good behavior.

Results of the connections:

- A successful connection between the coach and the player will appear in the results of each shot played.
- Each shot which can be defined as a process: perception, decision making, execution and feedback.



8. Concluding points



- The player coach relationship must be:
 - Clear and healthy. Each person's personality must not interfere with the other's personality.
 - The coach must have emotional control and not let his emotions overflow. He must be balanced.
 - True success would be that the player becomes truly self-confident.
 - The player is alone on the court and must be able to manage his matches independently.
 - Both coach and player must keep goals in sight at all times and adapt them according to match results.