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PRACTICAL
EXERCISE
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└→ Development of AGILITY in TENNIS

⇓

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

by David Ribera-Nebot

INTRO

Agility ≃ COORDINATION
Optimizing agility – coordination by selective
interactions and priorities of coordination capacities.

✱ These optimization concepts are useful to enrich
the technical – coordination development of any tennis skill.

EXAMPLE
① ⇒ · some changes of direction
and footwork are selected; and
a sequence of interactions and priorities
among coordinations capacities are
applied.

⟶

✳ COORDINATIVE OPTIMIZATION ✳

INTRA-SYSTEMIC Optimization ⟷ INTER-SYSTEMIC Optimization

COORDINATION CAPACITIES by SEIRULLO•VARGAS

* PRECISION "Accuracy"

* SPEED

* VARIABILITY

✳ SKILLS of GENERAL Dynamic coord.

✳ SKILLS of SPECIAL Dynamic COORD.

Dynamic Balance
Rebalance

✳ SKILLS of STATIC BALANCE
La Gral
La Special

MOTOR CONTROL
• Kinesthetic Discrimination
• Segmental Differentiation
• Variability of Movement
• Combination of Movements
• Guided Control of Movement
• Fluidity and Relaxation
• Amplitud of Movement

SPATIAL IMPLEMENTATION
• Orientation
• Directionality
• Localization
• Situation (placement)
• Static-Dynamic Balance

TEMPORAL ADEQUACY
• Reaction - Anticipation
• Rhythmical Differentiation
• Rhythmical Variability
• Rhythmical Adaptation
• Rhythmical Sense (temporal creativity)

□ COGNITIVE Structure
□ CONDITIONING Structure
□ SOCIO-AFFECTIVE Structure
□ EMOTIONAL-VOLITIONAL Structure
□ CREATIVE-EXPRESSIVE Structure
□ MENTAL Structure
□ BIO ENERGETIC Structure
□ ...

DRN David Ribera-Nebot, 2015 • Interpreting the concepts of MASTER Fco SEIRULLO-VARGAS since 1986

## EXAMPLE ①

• Sequence of interactions and priorities among:

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MOTOR CTROL  →  SPATIAL IMPLEMENTATION  →  TEMPORAL ADECUACY
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✳ Segmental Differentiation

Rhythmical Differentiation

✳ Balance Rebalance

Interpreting the master Seirullo-Vargas by David Ribera-Nebot ——— DRN
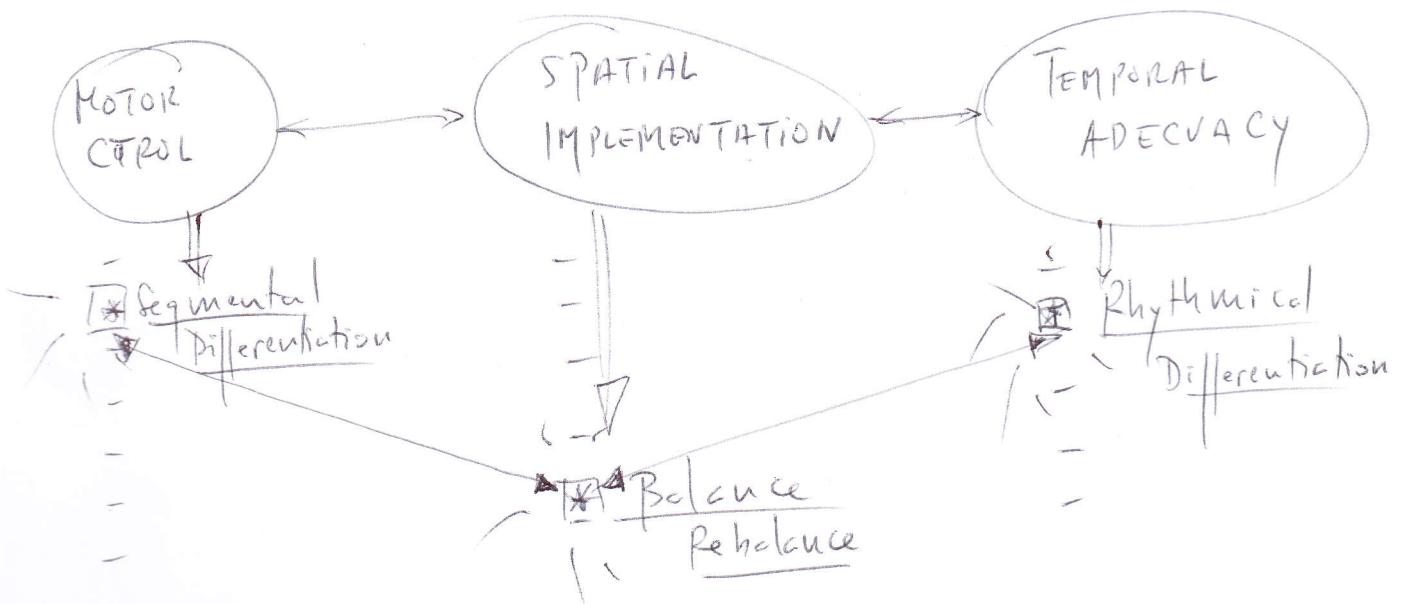
Change of direction and footwork
Design ①

C - - - - - - - - - - - - - - - player-coach collaborating!

C

player with a stick touching the cone-ball

[A]

[START!]

5

2   6 (Backward)

[B]   7   [D]
            8

Other designs

⊕ doubles designs

* A different design every 1-2 practices !!
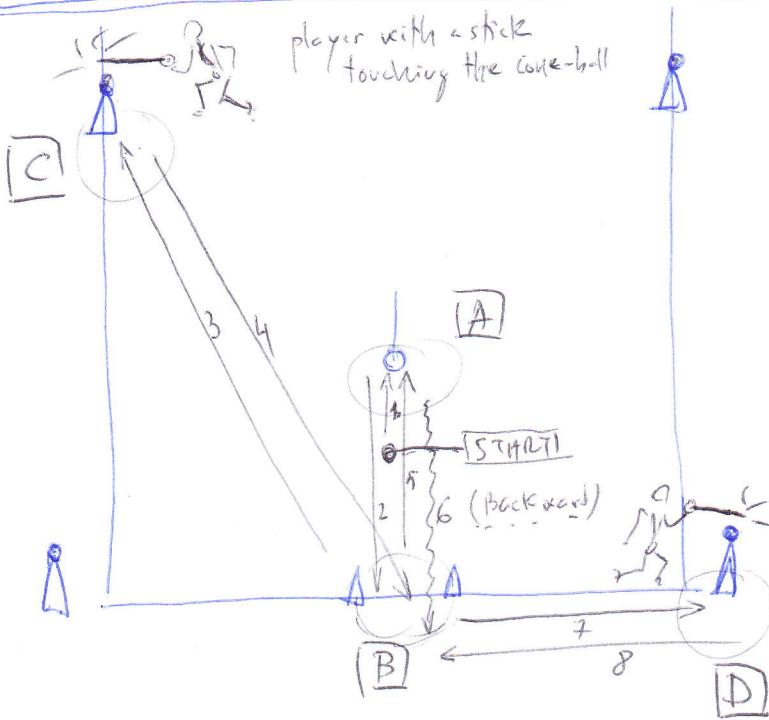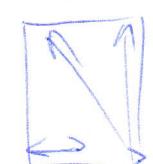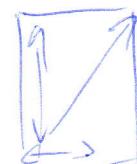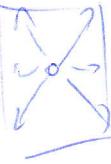
- The player runs with a stick
- Reaching the cone-ball means that the player touch the ball with the stick

• Zone [A] → free change of direction / footwork
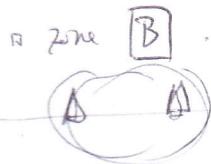
• Zone [B] .
   B1 — 4 foot taps alternated ... +↗
   B2 — spin ↗ +↗
   B3 — 2 short lateral jumps +↓
   ...
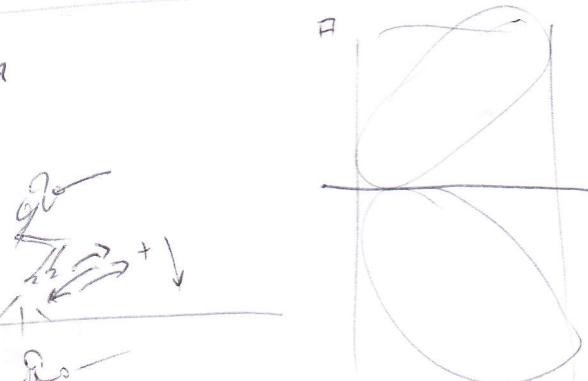
• Zone [C] and [D] (before hitting and change dir.)
   C/D 1. small jump 2-foot stance +⇒
   C/D 2. step pivot +⇒
   C/D 3. sliding - gliding → +⇒
   ...

2 groups (and work at the same time

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

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STRUCTURE of THE PRACTICE
AGILITY - COORDINATION (45')

[8'] WARM-UP
  runs with of body movements
  static-dynamic stretching - mobility
  some speed - activating waves - runs

[1] [10']

Priority:
SEGMENTAL DIFFERENTIATION

⟶ (2') Global postural

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[2] [10']

priority:
maintain segmental differentiation and interact with

  ⊕ BALANCE - REBALANCE

⟶ (2') stretching St-Dyn.

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[3] [10']

priority:
maintain segmental differentiation and interact with
balance - rebalance

  ⊕ RHYTHMICAL DIFFERENTIATION

⟶ (3') Relaxation and mobility
                of spine

DEVELOPMENT of the PRACTICE

1 | **10'** | priority on
SEGMENTAL DIFFERENTIATION

During the Design ① (change of direct. + footwork)
the tennis player carry the stick as follows:

(Select
dominant/weak site)

© signal change
of stick position
of [A]

Option ⓐ   a.1   a.2

EX.
right
side

a.1

[A]   a.2

Option ⓑ   b.1   b.2

EX.

Option ⓒ   c.1   c.2
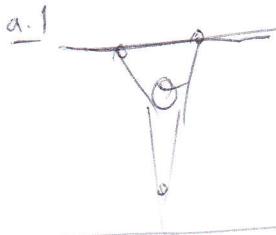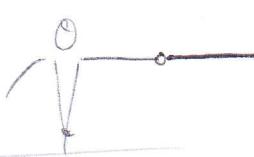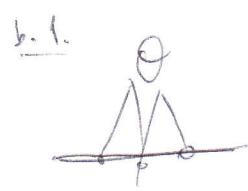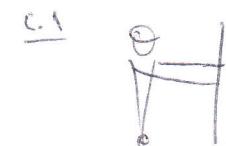
left
side

Also ✱ more frequent
change of stick
position in the
same path !

To change
right/left

| Development of sets |

(Change of Direction
Footwork)   + | Segmental
Differentiation |

▪ Option B1 + S/D 1 - - - - - → Option ⓐ _____ x2 sets (right/left sides)
                      - - - - → option ⓑ _____ x2 sets

▪ Option B2 + S/D 2 - - - - - - - → option ⓒ _____ x2 sets
                      - - - - → option ⓐ _____ x2 sets

▪ Option B2 + S/D 2 - - - - - → option ⓑ _____ x2 sets
                      - - - - - → option ⓒ _____ x2 sets

(page 3)

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⌐▷ ②' postural Global

control balance
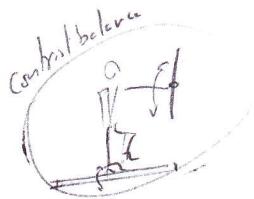
with breathing techniques

signals (mov R/L)
when the player reaches the B zone (left-right side)

②
10'

priority on

BALANCE — REBALANCE
maintaining interaction with segmental differentiation

① simple Decision Making

B zone

⊢ Same sequence of sets as in ①10'
and we add the following variations of balance conditions

| Change Direct Footwork | ⓐ | Segmental Differ. | ① | BALANCE variation |

• Option B₁ + S/D 1 - - - - - - option ⓐ — x2 sets
option ⓑ — x2 sets

option α) first set ⇒ running lower hip
2nd set ⇒ running high hip
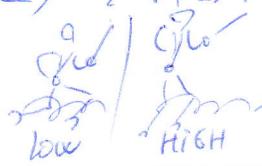
low   HIGH

ALSO change low/high during the same sequence !!

• Option B₂ + S/D 2 - - - - - - option ⓒ — x2 sets
option ⓓ — x2 sets

option β)
before reaching the cone-ball
the player bend the trunk and touch the lower leg (with the fist)
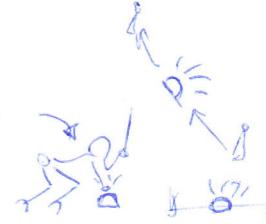
• Option B₂ + S/D 2 - - - - - - option ⓑ — x2 sets
option ⓒ — x2 sets

option γ) before reaching the cone-ball
the player close his/her eyes 2"-3" (1 2 3)

eyes closed   eyes closed

control balance
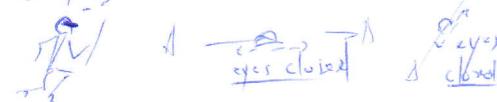
⌐▷ ②' stretching — Static-Dynamic
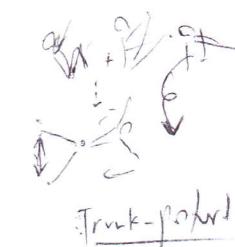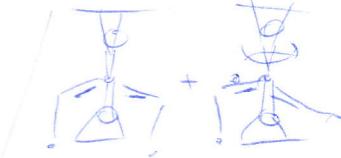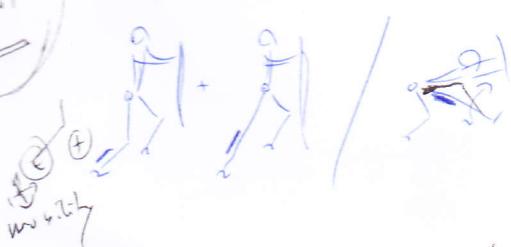
⊕

Trunk-forward

mobility

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3
|0|

priority on

RHYTHMICAL DIFFERENTIATION

maintaining interaction with segmental differentiation

balance - rebalance

⊕ simple Decision Making (as in 2 |0|)

✳ Same sequence of acts as in 2 |0|

and we add Rhythmical Variations as follows :

we define 3 speeds   (a)→ SLOW
                     (b)→ MIDDLE
                     (c)→ MAXIMAL

Chang Dir. Footw.	→	Segment. Diff.	→	Balance Ver.	→	RHYTHMICAL DIFFERENTIATION

Idea   Idea   Idea — α) — ⊕ns

— B) — ⊕ns

— ᵧ) ⊕ns middle/slow combi.

✳ Also + precise Rhythmic. Differ. intra-each-path by changing speed at every step !

ex:

(D) (3'5') relaxation and mobility of spine   ⊕ Polar. Glob. (Trunk)(Global)

Contr. balance

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