

# Coaching Methods for Creating A Productive and Fun Learning Environment For Tennis and Sport Skills

## Coach/Teacher

Creative, Engaging, Fresh  
Goal-oriented  
Seamless Games & Skills  
Optimal Challenge/Difficulty  
Tennis as a Sport Skills Opportunity

## Athlete/Student/Player

Engaged, Having Fun  
Productively Challenged  
A Better Athlete is a Better Tennis Player!  
Smiling! *“Tennis is **my** sport!”*

## Varying the Learning Environment

- Progressions
- Equipment
  - Racquets (size), Balls (size, speed)
  - Targets, Cones, Spots, etc.
  - Multisport Gear
- Size/Bounds of Playing Area
- Coach/Player Positions
- Coach/Player Interaction
- Ball Speed, Height, Spin
- Activities, Goals & Games

## Adapting to Learning Environment

- Adapting, Interacting
- Discovering, Problem-Solving
- Sensing, Feeling, Aware
- Using Available Information to Perform
- Open to learning, “learning how to learn”

Challenge = Level of Difficulty

Optimal = Right Balance of Failure & Success  
For Productive AND Fun Learning

## More like...

Goal-oriented Activities  
**Seamless Games and Drills**  
Hinting, Guiding  
Facilitating Awareness  
Drawing Out, Q&A  
Simple, Visual, Memorable  
**Set it up, let it happen!**

## Less like...

Overly-Repetitive  
Mechanical  
Feeding Lines, Waiting  
Over-Teaching, Wordy  
Overly-Technical Instruction

## Greatest Challenges of Teaching (diverse) Groups

Presenting all athletes with optimal challenges  
Being inclusive in the face of diverse ability & experience

*Chicken or Egg: Better Athletes, Better Tennis Players*  
*Be mindful of opportunities to develop cross-sport fundamentals*