

## Coaching Cards

You may find the cards here:

<https://kondyli.gr/konstantinos-papageorgioly/>

The cards you hold in your hands belong to the broader category of Coaching Cards (Guidance / Training cards) and more specifically to the category of Learning Coaching being part of the Distal Method (DMLC: Distal Method Learning Coaching & Counseling). The benefits of these cards, among others, are:

- Learning and exploring the ontology of the Far Method for tennis.
- Learning and exploring basic terms of tennis and training.
- Understand the training process.
- Working with the emotions and concepts that concern athletes.
- Increase motivation for work in the Tennis School of athletes / three.
- Improving performance in training and competition through various mechanisms.

### The cards, by number:

Group 1: basic body movements.

1. Pronation & supination
2. Internal and external rotation
3. Horizontal adduction and abduction
4. Shoulder extension and flexion
5. Internal and external rotation (from extended position)
6. Closed elbow
7. Full wrist extension
8. Fully extended grip

Group 2: motion mechanisms.

9. Hand projection (*reach*)
10. Vertical mechanism (horizontal is not shown)
11. Backhand with one hand
12. Service mechanism A'
13. Service mechanism B'
14. Backhand underspins
15. Backhand underspins
16. Forehand volley

Group 3: Reference points .

17. Opening position (forehand drive)
18. Hitting position (forehand drive)

19. Forehand drive
20. Universal Reference Point (forehand drive)
21. End position (forehand drive)
22. Opening position (backhand drive, one-handed)
23. Hitting position (backhand drive, one-handed)
24. Contact point (backhand drive, one-handed)
25. Universal Reference Point + Final position (backhand drive, one-handed)
26. Opening position (backhand drive, two-handed)
27. Hitting position (backhand drive, two-handed)
28. Contact point (backhand drive, two-handed)
29. Universal Reference Point (backhand drive, two-handed)
30. End position (backhand drive, two-handed)
31. Opening position (forehand volley)
32. Contact point (forehand volley)
33. End position (forehand volley)
34. Universal Reference Point (backhand volley)
35. Opening position (backhand volley)
36. Contact point (backhand volley)
37. End position (backhand volley)
38. Universal Reference Point (backhand volley)
39. Opening position (service)
40. Hitting position (service)
41. Contact point (service)
42. End position + Universal Reference Point (service)

Group 4: Footwork.

43. Forehand drive, one foot in triple time
44. Forehand drive with steps in triple time
45. Backhand drive (one-handed) one foot in triple time
46. Backhand drive (one-handed) with steps in triple time
47. Forehand drive with steps in quintuple time
48. Backhand drive (two-handed) two foot in quintuple time
49. Footwork with a ladder

Group 5: Models of motor skills and fitness (synthetic "+" and analytical).

50. Manipulative
51. Ballistics
52. Stability
53. Kinesis
54. Endurance
55. Force
56. Elasticity
57. Quickness

Group 6: Concepts.

58. Types of court surfaces
59. Ethics – Diversity – Cooperation
60. Food Supplements / Diet
61. Money / Profits
62. Metronome / Rhythm / tSMS
63. Prize / Winning
64. Sensation: pulling (Feeling: the pulling experience)
65. Sensation: pressure (Feeling: the pressure experience)
66. Relaxedness: in stillness (static) and in motion (dynamic)
67. Types of service
68. Spin types
69. Self-healing / self-regulation techniques (e.g. tapping, EFT, EMDR)
70. Transitional point
71. Target/goal

Group 7: Motowords: with emphasis (uppercase) and without emphasis (lowercase).

72. BAckhand drive
73. FOrehand drive
74. SLice bAckhand
75. SLice fOrhand
76. SMAsh
77. Volley bAckhand
78. Volley fOrehand
79. Motowords created by the player!

Group 8: Tools.

80. Differential training / differential self-training
81. Performance spiral
82. Training programs (random, motowords, serial, blocked)
83. Synthesis and Structuring of training
84. Technical style / Technical form
85. Technique-tactics-strategy-life purpose

Group 9: Emotions.

86. Joy
87. Wrath
88. Fear
89. Disappointment
90. Enthusiasm

Group 10: Archetypes.

91. Upside down
92. Force
93. Wise / expert

- 94. Fool
- 95. Temperance
- 96. Catastrophe
- 97. Cycle
- 98. Magician
- 99. Ghost

100. The Distal Method! (Distal/Proximal Adaptations, Specialization, Science, Schools)

### **How are Training Cards used?**

- As a reservoir of terminology.
- As a way of exploring the relationship between different training and competition situations.
- As an opportunity for discussion, role exploration and reactions.
- As a «generator» for producing training and match scenarios.
- As a repository of the material of the Distal Method for tennis.

### **Reminder: ways to work with the Cards:**

There are many ways to work with Cards and you may even discover your own ways! Here are some suggestions on how to work with them.

1. Mnemonic recall: the player simply tries to remember what each card he draws by chance expresses.
2. Mnemonic distinction: the player can answer what a card means after being given possible answers (multiple choice).
3. Matching: the player matches cards with their logical sequence, groups them according to criteria or divides them into groups.
4. Speed: who will be able to choose the right card after a question asked by the coordinator or one of the players.
5. Relationships: meditate on the relationship among cards drawn at random.
6. Learning: study the cards in groups in order to learn terminology and concepts.
7. Exploration of emotions: work either with all the cards (what emotion each card creates) or with the cards of emotions & archetypes (and investigate the relationship with the other cards).