



# Main Characteristics of Different Levels of the Professional Female Game

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## INTRODUCTION

The new generation of female tennis players compete and practice with very high intensity and quality. The game is played with more power, depth and consistency and in general excellent fitness and mental capabilities.

In order to reach the professional level players should have all the above mentioned characteristics, but according to my experiences consistency and emotional stability are what differ between the different levels of the professional female game.

## AIM OF THIS PRESENTATION

Understanding the different levels of the female game focusing on consistency and emotional stability from entry level to top professional. Practical demonstration of important on court exercises for developing the above characteristics.

## CONTENT OF THE PRESENTATION

### I. DEFINITIONS OF TWO MAIN CHARACTERISTICS

**Consistency:** the ability to duplicate a quality skill over and over again within a style of play.

**Emotional Stability:** a state of mind that responds to a given situation of the emotions (Self-Realisation, Self-Regulation and Motivation).

#### Self-Realisation

Emotional Awareness  
Accurate Self-assessment  
Self-confidence

#### Self-Regulation

Self-Control  
Trustworthiness  
Conscientiousness  
Adaptability  
Innovation

#### Motivation

Achievement Drive  
Commitment  
Initiative & Optimism

## II. DIFFERENT LEVELS OF THE PROFESSIONAL FEMALE GAME & MAIN CHARACTERISTICS

4 Stages of the Female game;

	<b>Consistency</b>	<b>Emotional Stability</b>
1. Starters (ITF 10,000\$~25,000\$)	Keeping the ball in play with certain patterns	<i>Emotional Awareness</i> Recognising emotions and effects
↓		
2. Progressors' (ITF 25,000\$~75,000\$)	+increased intensity of pace with depth	<i>Conscientiousness</i> Taking responsibility for personal performance
↓		
3. Superiors (WTA 110,000\$~Tier V, IV)	+ Pace / power &	<i>Accurate Self-assessment</i> Knowing their ability precision limits and resources
↓		
4. World Class (Grand Slams, WTA Tier I, II, III)	all + excellent accuracy	<i>Initiative &amp; Optimism</i> Displaying persistence and proactivity

**Players with these quality competencies:**

### **Emotional Awareness**

- Know which emotions they are feeling and try to control them
- Realise the link between their feelings and what they think, do and say
- Recognises how their feelings affect performance
- Have a guiding awareness of their goals and values

### **Conscientiousness**

- Meet commitments and keep promises
- Hold themselves accountable for meeting their goals
- Are organised and careful in their training

### **Accurate Self-assessment**

- Aware of their strengths and weaknesses
- Reflective, learning from experience



- Open to honest feedback, new perspectives, continuous learning, and self-development
- Able to show a sense of humour and perspective about themselves

### **Initiative & Optimism**

- Are ready to seize opportunities
- Pursue goals beyond what's required or
- Mobilise others through unusual enterprising efforts

### **For Optimism**

- Persist in seeking goals despite lack of success (obstacles) and defeats (setbacks)
- Operate from hope of success rather than fear of failure
- See defeats as due to manageable circumstance rather than a personal flaw

### **III. DEMONSTRATION OF CONSISTENCY AND EMOTIONAL STABILITY ON COURT (STARTERS & PROGRESSORS)**

#### **IV. FINAL THOUGHTS**

- Consistency is a repetition of quality shots with adaptations of movements
- Consistency is narrowing down the emotions
- Emotion is also passion which drives players to success
- To be able to develop ----- you need purpose of clear goals to grow through experience

#### **V. CONCLUSION**

Looking back at the evolution of the game, it became more apparent that the part of emotional intelligence and consistency play a vital role in developing the complete player through the professional ranks.

**Quote of the Day: Tennis is a lot of fun for those who think and a tragedy for those who feel.**

(Adapted from Horace Walpole)

#### **REFERENCES**

Goleman, D. (1997). *Emotional Intelligence*, Batman Books: New York.