



# Momentum and Match Flow in Tennis

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## INTRODUCTION

Momentum controls the flow of the match. You can sense it when competing or spectating. It dictates the *run of play* – you can *feel* things going for/against you or the player you are watching.

Momentum exists in all sports at all levels and is what makes them so exciting to play and watch. It is why the score does not always reflect the state of play and why the 'better' player does not always win. Momentum gives sport unpredictability, which is why spectators stay interested.

Players can control momentum. The most obvious way in a match is through tactics and mental approach. Added to this though is the fact that there are times when a match is more likely to turn than others and situations that occur regularly, which create good conditions for a momentum change. A knowledge of these times and situations can help a player to control momentum.

## AIM OF THE PRESENTATION

The aim of this presentation is to give coaches practical ways of both raising awareness and developing their pupils' ability to control the flow of a tennis match. The presentation will focus on the coaches' ability to help players with their match play skills, by effectively charting their matches.

## CONTENT OF THE PRESENTATION

Focussing mainly on match play, the presentation will:

- Establish an understanding of momentum and match flow.
- Explain the factors, which can affect momentum in a match and how these can be charted.

The presentation will introduce ideas for charting key events in a match and the player's response to these events. It will relate the subject to different ages and stages of development. There will be practical examples and the opportunity for audience participation.