

COACHING WOMEN AND GIRLS KATY PARKER



WORKING WITH THE FAIRER GENDER!!

- **Do we need to coach girls differently to boys?**
- **Why do girls need to play differently to boys?**
- **How are we as coaches going to coach them?**
- **What are the problems?**

OBSERVATIONS

- **PAST SUCCESSES OF ENGLISH WOMEN PLAYERS- STYLES**
- **STATISZTIKA-(FEMALE ONLY CLUB IN HUNGARY- Hard Bats)**
- **FAR EAST-STYLES AND NEED FOR SEGREGATION IN THE TRAINING HALL**

THE DIFFERENCES

- **PHYSICALLY- NEED TO PLAY CLOSER TO TABLE WITH GOOD COMBINATIONS OF F/H AND B/H**
- **PSYCHOLOGICALLY- LESS EXPERIMENTAL- NEED BOUNDARIES-LESS CONFIDENT- NEED SIMPLE STRATEGIES/GAME PLANS**
- **LESS COMPETITIVE**
- **THE “SPIN” FACTOR! – GENETICALLY DO GIRLS UNDERSTAND LESS ABOUT SPIN?**

WHICH STROKES DO WE TEACH AND WHEN?

- **ATTACKERS-**
- **NEED GOOD COMBINATIONS OF F/H AND B/H DRIVES WITH LATERAL MOVEMENT**
- **IMPORTANT TO INTRODUCE F/H OR B/H TOPSPIN AGAINST BACKSPIN AT EARLY STAGE (Deep and accurate)**
- **PUSH- GOOD FEELING TO CREATE VARIATION**
- **S&R- START MOST DRILLS WITH S&R. MAJORITY OF RECEIVES PLAYED LONG**

OTHER STYLES

- **ATTACK WITH SHORT PIMPLES- ONE SIDE OF RACKET**
- **LONG PIMPLES- USUALLY ON B/H AND PLAY OVER TABLE**
- **DEFENCE – MAY HAVE LONG/SHORT PIMPLES**

THE PROBLEMS

- **TOO FEW GIRLS IN GROUP TO SPECIALIZE**
- **LACK OF KNOWLEDGE/RESOURCES**

ANY QUESTIONS?