

Michel du Buy

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Website www.micheldubuy.nl
Profession fulltime tennistrainer
Age Born in 1958
Education Tom de Goede (Alkmaar) in 1979-1980



Michel du Buy (r) and Dennis van der Meer, Hilton Head Island, South Carolina, U.S.A., 1980




Michel is...

sporty, inventive, trustworthy, energetic, straightforward, enthusiastic, optimistic, determined, loyal, punctual, and involved with his students. In addition, a lover of nature, classical music, French chansons and good world music.

Tennis training philosophy

His motto is **practice makes perfect**
"I try to structure the lessons so that my students hit as many balls as possible in an hour, and thus have to work very hard. That's why I use 150 balls time during my lessons."

Training method


 **"First I show the student how to hit the ball** and point out what must be looked out for. In this way I avoid overloading the student with too much theory, which would be pointless – try learning to speak a language by only studying its grammar. Then I let my students execute the stroke in their own way as well as possible. As soon as the stroke is, in my view, technically acceptable, I begin with the actual training."

An unorthodox, deeply ingrained stroke

In the case of advanced players, one often finds that a stroke is executed in an unorthodox manner. In most cases, Michel will not attempt to change such a deeply ingrained stroke.

Practice has shown that this is often not feasible. It is more useful to solidify and sharpen such a stroke.

After all, we are all built differently. One person has long arms, the other is of short stature. That's why Michel allows his students some freedom in their pattern of movement, as long as they comply with the basic principles.

 **In line with the practice makes perfect principle**, Michael has his students, as already mentioned, hit as many balls as possible during the hour of training. That's why he hits the balls at a fast rate to his students, who attempt to return them properly. This is the procedure he follows in both private and group lessons.

As his students improve, he increases the tempo and/or hits more difficult balls. "If it appears that I have gone too far, I drop the pace back a little. In so doing, I am constantly paying attention to correcting possible mistakes in a stroke."

Only at a later stage does Michel teach his students more complicated strokes, like the topspin-service, the back-hand topspin-drive, etc. "But first they must reasonably master the basic strokes, so that they can rally with each other and thus get more pleasure out of their tennis."



Diplomas

- * tennis instructor A diploma of the KNLTB on 10 June 1980
- * diploma from the Tennis University of Dennis van der Meer, Hilton Head Island, South Carolina, U.S.A. on 2 November 1980
- * the internationally-recognised RPT diploma of the European Registry of Tennis Professionals at the Academia Sánchez Casal in Barcelona on 16 December 2004



Michel du Buy (r) and Harry Hopman, the Godfather of modern tennis training, 1981

Juan Carlos Ferrero



"All the coaches at my Academy are RPT qualified. I consider RPT to be the best training programme for coaches in the World"

Applications [= supplementary courses]

- * 21 November 1995 "mental toughness" and "development of young talents" by Dr Jim Loehr (U.S.A.)
- * 13 December 2002 "youth tennis" by the KNLTB

Career

- * from 1980 to 1990, as tennis instructor on the municipal tennis courts in the Alkmaarder Hout in Alkmaar
- * from 1990 to 2000 (summer and winter), as trainer on the artificial-grass courts in the De Bedriegertjes tennis park in Bergen, North Holland
- * from 2001 to the present, as club trainer at the Joy Jaagpad tennis club in Amsterdam

Further experience

- * during the winters of 1986, 87, 88, 89 and 90, in the Overdie tennis hall in Alkmaar
- * December 1980, January and February 1981, as assistant instructor to Harry Hopman, the "Godfather" of modern tennis training, in his training camp in Bardmoor, Largo, Florida, U.S.A.
- * during the winter of 1983/84, for a period of 5 months, as tennis trainer on the "municipal tennis courts" in Whyalla, South Australia, Australia.
- * during the summer holidays of 1995, 1996, 1997, 1998 and 1999, tennis clinics for German tourists/tennis players on the courts of the De Bedriegertjes tennis park in Bergen, North Holland.
- * in November 2004, four-week apprenticeship at the Academia Sánchez Casal in Barcelona, Spain

In conclusion

Although Michel was specifically involved in competitive tennis both in America, with Harry Hopman and Dennis van der Meer and, in Barcelona, with Emilio Sánchez and Sergio Casal, he believes that it is just as important to introduce beginners/recreational players to the technical principles of tennis in a playful and beginner-friendly but efficient manner. In this way, they do not drop out at an early stage but remain in the sport of tennis.

