



Hans Kopp.
Owner/Founder

"We are dedicated in assisting junior and adult tennis players as well as beginners to develop their tennis game to the next level. Every player at any skill level can take advantage of our professional teaching methodology and can be sure of seeing results"

Overview

Our tennis programs are designed to ensure that every student receives the technical, tactical, physical and mental training within an optimum learning environment.

Our lessons and programs are a fun and great learning experience, geared towards all levels of play. Each lesson is spent going through a series of innovative drills, exercises and match play situations designed to enhance stroke production, mechanics and improve single and doubles play.

Turn your holidays into a tennis vacation. Reserve your lesson or clinic today. Kopp Int. Tennis Mgmt. offers full service coaching options year around:

- Private and Group Lessons
- Lesson Packages
- Summer Camps
- Traveling Coaches are available
- Corporate VIP tennis programs and outings
- Tournament Preparation
- Round Robin Mixers

Now taking reservations for our summer camp

Kopp International Tennis Management, LLC

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Kopp Intl. Tennis Mgmt., LLC

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Photo Album

SERVE Time

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Kopp International Tennis Management, LLC is Florida's premier tennis venue. With multiple locations and highly skilled and experienced international coaching staff we are committed in providing service excellence.

We are a one stop tennis facility and ready to serve every tennis need. At Kopp International Tennis Management, LLC we are able to teach and guide the beginner as well as enhancing technical, tactical, mental and physical performance for the experienced tournament player.



This Issue
• **A lesson from Rafael Nadal**

What can you learn from Rafael Nadal? A lot!

With more willpower than imaginable, Rafael Nadal has made himself the world's best tennis player.

There are 4 important lessons you can learn from Rafa:

1. Make Your Time on The Court Count

Rafa comes to his practice sessions fully ready to give his all. He's moving, he's bouncing, and he's looking to do the things that will make him not just proficient, but better.

2. Make Your Strengths Stronger

A lot of energy is devoted to improving weaknesses. But what about making the big shot even bigger? If you're like Nadal and have made your forehand the cornerstone of your game, have you done everything you can with it? Rafa's crosscourt forehand has been impressive since he turned pro, but over the last two years I've been amazed by how much better his down-the-line forehand has gotten. He's also altered his court positioning closer to the baseline to play the ball earlier.

3. Improve Weaknesses — With A Purpose

Nadal's backhand now is flatter, deeper, and harder. He's also learned to mix things up with a slice that stays low and can often neutralize an opponent's power. But it's clear that these changes were made not independently but in concert with his forehand; that is, so he can use his backhand to set up his forehand. Learning a proper and effective one-two combination is a valuable lesson.

4. Attitude is Everything

He's always been a high-energy, positive competitor. I'm even more impressed than ever with how he conducts himself on the court. Why? Because he is not only energized but appropriately excited about being in the arena — and doing so in his own timely manner.

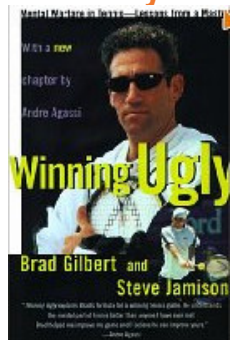
Rafa pushes the limits of time between service points, he is a master at never rushing himself or letting his positive spirit let up.

The most important lesson we can learn from Mr. Nadal is to accept the conditions rather than to fight them. Unlike most tennis players, even the best tennis players, he doesn't play with anger or regret or frustration, the three emotions that doom most of us. After losing the fourth set of the Wimbledon final last year, Nadal said that he sat down on the changeover and accepted that he had played horribly when he was ahead in the tiebreaker, but that otherwise he was "doing very well." If Nadal is a control freak or a perfectionist, he doesn't allow it to get the best of him. Nadal accepts, when he walks onto a court, that he will not always be at his best. As a guy who is constantly trying to improve, he begins with the premise that he can never be perfect, and that he should not always win.

This is a very intelligent approach because it allows him to take pressure off himself and put his mistakes behind him - why regret what was inevitable in the first place?

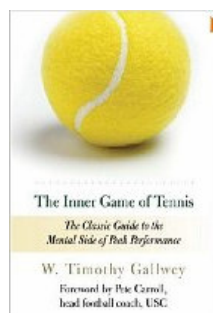
Rafa's most important strength is the one that's the hardest for all of us to achieve. He has the strength to be honest with himself.

Tennis Psychology Books:



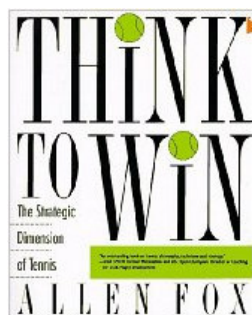
Winning Ugly: Mental Warfare in Tennis--Lessons from a Master

Brad Gilbert



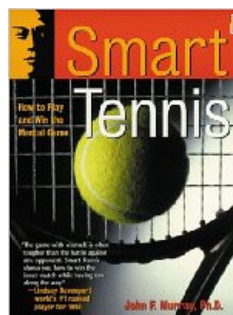
The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance

W. Timothy Gallwey



Think to Win: The Strategic Dimension of Tennis

Allen Fox



Smart Tennis: How to Play and Win the Mental Game (

John F. Murray

Thanks for reading, Hans