



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 singles 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

Kopp International Tennis Management

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Kopp Intl. Tennis Mgmt., LLC

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Photo Album

Helpful Tennis Book's



Brad Gilbert
I've Got Your Back



Brad Gilbert
Winning Ugly Book



Allen Fox
Think to Win Book



Fit to Play Tennis

I thanks for reading, Hans

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SERVE Time



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Kopp International Tennis Management, LLC is Florida's premier tennis venue. With multiply 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
• **Switching from outdoors to indoors**

From outdoors to indoors.

Do you have trouble switching from playing tennis outdoors to playing tennis indoors or changing form one environment to another?

Playing tennis outdoors and playing tennis indoors are different. Most players have a tough time making the necessary adjustments. You have beautiful stroke mechanics outdoors, but indoors you look clumsy and awkward...what happened? You still possess the same stroke mechanics, yet you can not execute those fabulous strokes indoors. Even without windy conditions players seem to struggle when switching from indoors to outdoors.

Senses define a player's stroke, not the mechanics. Sense of timing, sense of judgment, sense of balance and muscle sense. All four of these senses work together to develop a 'feel' for a stroke. To the player who often plays outdoors these senses are in harmony with the surrounding atmosphere, background, court surface, lighting and sounds. The subconscious has adjusted to and is set to these surroundings. Therefore the senses are automatically calculating, moment by moment, all the differences in your surroundings. All this without your even being aware of it! As you are about to hit a tennis ball, your senses determine the velocity, trajectory, depth and spin of the ball, then weigh this information against your surroundings. **Can you see the problem that occurs when switching to a different environment?**

Whether switching from outdoors to indoors or just changing your location outdoors, you have a totally different set of surroundings. A new atmosphere, background, court surface, lighting and sounds that the senses must now respond to and adjusts! The mechanics of the stroke have not gone awry. Instead your senses have been temporarily short-circuited. They are still operating, but are set for the old environment. As a result your 'feel' is gone and you feel clumsy and completely out of sync! What should you do?

DO NOT PANIC! Just relax and begin retraining the senses. Reassure yourself that your mechanics are just fine, but your senses were being challenged. You are supposed to just relax and let your subconscious slowly figure out how to reset your sense of timing, judgment, balance and muscle sense to the new environment. Don't expect the 'feel' to be the same outdoors as the 'feel' is indoors. Allow yourself to develop a new 'feel' based on your new surroundings. Do not force the old senses developed from a different tennis environment onto the new tennis environment. It will not work! It will only serve to frustrate you. Do NOT expect the 'feel' to be the same! Be patient and your new 'feel' will emerge.

The longer you play at a particular tennis location (whether indoors or outdoors) the longer it will take to adjust when you move to another tennis environment. Adjusting may even take days! Why do you think touring pros arrive at a tournament a week ahead of time to practice? They are retraining the senses. **You must do the same!**