



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, LLC

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Kopp Intl. Tennis Mgmt., LLC

www.Kopp-Tennis.com

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Photo Album

History of Tennis Rackets



1960

Wooden Racket



1969

First composite racket



1981

Graphite racket

I thanks for reading, Hans

ISSUE

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INTL. TENNIS
MGMT.

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
• ACQUIRING
BALANCE SKILLS
ESSENTIAL FOR
TENNIS

Balance in Tennis.

One of the most important things in becoming a good tennis player is to be in the correct position to hit the ball. Not only does your footwork have to be good to be able to get to the ball, but you also have to be balanced once you get there. Therefore, a player needs to learn to master and control his/her body.

Research in junior competitive tennis has shown that losing balance while hitting causes 80% of all errors. Usually reasons such as hitting the ball too close or too far away from the body, bad elbow position, too high shoulders, etc. are given; when the real reason is that all these problems are caused by loss of balance. We tell players to maintain their balance, easier said than done. As coaches, we have to train some players how to be balanced. My experience has been such that balance training has either solved the corrective technique problem or magnified the problem and therefore making it easier to solve the problem.

Balance training must, from the start, be very carefully incorporated into the technique learning process. Top players almost never lose balance, and if they do, then they usually hit the ball like any other amateur player. By undertaking a simple balance-training program, a player will know how their head, upper body and leg positions will improve their balance.

A player doesn't have to be still in order to be balanced. The concept of keeping your body and racquet under control while you are moving is referred to as dynamic balance. Of course this will not always be possible, especially when you are pulled wide on a shot. The key is to keep control of your center of gravity as much as possible while you are playing. The center of gravity is best described as the point about which your body balances most perfectly. Keeping the center of gravity in line with your base of support gives optimum balance and, lowering your center of gravity, makes you more stable. The position of the center of gravity is very closely dependent on balance. There are three main factors involved in maintaining balance: HEAD POSITION, UPPER BODY POSITION, LEG POSITION

HEAD POSITIONING

When the body is thrown off balance, the brain demands that the eyes contribute information to help get the body back under control. The average adult head weighs 12-15 pounds. When we move our head excessively in order to see, we risk throwing the whole body out of balance.

UPPER BODY POSITION

The upper body is the heaviest part of the human linking system. This weight ratio strong implies that any strong inclination of the upper body near the shifting of the body's center of gravity must lead to instability. Thus, it can be stated that the head and the upper body form a unit.

LEG POSITION

The legs play a very important role in maintaining body balance. The modern power game moves more and more towards an open stance. If you use a one-hand backhand the closed stance on your backhand side is recommended.