



**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

Issue 11

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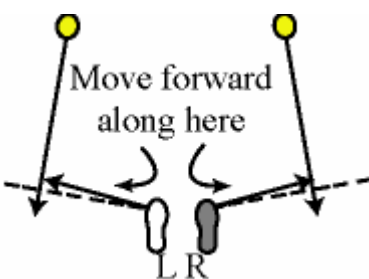
Kopp Intl. Tennis Mgmt., LLC

[www.Kopp-Tennis.com](http://www.Kopp-Tennis.com)

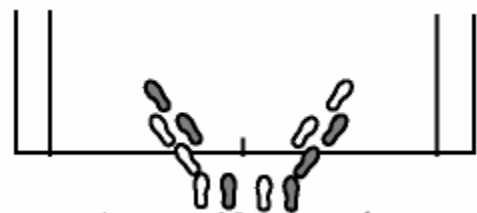
13015 Plantation Park Circle  
Orlando, FL 32821  
Phone: 321-947-0962

### Photo Album

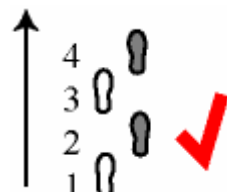
### Movement Overview



**Ready Position:**  
Not only moving sideways but also forward



**Right handed person:**  
-when moving to the right, right foot first, left foot takes the last step, when moving left it's the opposite



**Sidestepping while moving forward is an inefficient movement pattern**

Your aim is to move forward with as little effort as possible  
The front foot takes an actual step, but the back foot doesn't, it drags behind the front foot without taking a step past it

*I thanks for reading, Hans*

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MONTHLY  
JOURNAL KOPP  
INTL. TENNIS  
MGMT.

# SERVE Time



[www.Kopp-Tennis.com](http://www.Kopp-Tennis.com)

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  
• **Footwork**

### Tennis: 80% Footwork – 20% Strokes?

Is it really true that tennis is played mostly with your legs? The answer is: YES!

Footwork is a huge part of the game of tennis, and I want it to be a huge part of your game. The better your footwork the better tennis player you can be. It is very important to improve your footwork at any level. You can still be very effective and cover a lot of the court without being extremely fast as long as you have good footwork. Correct footwork can help you to cover more court, recover quicker after shots and help you prepare for the next shot.

Here are the main methods and techniques that are associated with good footwork:

**Split Step:** The split step is the first reaction to every shot you must return. The split step is a maneuver performed when you jump up an inch or two onto your toes as your opponent is about to hit his/her shot. Your feet should be about shoulder width apart, and your knees should be slightly bent when you land. This body position keeps you off of your heels and ready to move quickly to any position of the court. The split step should be used when you are returning serves, ground strokes, volleys and when you are approaching the net for a volley. I feel that the split step is ignored most often when people make their way to net. Being close to the net is important, but you may never get there if you do not split step. The split step allows you to slow down and concentrate on hitting the ball.

**Shuffle:** When hitting ground strokes, foot work is important. You need to get back to the middle of the baseline after you hit each shot. You want to avoid turning your body 90 degrees from the front of the court and running back to the center of the baseline after you hit each shot. Here is where the shuffle comes into play. Facing the opponent's side of the court, shuffle your feet back to the middle of the baseline. The shuffle allows you to stay focused on your opponent while he/she is hitting the ball and also allows you to be able to push off to your right or left foot quickly to retrieve your opponent's return. The shuffle also allows you to stop quickly and change directions to retrieve a ball that might be hit on the direction you originally were moving from.

**Small Steps:** Small steps will help you adjust to the ball once you are in reach of the shot. Taking long strides when hitting the ball is a disadvantage to you because when you are stretched out to hit the ball it can cause you to be off balance which makes it difficult to make small adjustments. Taking these small steps to adjust to the ball can help not only your balance but help you hit the ball in you comfort zone. I understand that sometimes there may not be enough time to take small steps and you need that extra stride to reach the ball. That extra stride is fine, but if you have the time, use smaller steps to adjust to the ball's spin and bounce. The small steps will help you be in a better position, be better balanced and help you to hit a better shot.

#### Footwork Tips:

- Never stop running for a ball. Give yourself a chance; you might
- Take a split step right before your opponent hits each shot.
- Take smaller steps to adjust to each ball hit to you.
- Move up to short balls early to be more aggressive with your shots.