



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

Issue 08 August 2009



Kopp Intl. Tennis Mgmt., LLC

www.Kopp-Tennis.com

Orlando, FL 32821
Phone: 321-947-0962

"Point of contact" pictures (serve):



Ernesto Gulbis (wrist snap)



Marat Safin (wrist snap)



I thanks for reading, Hans

ISSUE
08

August
2009

MONTHLY
JOURNAL KOPP
INTL. TENNIS
MGMT., LLC

SERVE Time



www.Kopp-Tennis.com

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

- Adding mph to your serve by "snapping" your wrist

How do I add more mph to my serve - instantly?

One of the most popular misconceptions in tennis is the idea that you should deliberately "snap your wrist" on the serve. Trying to snap your wrist, rather than letting it whip forward naturally as a result of all of the energy you have built up from the larger parts of your body, can put your wrist motion out of sync with all those major forces and thereby damage both your serve and your arm. If you keep your wrist relaxed, it will do what it's supposed to without any deliberate effort on your part.

By keeping your wrist loose you automatically will create a "whipping" motion which increases your racquet head speed.

At this point in the serve motion, the racquet is headed toward the ball "edge-first," but an instant later, the forearm will have pronated so that the strings are facing much more forward. Let pronation happen naturally by keeping your arm relaxed and reaching up to full extension.

If you have tossed the ball slightly in front of yourself, your weight will naturally transfer forward, too. As you develop a more advanced serve where you use your legs more, your legs will drive upward with enough force to lift both feet off the ground completely, but that's not something to strive for until you have a strong spin serve working quite well.

The wrist is too delicate to fool around with; any isolation exercise must be approached with caution because it can easily be strained. If you literally isolate the wrist the range of motion used would be small, as in wrist curls with weights or squeezing an object in your hand. Isolating the wrist for a tennis serve must be done within the context of the serve itself. This way you can avoid injury while developing muscle memory for how it is to be used in real form.

How:

Open your stance, bring the back foot around to simulate an open forehand groundstroke (protecting your shoulder since you will not be shifting body weight or swinging fully to assist), and place the racket behind you and down the back (the back-scratch position). Relax the wrist and arm. Toss the ball, no need for a "perfect" toss here. Swing up and aggressively snap the wrist but STOP the racket immediately after the snap to isolate the wrist snap - keep the arm/hand/wrist up and the racket points down and stops moving. Pause after contact in this position for memory, arm remains very bent.

Undoubtedly you won't get the ball in the opposite service box at first, but soon you will. You'll notice how you need to stop hitting the ball for length and instead need to stop the arm in order to spank it down into the court. In so doing you will be reinforcing the arm's configuration at contact - the crooked position - and the application to achieve this configuration.

This drill, or any other wrist drill for a tennis serve, can be murder on the wrist. Proceed with caution, and hit only a few balls. After you can snap the ball down into the box a few times please stop the drill and return to the baseline and apply this element at the end of a full serve with a full swing.