

MARTIN BAROCH TENNIS ACADEMY & HUMAN PERFORMANCE CENTER

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"Making Champions for Tennis and Life"

Owner: Dr. Martin G. Baroch

PRESENTS

3 STEPS OF TENNIS STROKE REGULATION

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OUTLINE (main points):

01. Tennis is sport based on regulations/adjustments
02. Regulation/adjustment patterns of the world best players partly differ from the regulation/adjustment patterns used by other players - examples
03. It all starts with the eyes and perception
04. Regulation/adjustment step # 1 – space creation & last step
05. Regulation/adjustment step # 2 – shoulder/arm/forearm activity, alteration of the racket path
06. Regulation/adjustment step # 3 – practically invisible percentage game with muscle engagement and isotonic play
07. Building of the regulation/adjustment system throughout the development of the player – effects at stroke build-up and implications for player development
08. Regulations/adjustments patterns based on the surfaces and balls used – implications for player development
09. Tennis is game of mistakes – handling of mistakes with optimal regulation/adjustment is one of the keys to success
10. Mental state of mind and stroke regulation/adjustment
11. Differences between junior and professional tennis - implications
12. Culture of regulation/adjustment determines to big degree success probability of the player

This seminar is accompanied by an extensive and mainly photo-based PowerPoint presentation and requests a time slot of at least 60 minutes; a time slot of 80-90 minutes gives possibility for more examples/photos being shown as well as for more depth of the topic. The topic can be well combined with practical/demonstration session on court or with other topics from the © DTBT portfolio. The PowerPoint presentation is (unless other setup was preliminary agreed on) in English and the life speech can be done either in English, German, Czech or Serbo-Croatian (also lower level Russian).