



PLAYER - COACH

EYE COACH HOMEWORK SHEET

Player/Coach Goal: 5,000 Balls in 5 Hours



BILLIE JEAN KING'S

Eye Coach

A 5 Week/10 Minute a day off-court Training Program

At Home Training
of Balls
Time

WEEK 1	
1,000 Balls 1 hour per week	

WEEK 2	
1,000 Balls 1 hour per week	

WEEK 3	
1,000 Balls 1 hour per week	

WEEK 4	
1,000 Balls 1 hour per week	

WEEK 5	
1,000 Balls 1 hour per week	

Coach's
Homework

Student
Homework
Fill out # of minutes
practiced daily in
the blank boxes
on each day

DAY	TIME
Mon.	
Tues.	
Wed.	
Thurs.	
Fri.	
Sat.	
Sun.	

DAY	TIME
Mon.	
Tues.	
Wed.	
Thurs.	
Fri.	
Sat.	
Sun.	

DAY	TIME
Mon.	
Tues.	
Wed.	
Thurs.	
Fri.	
Sat.	
Sun.	

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Sat.	
Sun.	

DAY	TIME
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Tues.	
Wed.	
Thurs.	
Fri.	
Sat.	
Sun.	

Total Time

WEEKLY GOAL 60 MINUTES = 1,000 BALLS

WWW.THEEYECOACH.COM

5 IN 5 TENNIS OFF COURT TRAINING BREAKTHROUGH!



BILLIE JEAN KING'S

Eye Coach

YOUR FASTEST WAY TO BETTER TENNIS

DATE OF AGREEMENT

PLAYER-COACH OFFICIAL AGREEMENT

We both have the same goal - to improve your tennis game as rapidly as possible. Together, along with the Eye Coach, I am certain that this can be accomplished.

The Eye Coach will quickly help you improve your power, control and accuracy. You will "Feel the Difference" as your eye is trained to focus on the ball at contact. Your tennis will become more instinctual as you greatly increase your repetitions and begin to self correct.

Your Commitment

There's some homework. You guarantee to practice for 5 weeks for a minimum of 10 minutes a day at home. That's it, fun and easy homework. And you'll get around 1000 extra hits per week.

My Commitment

I am absolutely certain that if you do your homework, your game will improve and you will maintain that level of play. To prove it, I will give you a no risk guarantee. If at the end of your 5 weeks of training, you do not "Feel the Difference", you may return the Eye Coach and walk away with nothing lost.



(PLAYER) I commit to practicing at home 60 minutes a week.

(COACH) I guarantee you will "Feel the Difference" in 5 Weeks!

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