



**PHYSICAL
TECHNIQUE**

**JUST AFTER
CONTACT**

More Reps Needed
 Racquet Prep Too Late And Too Slow
 Hips/Shoulder Incorrect
 Stop Too Soon Or Too Late
 Technique Breaks Down
 Miss Hits
 Follow Through Breaks Down
 Look Up Too Soon
 Wrist Break
 Longer To Improve
 Footwork Breaks Down

**MENTAL
TIMING**

**JUST BEFORE
CONTACT**

STROKE **FOCUS** **3** BALANCE
 SCORE
 OPPONENT
 TRACK **2** SET UP
 FOOTWORK
 ANTICIPATION **SCAN** **1** REFLEXES
 INSTRUCTION
 PLACEMENT

DISTRACTION



8/10 Shots
 Eye off ball too soon **3**
 just before contact

DECREASED

- POWER
- AGILITY
- ACCURACY
- BALANCE
- INSTINCT
- IMPROVEMENT
- CONFIDENCE
- FOCUS UNDER PRESSURE

Causing Loss of Balance, Power, Accuracy and much slower Rate of Learning

This happens in the last fraction of second before contact and is too fast to see or coach verbally without an Eye Coach

5 OF COURT 5 TENNIS STRAINING THROUGH! BREAK THROUGH!

**PHYSICAL
TECHNIQUE**

JUST AFTER
CONTACT

**MENTAL
TIMING**

JUST BEFORE
CONTACT

**NO
DISTRACTION**



STROKE
FOCUS



BALANCE

FOOTWORK
TRACK



SET UP

ANTICIPATION
SCAN



REFLEXES

5,000 SOLID HITS IN 5 HOURS!

Removes Distractions and Reinforces the eye at contact **3
for increased power, accuracy and faster rate of learning!**

17 DIFFERENT SHOTS!