



Point of Contact Training

The Impact of “Head Shifting”



Balance, Power, Accuracy, Mishits, Rate of Improvement and Unforced Errors under Pressure - all levels

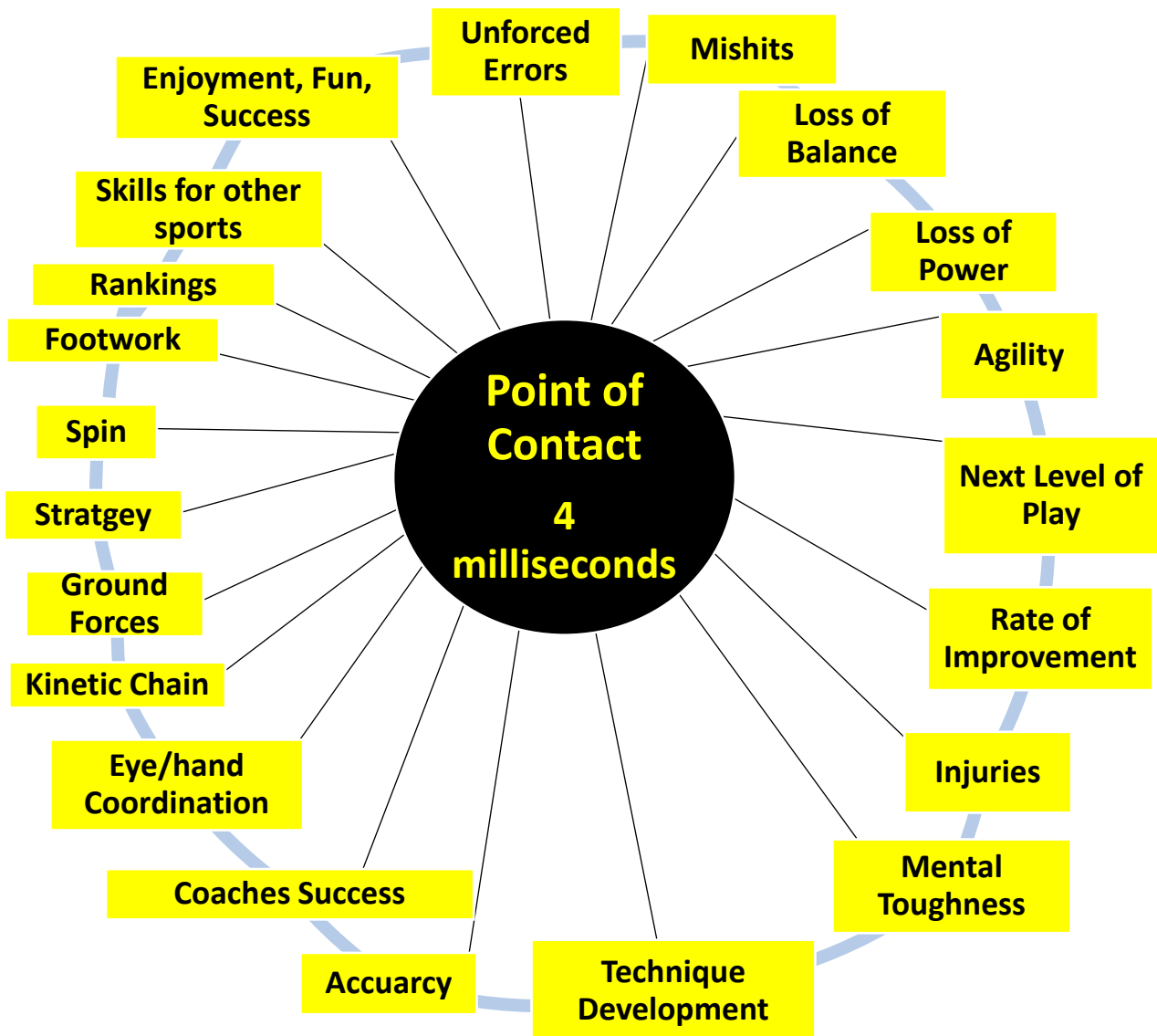
Purpose: to show that the difference between Grand Slam Champions and the rest is a fraction of a second and why the Eye Coach exists today.



Kinetic Chain

Point of Contact Training

The final 4 milliseconds in the kinetic chain that impact everything



STOP HEAD SHIFTING

GROW TENNIS



YOUR FASTEST WAY TO BETTER TENNIS™



Impact of “Head Still”

During the Point of Contact

39 GRAND SLAM CHAMPIONSHIPS

“Trusting her instincts”



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1
SCAN

2
TRACK

3
FOCUS

Impact of “Head Still”

During the Point of Contact

Grand Slam Champion #1 in the World

“Trusting his instincts”



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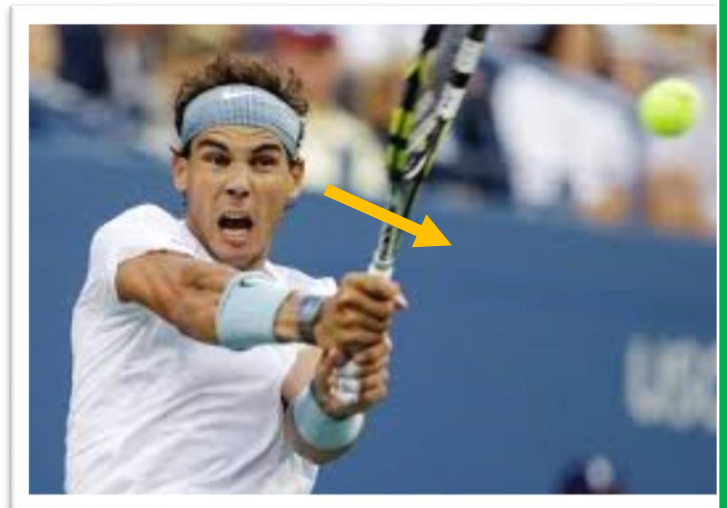
During the Point of Contact

Top Grand Slam Champions the last 10 Years

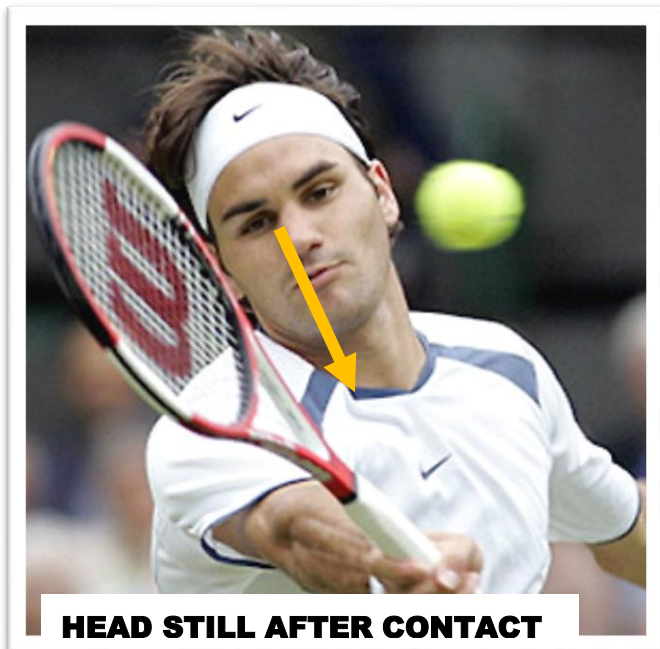
“Trusting their instincts”



HEAD STILL AFTER CONTACT



HEAD STILL AFTER CONTACT



HEAD STILL AFTER CONTACT



HEAD STILL AFTER CONTACT



BILLIE JEAN KING'S

Eye Coach

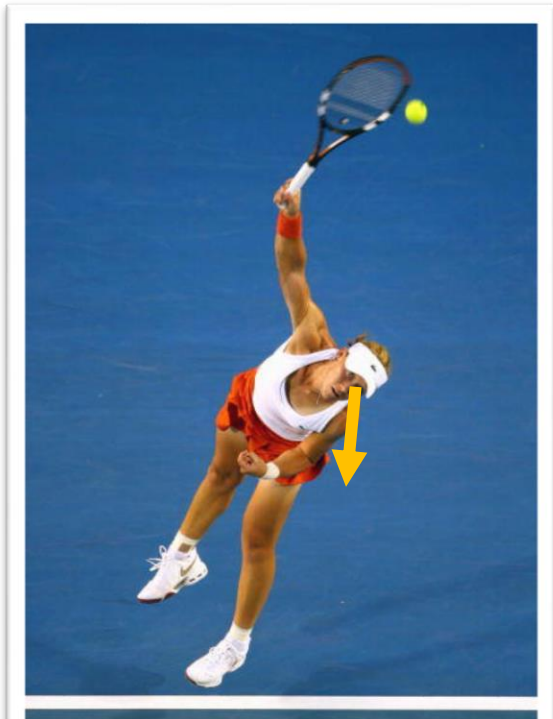
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Impact of “Head Shifting”

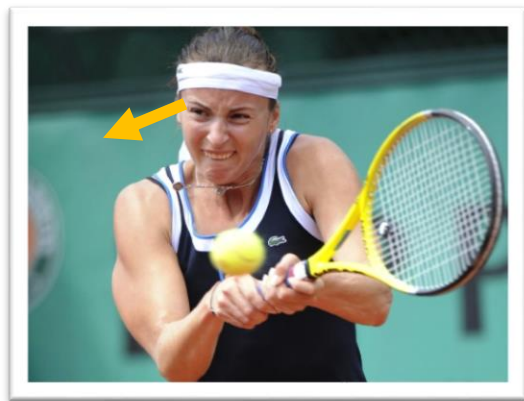
During the Point of Contact

Pro Tour Players - No Grand Slams

“Not trusting their instincts”



HEAD SHIFTING DURING CONTACT



HEAD SHIFTING DURING CONTACT



HEAD SHIFTING DURING CONTACT



HEAD SHIFTING DURING CONTACT



The Numbers Supporting the Power of EPOC

Eye at the Point of Contact

We have reduced our numerical analysis to a crucial set of numbers that drive our E.P.O.C. world. They deal in amazingly short segments of time that our brain, eye and reflexes have to respond within a match. These subjects have proven very difficult to study, grasp and train, which makes the study more stimulating and our answers more rewarding.

Throughout the day our eyes *scan, track and focus* in lightning speed in our daily activities. Despite this, we are often challenged to translate this constant activity into ball sports.

The Power of EPOC in Tennis

EPOC Brain Speed for Sports

200 Million Billion

The number of impulses a second (approximately)

500 Milliseconds

The average time it takes to make a decision and act (instinctively)

EPOC Impact Overview Tennis

4 milliseconds

The time that the ball is on strings per shot

500 strokes

Average number of strokes hit per match

2 seconds

Average time that ball on strings during a match

1 second

Average time to Scan, Track, and Focus before contact per shot

EPOC Impact on Tennis Timing- last 3 feet

For optimum balance, power, and accuracy, EPOC must be trained to wait until the last split second before contact

1\2 second

Ball speed 5 MPH (Red Ball)

1\8 second

Ball speed 20 MPH (Orange Ball & Green Dot)

1\16 second

Ball speed 40 MPH (Yellow Ball)

1\24 second

Ball speed 60 MPH (Yellow Ball)

EPOC Impact on Miss Hits (Balance and Power)

8 out of 10

The eye shifts too soon from point of contact

5 cm

Distance off center that causes 30% loss of desired racket speed

2 out of 10

Time we are achieving the desired racket speed per shot

EPOC Impact on technique, learning and rate of improvement

2 out of 10

Correct strokes are stored for future play

8 out of 10

Incorrect strokes are stored for future play

EPOC Impact on unforced errors under match play pressure

80% (400 strokes)

Eye shifting too soon – increases risk of unforced errors

20% (100 strokes)

Eye properly focused at contact – reduces risk of unforced errors*

What if we could significantly increase EPOC at every level from Red Ball to Pro Tour?



YOUR FASTEST WAY TO BETTER TENNIS™