



# DRILL 1

- Foundation for ALL levels of play
- Kinetic Chain Principle: Unleashes POWER & ACCURACY at POC

**KEY NOTE: Each PART within each DRILL must be taught & performed separately from other PARTS - NO MULTI-TASKING!**

## PART 1: Technique ONLY

Ball Type	Kinetic Chain Skill	POC Eye Training	POC Reps	POC Cues	POC Time
<b>STILL</b> No Fly Away	<b>POC</b> Headstill	3 FOCUS	5-10	"Yes/No"	2-5 minutes

POC Tips: "Hold & Mold" and "Begin at the End". When teaching technique begin with the final look of the stroke and "Hold & Mold" for 5 seconds with eyes at POC. ALWAYS include recovery steps after POC.

## PART 2: Timing ONLY

Ball Type	Kinetic Chain Skill	POC Eye Training	POC Reps	POC Cues	POC Time
<b>MOVING</b> No Fly Away	<b>POC</b> Headstops 1/10th of a second	1 SCAN 2 TRACK 3 FOCUS	10-15	"Yes/No" "1-2-3"	5-10 minutes

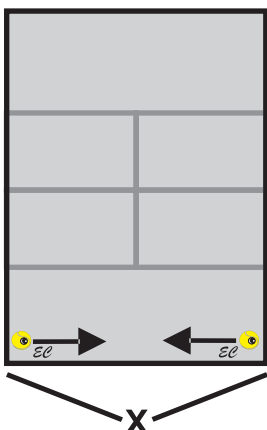
POC Tips: Insure head/eye stops 100% at contact. Get 5+ Yes before fed ball.

## PART 3: Tactics ONLY

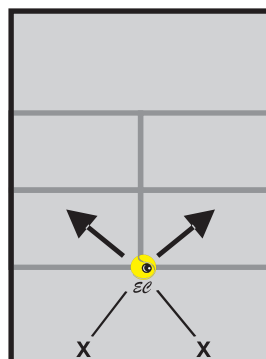
Ball Type	Kinetic Chain Skill	POC Eye Training	POC Reps	POC Cues	POC Time
<b>FED BALL</b> Fly Away	<b>POC</b> Headstops 1/10th of a second	1 SCAN 2 TRACK 3 FOCUS	10-15	"Target" "Yes/No"	Until the difference is felt

POC Tips: Target triggers kinetic chain, think only about the target. No coaching "below the neck". Points awarded only if head/eye stops 100% at POC. FED BALL drill may use same formations and ball speeds as Part 2.

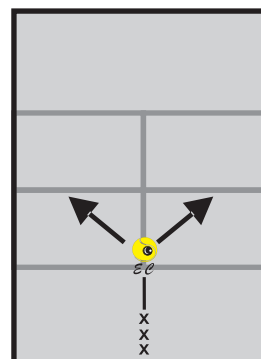
### Groundstrokes



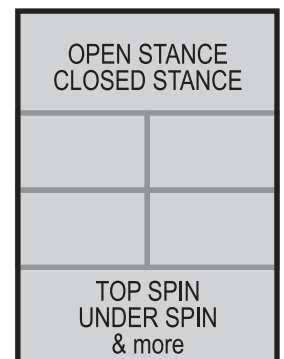
### Approach Shots



### Volleys



### Other POC Training



3 FOCUS

# Drill 1: BALANCE AT the Point of Contact

The Kinetic Chain - Head stops 1/10<sup>th</sup> of a second at POC

*Foundation for all levels of play. Unleashes the power and accuracy in the kinetic chain under pressure.*

**Problem:** Eight out of every ten balls hit, our eye / head is shifting prematurely from the point of contact creating a major “leak” in the kinetic chain. We found it and we know how to fix it.

**Where:** last 3 feet before ball hits the strings

**When:** the last fraction of a second before contact

**Where to focus:** **Eye at POC**

**Goal:** To restore, reinforce and strengthen the eye at the point of contact in the kinetic chain for optimum BALANCE and unleash our full potential to be the athletes we were born to be.

**Kinetic Chain Benefits:**

- Unleashes more power and accuracy with less effort and risk of injury.
- Increase rate of learning for next level enjoyment and self-correction skills
- Reduce miss hits, choking, frustrating technique breakdowns

**EPOC PATHWAY CUES: “Yes-No” and “1-2-3”**

## COACHES KINETIC CHAIN DIAGNOSIS CHART- LAST 3 FEET

STUDENT’S EYE AT THE POINT OF CONTACT	STUDENT’S EYE <u>NOT</u> AT THE POINT OF CONTACT
Balanced at contact increased More power with less effort More accuracy and less unforced errors Techniques solid Follow through complete Racquet speed maximized Wrist solid at contact Faster improvement to the next level Head still at contact Kinetic chain synchronized (legs, hips, and shoulders) Faster improvement to the next level Mental toughness stronger under pressure- More fun	Balance at contact <i>decrease</i> (fall after swing) More effort, <i>less power</i> (harder swing) Percentage of unforced <i>errors increases</i> Miss hits <i>increased</i> Technique <i>break downs increased</i> Racquet speed <i>slows down</i> Wrist <i>breaks</i> at contact Serve toss <i>inaccurate</i> Head turns <i>before contact</i> Kinetic chain <i>broken</i> (legs, hips, and shoulders) <i>Slower</i> improvement to the next level Mental Toughness weaker under pressure- <i>Less fun</i>

