



Tennis
Point of Contact
Statistical Results

Tennis Point of Contact (POC) Statistical Results

- **Goal:** Determine what percentage the balls hit is on balance and what is the impact of improved balance at POC on all levels of play.
- **Parameters:** The last 3 feet before and after Point of Contact
- **Protocol:** 25 balls before POC Training, 50 balls during Point of Contact Training for Balance, 25 balls after training.
- **Approximate Balls Hits:** 100 balls
- **Approximate Time:** 30 Minutes
- **Note Numbers for Below:** All Levels, 10 and under to Professional. Results achieved are temporary due to lack of time for adequate repetitions.

OFF BALANCE AT POINT OF CONTACT

BEFORE	AFTER	% DIFFERENCE
9\10 off	4\10 off	56%

Findings: 56% improvement in balance at POC

IMPACT OF POC TRAINING FROM IMPROVED BALANCE

	BEFORE	AFTER	% IMPROVED
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Miss Hits-Off Center Hits	7\10	4\10	43%
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Findings: 43% decrease in mishits.

Footwork-Recovery Time			
Average recovery time after ball leaves	.6 sec	.4 sec	33%
Average distance ball travel before recovery begins	36'	24'	33%

Average Recovery Findings: 33% improvement-1 -2 steps faster after POC

Technique Mistakes			
Average stroke breakdown per ball hit	9\10	6\10	33%

Findings: 33% decrease in technique error self-corrected

ADDITIONAL NON-STATISTICAL FINDINGS

Following POC coaches and players were asked specific questions on the effect that the training had on Spin, Power and Accuracy. The percentages shown below describe the “impact that the training achieved improving these skills during the training session”. It is fully recognized that maintaining these improvements require further consistent POC training.

Spin	n\a	n\a	95%

Findings: 95% felt the difference in more spin

Power	n\a	n\a	66%

Findings: 66% felt the difference with less effort with no technique instruction added

Accuracy	n\a	n\a	66%

Findings: 66% felt the difference with no technique instruction added