

Tenis

Apakah anda penggemar tenis ?

Bagi pemula anda akan bertanya bagaimana cara bermain tenis yang baik dan benar yang dapat dikuasai dalam waktu singkat.

Sedangkan bagi yang sudah lama bermain tenis mungkin anda merasa bahwa permainan tenisnya 'biasa biasa saja', tidak meningkat. Apakah permainan saya sudah mentok ?

Dengan menggunakan cara yang tepat permainan anda ,baik pemula maupun advanced, masih dapat meningkat. Ada suatu kesaksian dari yang sudah bermain tenis selama 20 tahun setelah melihat cara yang benar dapat menjadikan forehand ,yang semula menjadi titik lemah, sebagai senjata pamungkas.

Adapun usia sebenarnya tidak jadi masalah. Ada orang yang baru mulai bermain tenis di usia hampir 70 tahun tapi dia mendalami dengan serius dan akhirnya terus bermain sampai 1 tahun sebelum ia meninggal di usia 90 tahun. Dan hebatnya dia sering menjadi juara di turnamen-turnamen untuk seusianya.

Ada beberapa pertanyaan yang sering diajukan oleh penggemar tenis, diantaranya sebagai berikut :

- SERVE dan RETURN SERVE
 - Mengapa servis menyangkut di net ?
 - Mengapa servis keluar lapangan ?
 - Bagaimana melempar (tos) bola dalam Serve ?
 - Apa dan bagaimana cara melakukan Flat Serve, Slice Serve, Topspin Serve, Twist Serve ?
 - Bagaimana grip yang paling tepat untuk serve ?
 - Lemparan (tos) Serve Pertama dan Kedua
 - Bagaimana melakukan Jump Serve
 - Bagaimana melakukan RETURN SERVE untuk Serve Flat, Topspin, Slice

- FOREHAND
 - Mengapa forehand saya menyangkut di net atau keluar lapangan ? Dan bagaimana memperbaikinya .
 - Apakah konsep Water Level itu ?
 - Dimanakah posisi untuk contact ball ?
 - Grip apakah yang paling tepat untuk forehand ?
 - Follow Thru
 - Open Stance atau Closed Stance ?
 - Mengapa harus topspin ?
 - Power vs Control
 - Count to Five

- BACKHAND
 - Mana yg dipilih : Singlehand backhand atau Doublehand backhand ?
 - Mengapa backhand saya menyangkut di net atau keluar lapangan ? Dan bagaimana memperbaikinya
 - Bagaimana agar pukulan backhand bertenaga ?
 - Bagaimana membuat Slice Backhand menjadi pukulan mematikan ?
 - 1 handed Topspin Backhand

- VOLLEY dan SMASH
 - Grip yang tepat untuk volley
 - Apakah 'Catch and Cut' itu?
 - Bagaimana melakukan Forehand dan Backhand Volley ?
 - Half Volley
 - Volley Drill
 - High Volley dan Low Volley
 - 1 inch Volley
 - Overhead Smash

- STRATEGY, CONDITIONING, DRILL, dan SKILL
 - Strategy bermain efektif untuk Single
 - Strategy bermain efektif untuk Double
 - Pemanasan, peregangan, dan pendinginan
 - Drill untuk meningkatkan reaksi dan reflex
 - Drill untuk menguatkan otot bagian atas dan bawah
 - Drill untuk meningkatkan kecepatan dan kelincahan
 - Drill untuk menguatkan otot bahu dan menghindari cedera
 - Permainan tenis kreatif dan fun

- PROFESSIONAL
 - Konsep Biomekanik : bermain dengan power dengan memanfaatkan gerakan tubuh secara efektif
 - Drills dan analisa untuk bermain bagi atlet profesional dalam turnamen
 - Memukul bola dengan power seperti Maria Sharapova dan Andy Roddick

- BELAJAR DARI PEMAIN PROFESSIONAL
 - Slice Backhand dari Steffi Graf
 - Forehand dari Pete Sampras, Jennifer Capriati, Steffi Graf, Mary Pierce, Andre Agassi, dan Jim Courier
 - 1 handed Topspin Backhand dari Pete Sampras
 - 2 handed Backhand dari Andre Agassi dan Monica Seles
 - Serve dari Pete Sampras
 - Volley dari John McEnroe

Dan masih banyak pertanyaan lainnya.

Kami menyediakan **46 buah (dan akan bertambah lagi di masa datang ...)** DVD Pelatihan (Instruksi) Tenis dari beberapa Pelatih Tenis terkenal yang dapat menjawab pertanyaan-pertanyaan diatas. Anda dapat belajar sendiri di rumah dengan melihat DVD-nya. Dan anda akan kaget ketika mempraktekkannya di lapangan tenis melihat bahwa permainan anda akan meningkat tajam.

Cocok untuk segala lapisan : Pelatih Tenis, atlet tenis profesional, penggemar tenis, orang tua yang menginginkan anaknya bisa bermain tenis dengan benar, pemain tenis rekreasi, dll.

Perhatian

Dengan memiliki DVD dan melihatnya saja TIDAK AKAN MEMBUAT ANDA MENJADI PEMAIN TENIS YANG HEBAT. Yang paling penting : PRAKTEKKAN APA YANG ANDA LIHAT DARI DVD INI DI LAPANGAN TENIS TAHAP DEMI TAHAP HINGGA MAHIR, JANGAN BERPINDAH KE TOPIK BERIKUTNYA SEBELUM ANDA MENGUASAINYA !!!.

Tidak ada yang bisa menggantikan Latihan, praktek, kerja keras, dan ketekunan, tapi dengan DVD ini diharapkan dapat mengurangi waktu 'Learning Curve' untuk menguasai permainan Tenis.

Selamat mencoba dan SALAM OLAHRAGA .

[Jimmy Connors](#) (8 dvd)

[Tom Avery](#) (8 dvd)

[David Sammel](#) (7 dvd)

[Clinton Stephenson](#) (1 dvd)

[Oscar Wegner](#) (5 dvd)

[Juan Bracho](#) (3 dvd) **baru !!!**

[Other - Drill – Skill - Game](#) **(14 dvd) baru !!!**

[Paket baru !!!](#)

Cara Memesan

Jimmy Connors

About Jimmy Connors

Jimmy Connors adalah mantan pemain tenis profesional dari USA era 1970 – 1980 an, kelahiran Illinois USA 2 September 1952 yang meraih 8 gelar Glandsam Tunggal dan 7 kali Finalis Grandslam. Yaitu 5 kali Juara US Open, 2 kali Wibmbledon, dan 1 kali Australian Open. Ia mulai sebagai pemain profesional mulai tahun 1972 dan mundur tahun 1996. Selama karirnya ia meraih 109 gelar tunggal dan 15 gelar Ganda (termasuk Ganda Wimbledon 1973 dan Ganda US Open 1975). Prestasi lainnya adalah sebagai pemain nomor 1 dunia selama 160 minggu berturut-turut mulai Juli 1974 sampai Agustus 1977. Prestasi ini baru dipecahkan oleh Federer pada Februari 2007. Selama karirnya ia menjadi pemain nomor 1 dunia selama 268 minggu. Ia pemain kidal dengan backhand 2 tangan.

Musuh bebuyutan Jimmy Connors adalah Bjorn Borg (Swedia) dimana statistik pertemuan keduanya dimenangkan Bjorn Borg dengan 13 – 8 ,dan John McEnroe (USA) dimana pertemuan keduanya dimenangkan John McEnroed dengan 20 – 14.

Saat ini Jimmy Connors melatih pemain tenis pro US Andy Roddick (ranking 3 dunia – April 2007)

DVD Jimmy Connors yang tersedia :

| | |
|--|----------------------------|
| <u>Tennis Fundamentals – Comprehensive 1</u> | Rp. 60.000 baru !!! |
| <u>Tennis Fundamentals – Comprehensive 2</u> | Rp. 60.000 baru !!! |
| <u>Tennis Fundamentals - Doubles</u> | Rp. 50.000 |
| <u>Tennis Fundamentals – For Kids</u> | Rp. 60.000 |
| <u>Tennis Fundamentals - Serve</u> | Rp. 50.000 |
| <u>Tennis Fundamentals - Volley</u> | Rp. 50.000 |
| <u>Tennis Fundamentals - Conditioning</u> | Rp. 40.000 |
| <u>Tennis Fundamentals – Conversation with Champions 1</u> | Rp. 40.000 baru !!! |

Comprehensive 1 (90 Menit)

DESCRIPTION

Jimmy Connors' Tennis Fundamentals - Comprehensive is packed with hours of skills, drills, interviews, and on-court instruction to help you improve your tennis game.

- Warm Ups
- Grips
- Mental Preparation
- Ground Strokes

Jimmy's all-star team includes Chris Evert, Tracy Austin, James Blake, Justine Henin-Hardenne, Mike & Bob Bryan, John Lloyd, Paradorn Srichaphan, and tennis legend Pancho Segura.

Comprehensive 2 (80 Menit)

DESCRIPTION

Jimmy Connors' Tennis Fundamentals - Comprehensive is packed with hours of skills, drills, interviews, and on-court instruction to help you improve your tennis game.

- Volley
- Serving
- Sessions

Jimmy's all-star team includes Chris Evert, Tracy Austin, James Blake, Justine Henin-Hardenne, Mike & Bob Bryan, John Lloyd, Paradorn Srichaphan, and tennis legend Pancho Segura.

Doubles (50 Menit)

DESCRIPTION

Jimmy Connors' Tennis Fundamentals - Doubles offers in-depth instruction and strategy for playing the most popular recreation sport, Doubles Tennis.

- Skills and Drills specifically tailored for Doubles
- Court position and team play
- On-court strategy for attacking your opponents

Jimmy's all-star team includes the World's #1 Men's Doubles Team, Mike and Bob Bryan and doubles legend John Lloyd.

DAFTAR ISI :

- Introduction
- Poaching drill
- Lateral & Closing Drill
- A moment of John Lloyd
- Players Roles

For Kids (89 Menit)

DESCRIPTION

Jimmy Connors' Tennis Fundamentals – For Kids teaches the basics that everyone needs to begin playing the game:

- Basic stance, positioning, and grip
- Forehand and Backhand basics
- Basics of Volleying

Jimmy and Tracy Austin are joined by a terrific team of kids. Highlights of James Blake, Justine Henin-Hardenne, and the Bryan Brothers are also featured.

DAFTAR ISI

- Basic Grip & Swing
- Basic Ball Handling
- Forehand for Beginners
- Forehand and Backhand
- Teaching Basics
- Teaching The Volley & Overheads

Serve (50 Menit)

DESCRIPTION

Jimmy Connors' Tennis Fundamentals - Serve provides more detailed instruction and philosophies for serving.

- Serving technique, precision, and drills

Jimmy's all-star team includes Chris Evert, Mike and Bob Bryan, John Lloyd, and Paradorn Srichaphan.

DAFTAR ISI :

- Serve Drills
- Serve Technique
- Breaking Down the Serve with Paradon Sripachan
- Serve Fundamental with Bryan Brothers (no 1 Double in the world)
- Serve Variety

Volley

(47 Menit)

DESCRIPTION

Jimmy Connors' Tennis Fundamentals – Volley more detailed instruction and philosophies for volleying.

- Volley skills and drills

Jimmy's all-star team includes Chris Evert, Mike and Bob Bryan, John Lloyd, and Paradorn Srichaphan.

DAFTAR ISI :

- Basic Volley
- Volley for Intermediate
- Volley Technique
- Overhead Volley
- Teaching The Volley

Conditioning (31 Menit)

DESCRIPTION

Jimmy Connors' Tennis Fundamentals – Conditioning provides unique exercises, stretching techniques, and a conditioning schedule to get you in Tennis shape.

- Stretching and warm-up exercises
- On-court and in-home conditioning drills
- Exercises using jump ropes, elastic bands, heavy balls, and more

Jimmy's all-star team includes Chris Evert, world renowned trainer, Troll Subin, and WTA up-and-comer Tiffany Eklov.

Conversation with Champions 1

(48 Menit)

DESCRIPTION

- In this video Jimmy talks with:
**Legends - Jimmy Connors, Bryan Brothers, Marcos Baghdatis,
and Paradorn Srichaphan**

**Jimmy Connors' Tennis Fundamentals - Conversations with
Champions gives a unique look into the thoughts and
philosophies through interviews of some of Tennis' greatest
legends, today's best players, and the game's rising stars.**

- Jimmy Connors interviews Tennis' best from yesterday and today
- Get into the hearts and minds of the games greatest
- In-depth interviews, unique and entertaining stories - with insight that only Jimmy can provide

Tom Avery

About Tom Avery

Tom Avery adalah seorang pengajar dan pelatih tenis dari USA untuk semua level, dari tingkat pemula sampai lanjut. Ia telah menolong lebih dari 10.000 orang selama lebih dari 24 tahun untuk meningkatkan konsistensi bermain tenis. Tom juga memberikan instruksi pada Saluran TV Kabel THE TENNIS CHANNEL. Selain itu ia juga pendiri AVERY Racquet Company.

Berikut ini beberapa komentar pemain yang telah menggunakan DVD tenis dari Tom Avery :

Tom Avery's tennis videos are "A very helpful learning tool... the simplicity of Tom's style enables the student to concentrate on one or two important concepts during each stroke, essential for improvement."

Tom Gorman

Former #8 World

U.S. Men's Olympic Coach 1988-1992

The Winingest Davis Cup Captain in U.S. History

"After twenty years of tennis and many lessons- I still avoided baseline forehands, two lessons from Tom and now it's a shot I look for."

Jim Johnson

Fort Wayne, Indiana

"I've taken lessons from at least five instructors sporadically for the past twenty years. The one lesson I had from Tom was the most beneficial by far."

Mark H. Cohen

Arlington, VA.

"Tom is an outstanding. He has given me the confidence to take my game to the next level. I only wish I would have met him sooner."

Vicki Mordan

University of West Florida

Naples, Florida

Lihat lebih lengkap, sekaligus juga men-**download video clips** nya di alamat ini : <http://www.tomavery.com>

DVD Tom Avery yang tersedia

[Consistent Tennis Wins I – The Original](#) **baru !!!** Rp. 60.000

[Consistent Tennis Wins II – Strategy for Singles and Doubles](#) Rp. 60.000

| | |
|--|------------|
| <u>Consistent Tennis Wins III – The Serve</u> | Rp. 50.000 |
| <u>Consistent Tennis Wins IV – The Backhand baru !!!</u> | Rp. 50.000 |
| <u>Consistent Tennis Wins V – The Ability To Swing</u> | Rp. 50.000 |
| <u>Consistent Tennis Wins VI – Return Of Serve</u> | Rp. 50.000 |
| <u>Consistent Tennis Wins VII – Get to the Net and Win</u> | Rp. 50.000 |
| <u>Improve your tennis in 38 minutes baru !!!</u> | Rp. 40.000 |

Consistent Tennis Wins I - The Original

(78 Menit)

DESCRIPTION

"Consistent Tennis Wins" has it all! You'll understand why inconsistencies happen and learn how to program your muscles to prevent them. Learn how to prevent two of the biggest problems in tennis. In a series of twenty-seven lessons, Tom Avery gives you the keys to consistent play on all your strokes. Learn the two most important factors for consistent play. Then, put these proven techniques into practice and you'll be pleasantly surprised that in a short period of time you're playing much more consistently.

"I'm very confident that, when you put these proven techniques into practice, you will become a more consistent player."

DAFTAR ISI :

01. 00:55 The two most important factors to consider for consistency
02. 02:18 Knowing your grip is crucial
03. 04:51 Backswing is crucial for consistency
04. 07:55 Ground strokes - Why the ball goes in the net and how to correct it
05. 12:17 Use your head when you practice
06. 13:33 Ground strokes - Practice methods to correct hitting in the net
07. 16:32 Ground strokes - Why the ball goes long and how to correct it
08. 18:07 Ground strokes - Practice methods to prevent ball going long
09. 20:55 Ground strokes - A great drill for consistency
10. 22:53 Review on Ground Strokes
11. 24:28 Backhand Technique
12. 27:44 How to generate power on ground strokes
13. 31:50 Volleys - why the ball goes in the net and practice methods to correct it
14. 37:27 Volleys - why the ball goes long and practice methods to correct it
15. 41:01 Lobs - Why the ball is landing short and practice methods to correct it
16. 42:47 Lobs - Why the ball is going long and practice methods to correct it
17. 43:59 Service Return - Why the ball goes in the net and practice methods to correct it
18. 47:38 Service Return - Why the ball goes long and practice methods to correct it
19. 49:47 Service - Why the ball goes in the net and practice methods to correct it
20. 54:43 Service - Why the ball goes long and practice methods to correct it
21. 59:59 Overheads - Why the ball goes in the net and practice methods to correct it
22. 1:02:34 Overheads - Why the ball goes long and practice methods to correct it
23. 1:04:03 Consistency on Approach Shots
24. 1:07:04 Consistency on Half-Volleys
25. 1:10:33 Warm-up routine to prevent injuries
26. 1:12:28 Breathing Techniques for consistency
27. 1:15:23 Use music to help you play more consistently
28. 1:17:27 A Final Word - Conclusion

Consistent Tennis Wins II – Strategy for Singles and Doubles

(47 Menit)

DESCRIPTION

Watch point sequences that will show you:

*Where to hit your shots for high percentage play in both singles and doubles.

*Why hitting to certain areas and understanding court geometry is to your advantage.

Added bonus expert advice on:

The slice backhand

How to deal with today's high bouncing topspin.

Daftar Isi :

1. Strategy For Singles
 - a. Baseline Play
 - b. Volley Strategy
 - c. Serve Strategy
 - d. Return Serve
 - e. Approach Shot Strategy
 - f. Drop Shot Strategy
 - g. Lob Strategy
 - h. Overhead Strategy
2. Strategy For Doubles
 - a. Strategy untuk yang orang melakukan Serve
 - i. Persentase Serve Pertama
 - ii. Arah Serve
 - iii. Apakah tetap di belakang atau maju ke net ?
 - b. Strategy untuk partner orang yang melakukan Serve
 - i. Sifat-sifat partner
 - ii. Menyergap / memotong bola
 - iii. Timing saat menyergap bola
 - c. Strategy untuk penerima bola
 - i. Memilih menyerang atau bertahan
 - ii. Satu di net, satu di belakang
 - iii. Pengembalian bola
 - iv. Melihat lawan yang didepan net
 - v. Pengembalian ketika Serve Kedua
 - d. Strategy untuk partner penerima bola

- i. Posisi badan
- ii. Menghadapi lawan dengan serve maut dan pemain net yang aktif
- iii. Bermain bertahan
- iv. Bermain menyerang
- v. Menghadapi pukulan topspin

Consistent Tennis Wins III – The Serve (45 Menit)

DESCRIPTION

Generally regarded as the most difficult stroke in the game, the service motion is clearly explained, and easier than ever before. Discover for yourself how amazingly simple it can be to develop power and consistency.

Don't miss this opportunity to improve your serve!

Daftar Isi :

1. Mitos-mitos Serve
2. Ramuan-ramuan penting Serve
3. Grip
4. Posisi
5. Cara toss (melempar) bola
6. Dua latihan untuk toss
7. Tinggi lemparan bola
8. Flat Serve
9. Slice Serve
10. Topspin Serve
11. Second Serve
12. Mengapa Serve menyangkut di net, dan bagaimana memperbaikinya.
13. Mengapa Serve keluar lapangan, dan bagaimana memperbaikinya

Consistent Tennis Wins IV – The Backhand

(60 Menit)

DESCRIPTION

The backhand has always been regarded as one of the more difficult strokes in the game. Yet in reality it's the most pleasurable shot in tennis. Many players cringe when they see a ball hit to their backhand. There's no need to cringe anymore. You'll be amazed at how the knowledge of some key ingredients can make a huge difference.

Both the one-handed and two handed are covered extensively in this all encompassing video.

Don't miss this opportunity to improve your backhand!

DAFTAR ISI :

- The Grip
- Closed Face Racquet = Vertical Racquet at Contact
- The Ready Position
- Footwork
- You're only as good as your backswing
- Early preparation is essential
- The loop swing
- The forward swing
- Keep the racquet and body in sync
- The Finish
- Swing inside out
- Inside out keeps the racquet on line
- How to hit the backhand with power
- Rotate the shoulders and use the hitting shoulder as the hinge
- Stay loose for more power
- The two handed backhand : Grip
- One handed and two handed similarities and differences
- Preventing net shots
- Preventing shots beyond the baseline
- Hitting it straight
- The slice backhand grip
- Why the slice backhand goes in the net and how to correct it
- Why the slice backhand goes long and how to correct it
- A final word

Consistent Tennis Wins V – The Ability To Swing (64 Menit)

DESCRIPTION

If you thought you could never improve your tennis in your living room, think again. Tom Avery's "The Ability To Swing" will have you movin', groovin' and improvin'. Learn how to prevent hitting in the net, hitting beyond the baseline and how to hit the ball straight to your opponent's weakness. All of this set to up tempo music in a series of drills you can practice right at home.

Next time you step on the court you will experience a huge difference.

Daftar Isi :

- Mengetahui mengapa kesalahan terjadi dan bagaimana memperbaikinya
- **Forehand** : Grip dan Posisi Siap
- Jika anda terlambat, sebaik apapun swing ,tidak bisa menolong
- Bola tidak selalu bergerak ke tempat yang anda kehendaki
- Mengapa bola tidak bisa melewati net ?
- Mengapa harus menekuk lutut ?
- Mengapa bola melampaui baseline ?
- Bagaimana agar permukaan raket konsisten vertikal ketika kontak bola ?
- Bagaimana memukul bola ke titik lemah lawan
- **Backhand 1 tangan** : Grip dan Posisi Siap
- Bagaimana agar bola bisa melewati net ?
- Bagaimana mencegah bola tidak melampaui baseline ?
- Bagaimana memukul ke target yang anda inginkan
- Bagaimana agar permukaan raket konsisten vertikal ketika kontak bola ?
- **Backhand 2 tangan** : Grip dan Posisi Siap
- Bagaimana agar bola bisa melewati net ?
- Bagaimana mencegah bola tidak melampaui baseline ?
- Bagaimana mencegah bola tidak jauh melampaui baseline ?
- Bagaimana memukul ke target yang anda inginkan dengan backhand 2 tangan
- Latihan untuk meningkatkan konsistentsi
- **Volley** : Grip dan Posisi Siap
- Bagaimana mencegah forehand volley tersangkut di net
- Bagaimana mencegah forehand volley jatuh di belakang baseline
- Bagaimana mencegah backhand volley tersangkut di net
- Bagaimana mencegah backhand volley jatuh di belakang baseline
- **Serve** : Grip
- Mengapa serve nyangkut di net dan bagaimana mengatasinya
- Mengapa serve keluar lapangan dan bagaimana mengatasinya
- **A Final Word**

Consistent Tennis Wins VI – Return of Serve

(47 Menit)

DESCRIPTION

Learn to fine-tune your returning game with Consistent Tennis Wins VI. Covering everything you need to know to return successfully against serve and volley players, heavy topspin serves, slice serves, weak and slow serves, lefty serves, and big, bomb first serves.

Tom Avery breaks down each return in easy to understand lessons and teaches you how to train this often-neglected shot.

Daftar Isi :

- Return Of Serve Needs to be practiced on its own
- The Grip
- Where should you stand to return serve ?
- How far back or close in should you stand for first serves ?
- How far back or close in should you stand for second serves ?
- Key Ingredients on the Return of Serve
- Where should I hit my return of serve ?
- How to deal with the Serve and Volleyer
- How to deal with a heavy topspin serve
- How to deal with a slice serve
- How to deal with slow serves
- Technique to use against slow serves
- Dealing with a lefthander
- Know the server's strengths and weaknesses
- Practice your return as a stroke by itself
- A final word

Consistent Tennis Wins VII – Get to the Net and Win

(48 Menit)

DESCRIPTION

If you can get to the net in good position, you should win the point two out of three times, assuming you can volley and hit overheads well. This video will teach you how to get to the net and what to do when you're there.

Get to the Net and Win will teach you:

- Why the net is where you want to be to win more often
- When you should go to the net
- The strokes and techniques you'll need to play the net successfully

Daftar Isi :

1. Kenapa harus maju ke net ?
2. Kapan maju ke net ?
3. Arah pukulan Approach Shoot
4. Jenis pukulan ketika melakukan Approach Shoot
5. Underspin Approach Shoot
6. Bagaimana agar Underspin Approach Shoot tidak menyangkut di net atau keluar lapangan
7. Topspin Approach Shoot
8. Bagaimana agar Topspin Approach Shoot tidak menyangkut di net atau keluar lapangan
9. Flat Approach Shoot
10. Apa yang dilakukan setelah di depan net
11. Grip Volley
12. Teknik Forehand Volley
13. Teknik Backhand Volley
14. Dua drill untuk meningkatkan Volley
15. Overhead Shoot
16. Footwork Overhead Shoot
17. Mencegah agar Overhead Shoot tidak menyangkut di net
18. Mencegah agar Overhead Shoot tidak keluar lapangan
19. Arah Overhead Shoot
20. Mid-Court Volley
21. Swinging Volley

Improve Your Tennis in 38 Minutes (40 Menit)

DESCRIPTION

Learn how to prevent hitting in the net, hitting beyond the baseline and how to hit the ball straight to your opponent's weakness. All of this set to up tempo music in a series of drills you can practice right at home.

Next time you step on the court you will experience a huge difference.

This video is a shortened version of Consistent Tennis Wins V - The Ability To Swing.

Daftar Isi :

1. Forehand
 - a. Grip
 - b. Ready Position
 - c. Mengapa bola menyangkut di net ?
 - d. Mengapa bola keluar baseline ?
 - e. Bagaimana agar permukaan raket konsisten vertikal ketika kontak ?
2. One Handed Backhand
 - a. Grip
 - b. Ready Position
 - c. Mencegah agar Backhand tidak menyangkut di net
 - d. Mencegah agar backhand tidak keluar lapangan
 - e. Bagaimana agar permukaan raket konsisten vertikal ketika kontak ?
3. Two Handed Backhand
 - a. Grip
 - b. Ready Position
 - c. Mencegah agar Backhand tidak menyangkut di net
 - d. Mencegah agar backhand tidak keluar lapangan
 - e. Bagaimana agar permukaan raket konsisten vertikal ketika kontak ?
4. Volley
 - a. Grip untuk Backhand Volley dan Forehand Volley
 - b. Ready Position
 - c. Mencegah agar Backhand Volley dan Forehand Volley tidak menyangkut di net
 - d. Mencegah agar Backhand Volley dan Forehand Volley tidak keluar lapangan
5. Serve
 - a. Grip
 - b. Mencegah agar Serve tidak menyangkut di net
 - c. Mencegah agar Serve tidak keluar lapangan

David Sammel

About David Sammel

David Sammel adalah mantan pelatih Davis Cup Inggris, saat ini menjadi Director of Coaching **Monte Carlo Tennis Academy**. Ia dilahirkan pada 5 Juli 1961 dan menempuh pendidikan Ekonomi di North Texas State University. Memulai bermain tenis sebagai pemain junior di Afrika Selatan, lalu pada tahun 1978 direkrut oleh Kevin Curren (Finalis Wimbledon) ke University of Texas dan bermain sebagai pemain kampus selama 4 tahun. Setelah selesai sekolah bermain sebagai pemain pro kelas satelit dan challenger selama 5 tahun.

Setelah itu ia menjalani karier sebagai pelatih baik di Inggris maupun di Belanda mulai dari junior sampai senior. Ia pernah melatih Martin Lee (Inggris) mulai dari ranking 177 ketika mulai dan mencapai ranking 93. Pernah juga melatih Andrew Richardson (Inggris) yang bisa mencapai babak 3 di Wimbledon 1997.

Untuk lebih lengkapnya silahkan lihat di : www.tennis4everyone.com . Di website ini bisa juga men-download beberapa video clip tenis.

DVD David Sammel yang tersedia :

| | |
|---|-------------------|
| <u>The Forehand</u> | Rp. 50.000 |
| <u>The Backhand</u> | Rp. 50.000 |
| <u>The Serve</u> | Rp. 50.000 |
| <u>The Volley</u> | Rp. 50.000 |
| <u>Biomechanics</u> | Rp. 60.000 |
| <u>Pro Drills</u> | Rp. 60.000 |
| <u>Learn to Play Tennis</u> | Rp. 50.000 |

The Forehand (44 Menit)

DESCRIPTION

A powerful video that teaches the basic principles of modern tennis and helps you improve your forehand and movement.

Daftar Isi :

- Using the video
- Holding the racket
- The shape of modern tennis
- Jogging and swinging
- Contact with the ball
- The racket face
- The water level
- Moving to a forehand
- The forehand in action
- Make space for the swing

The Backhand (61 Menit)

DESCRIPTION

This is a This superb video tells you in simple, graphic terms how to improve all types of backhand shots.

Daftar Isi :

- Grip: Single hand backhand
- Swing: Single hand backhand
- Contact point, flat face and water level
- Putting it together: Single hand backhand
- Grip: Two handed backhand
- Swing: Two handed backhand
- Contact point, flat face and water level
- Putting it together: two handed backhand
- Grip: Slice backhand
- Swing: Slice backhand
- Contact point, racket face and water level
- In action: Slice backhand
- Hitting the low ball: Low slice backhand
- Performance factors

The Serve (42 Menit)

DESCRIPTION

Understand the 'Hammer', see the rainbow and develop the serve from a strong base to learning spins and tactics.

Topics Covered:

- Overview of the serve
- A stable base
- Ball placement
- The hammer
- Service swing
- Put it together
- Direction and accuracy
- Pro players in action
- Build your own serve
- The bow
- Slice and top spin
- Tips section

The Volley (48 Menit)

DESCRIPTION

A powerful video that teaches you not only how to volley both low and high balls, but where to approach the net and how to cover the net correctly.

Topics Covered:

- Overview of the volley
 - The grip
- Ready to volley position
 - Catch and cut
 - Forehand volley
 - Backhand volley
- Set wrist and V shape
 - V step to the ball
 - Power step for pace
 - Watch the contact
 - High volley
 - Singles net position
- Split step and Y patterns
 - Tips section

Biomechanics

(47 menit)

DESCRIPTION

This is a new powerful video demystifying the magic of biomechanics so that any player can gain the easy power available by learning the secrets of your own biomechanics.

DAFTAR ISI :

- Analysis: Forehand
- Coaching: Balance
- Pro players: Open stance forehand
- Analysis: Two handed backhand
- Analysis: Single handed backhand
- Pro players: Open stance backhand
- Coaching: The chain
- Analysis: Common errors: Open stance forehand
- Analysis: Common errors: Open stance backhand
- Analysis: Close stance forehand
- Pro players: Close stance forehand
- Analysis: Close stance single handed backhand
- Analysis: Close stance two handed backhand
- Pro players: Close stance backhand
- Analysis: Common errors: Close stance forehand
- Analysis: Common errors: Close stance backhand
- Coaching: Practice tips

Pro Drills

(59 Menit)

DESCRIPTION

This is a video more for the tournament and regular player although there is a lot to learn for everyone eager to progress.

Chapter List:

Introduction by David Sammel

01. Informal: Overview of Pro Drills with David Sammel
02. 3D Graphics: Contact point
03. Coaching: Practical work: Contact point
04. Analysis: Practice drills: Contact point/weighting the ball
05. Informal: Practice drills: Contact point/weighting the ball
06. Analysis: Practice drills: Side to side open stance
07. 3D Graphics: Side to side open stance
08. Coaching: Practical work: Side to side open stance
09. Informal: Side to side open stance
10. Analysis: Practice drills: Moving through the ball
11. Coaching: Practical work: Moving through the ball
12. Informal: Moving through the ball
13. Analysis: Practice drills: Midcourt ball skip
14. Coaching: Practical work: Midcourt ball skip
15. Informal: Midcourt ball skip
16. Analysis: Practice drills: Attack and defence
17. 3D Graphics: Attack and defence
18. Coaching: Practical work: Attack and defence
19. Informal: Attack and defence
20. Analysis: Practice drills: Forehand both sides
21. Coaching: Practical work: Forehand both sides
22. Informal: Forehand both sides
23. Analysis: Practice drills: 3-1 drill
24. Coaching: Practical work: 3-1 drill
25. Analysis: Practice drills: Midcourt ball
26. Coaching: Practical work: Midcourt ball
27. Informal: Midcourt ball
28. Analysis: Practice drills: Approach and volley emphasising the split step
29. Informal: Approach and volley emphasising the split step

Last word by David Sammel in studio

Learn to Play Tennis

(61 Menit)

DESCRIPTION

The new video 'Learn To Play Tennis' is another excellent product using the coaching expertise of David Sammel. This is an all-in-one video covering all the strokes for beginners and recreational players.

Topics Covered:

01 - THE 4 DIFFERENT FOREHAND GRIPS

02 - 4 SHAPES OF SWING

03 - LEARN THE FOREHAND

04 - THE READY POSITION

05 - THE RACKET FACE

06 - CONTACT POINT

07 - COORDINATION

08 - TOP SPIN THROUGH WATER LEVEL

09 - THE FULL FOREHAND

10 - LEARN THE SERVE

11 - THE READY POSITION

12 - BALL PLACEMENT

13 - THE HAMMER

14 - THE SWING

15 - ADDING THE LEGS

16 - THE FULL ACTION

17 - LEARN THE OVERHEAD

18 - LEARN THE BACKHAND

19 - SINGLE HANDED BACKHAND: THE GRIP

20 - THE POWER SALUTE

21 - SINGLE HANDED BACKHAND: CONTACT POINT

22 - SINGLE HANDED BACKHAND: THE FULL SHOT

23 - TWO HANDED BACKHAND: THE GRIP

24 - TWO HANDED BACKHAND: THE SWING

25 - TWO HANDED BACKHAND: THE FULL SHOT

26 - SLICE BACKHAND: THE GRIP

27 - SLICE BACKHAND: THE SWING

28 - SLICE BACKHAND: THE FULL SHOT

29 - LEARN THE VOLLEY

30 - THE GRIP

31 - THE READY POSITION: LEARN TO SPRING LIKE A CAT

32 - CATCH AND CUT: THE BASIC PRINCIPLE

33 - THE KARATE CHOP: LEARNING THE BACKHAND VOLLEY

34 - THE CATCH: PERFECT CONTACT POINT

35 - THE V SHAPE

36 - USING THE LEGS: HOW TO VOLLEY WITH PACE

37 - THE COCKPIT: TRACKING THE BALL

38 - POSITIONING: SIMPLE TIPS

39 - PRACTICE DRILLS

Clinton Stephenson

About Clinton Stephenson

Clinton Stephenson adalah pelatih tenis dengan pendekatan yang revolusioner. Ia menjembatani kesenjangan antara pemain rekreasi dengan pemain profesional. Mendapat sertifikat USPTA (United States Professional Tennis Association) pada usia 19 tahun. Sebagai tambahan, USPTA adalah Asosiasi Tenis Profesional tertua dan terbesar saat ini dengan anggota lebih dari 13.000 di seluruh dunia, didirikan tahun 1927 di New York. Stephenson telah mengajar pemain dari semua usia dan level lebih dari 10 tahun. Saat ini ia melatih beberapa pemain junior US berbakat dengan ranking sampai 340-an.

Bersamaan dengan peluncuran DVD-nya, Stephenson diundang untuk memberikan pelatihan bersama legenda tenis Guillermo Vilas dan Mark Woodforde di Camp Tenis bergengsi milik legenda tenis John Newcombe di Texas US: Tennis Fantasies Camp.

Diluar lapangan tenis, Stephenson mempunyai hobi surfing, meditasi, dan masakan vegetarian.

Berikut ini Review dari pemakai DVD Stephenson :

Excellent video, I'm an old-style type of player, after watching video I wanted to go out and try the new style. My guess is I'll end up some where in between. This is a good video to get started with modern tennis if you already possess some fundamentals.

- Brian -

Simplicity At It's Finest !

The kid has a nice tape. It is 27 minutes of good simple and quick instruction. You will get the most out of the video by replaying it. Most of all I like his philosophy about bent arm and it makes sense. I played that way a long time ago and I will be at that level again soon.

- George -

I have never been as inspired or excited to get better at tennis as I am now, having watched this DVD.

- Tennis Player -

It's about time someone began teaching tennis the way the pros learn. Recreational players want to hit the ball hard too!. This is an awesome DVD, longoverdue !

- Tennis Competitor – Beverly Hill, CA –

Purists pine for the old days, but modern tennis is about speed and power. Clin's push /pull concept is highly effective.

- Patrick Jennings – Teaching Professional

I loved it. Here is why.

First of all, the guy can hit the ball. He has world class professional level strokes and just rips the ball. Watching the DVD, where he shows his strokes in action (both in real time and in slow motion) is awesome to watch.

Second, Clint understands things intuitively because he can actually hit the ball at a pro level. He understands the power potential of open stances, rotation, semi-western grips, because that is the way he hits the ball.

Third, I found that Clint's teaching fits well with what I have learned from years of studying pro strokes. He advocates (and hits with) a double bend forehand, with an open stance, with rotation as the driving force, with the windshield wiper finish (which I just wrote an article on), etc. He understands this stuff through actual experience. Usually with new tennis material I find myself thinking the instruction is actually wrong or very misguided. With "Re-Strung in 24hrs" I found myself taking notes.

Clint is really unique in that he teaches tennis and is able to hit at world class level. "Re-strung in 24 hours" is an awesome new product that is unique and just plain cool to watch. I also think the title is great ; Re-Strung in 24 hrs I highly recommend this product and am always excited to see new tennis instruction like this.

- Jeff - <http://www.hi-techtennis.com>

Tennis Guru rocks,

Being someone who has played tennis for a long time I was very surprised what could still be learned. Whether you are an experienced player, a beginner, or teaching someone to play, this DVD is an incredible resource. Being able to have someone show you exactly how to do things the right way without having to pay the private lesson price is awesome. I would recommend this DVD to anyone who loves the game of tennis or is looking to take it up for the first time.

Thanks Tennis Guru.

- Matthew S. Hedger (Snoqualmie, WA USA)

DVD Clinton Stephenson yang tersedia :

[Tennis Guru - Restrung in 24 hours](#)

Rp. 50.000

Tennis Guru – Restring in 24 hours (27 Menit)

DESCRIPTION

Hey Tennis Enthusiasts! It's time to get your game re-strung! Clint Stephenson's Tennis Guru Series of books and videos is revolutionizing the way the sport of tennis is taught today. This is not your father's game of tennis!

Stephenson's modern approach to tennis bridges the gap between the recreational player and the pros you watch on TV. Do you dream of hitting shots at ridiculous speeds like Andy Roddick and Maria Sharapova, Tennis Guru gives you the basics needed to update your game. Author and director Clint Stephenson shows you the secrets of hitting like a pro. The Tennis Guru: Re-Strung in 24 Hours video further enhances the learning experience outlined in the book with clear visuals and slow motion viewing. Stephenson introduces audiences to innovative techniques for power and topspin, such as the unique push vs. pull concept.

THIS IS NOT YOUR FATHER'S GAME OF TENNIS. Rackets and athletic ability have made huge advancements in the game of tennis, yet there has been little progress in the way the game is taught. Do you like to watch your favorite player hit perfect shots at ridiculous speeds? Want to learn how to do the same? Don't let some pro tell you that you are not advanced enough to do it. Clint Stephenson brings a fresh look at the modern game, giving his players the skills and techniques to bridge the gap between the game you play and the game you see on TV. His ability to reveal and teach the fundamentals that have changed the game will have you playing the type of tennis the pros are playing now. Don't let another ten years go by before you really learn how to play the best tennis of your life. The Tennis Gurus proven methods will teach you to play like a pro!

Daftar Isi :

- Get re-strung
- Bent Arm vs Straight Arm
- Push vs pull
- The Forehand
 - o Grip
 - o Preparation
 - o Ready Postion
 - o The swing
 - o The hitting zone
- The two-handed backhand

- Grip
- Preparation
- The swing
- The hitting zone
- The one-handed backhand
 - Grip
 - Preparation
 - The swing
 - The hitting zone
- The slice backhand
 - Grip
 - Preparation
 - The swing
 - The hitting zone
- The forehand volley
 - Grip
 - Preparation
 - The swing
 - The hitting zone
- The backhand volley
 - Grip
 - Preparation
 - The swing
 - The hitting zone
- Smash
 - Grip
 - Preparation
 - The swing
 - The hitting zone
- Serve
 - Grip
 - Preparation
 - The swing
 - The hitting zone

Oscar Wegner

About Oscar Wegner

Oscar Wegner, dilahirkan tahun 1939 di Argentina, dikenal sebagai "Father of Modern Tennis" karena mengajarkan metoda yang banyak dipakai oleh pemain profesional sekarang. Pada dasarnya ia ingin melatih dan mengajarkan pada semua orang bahwa metoda yang benar itu adalah metoda yang dipakai oleh para pemain profesional, ia ingin menjembatani kesenjangan antara pemain tenis rekreasi/hobi dengan pemain tenis profesional. Sehingga pemain rekreasi bisa bermain dengan cara seperti pemain profesional. Saat ini ia dikenal sebagai pelatih tenis profesional, komentator ESPN Sport (TV khusus Olah Raga), dan penulis buku "Play Better Tennis in 2 hours".

Banyak pemain pro yang terinspirasi oleh metodenya, antara lain Venus William (pemegang 6 gelar grand slam), Serena William (pemegang 8 Gelar grand slam), Gustavo Kuerten (juara 3 kali French Open dan juara dunia tahun 2000), Paradon Srichaphan (pernah menduduki ranking 9 dunia). Pernah melatih tim junior Spanyol pada tahun 1973. Tahun 1980-an memberikan pelatihan di Brazil, salah satunya yang menonjol adalah Gustavo Kuerten. Tahun 1990 menulis buku 'You Can Play Tennis in Two Hours' dan muncul selama 4 tahun di Tennis Television. Di sana Richard Williams melihat acara tersebut dan melatih 2 anak perempuannya (Serena Williams dan Venus Williams) dengan metoda Wegner selama 4 tahun sebelum turun ke profesional. Tahun 1994 menjadi komentator ESPN yang kemudian ia memberikan tipsnya di jaringan ESPN di lebih dari 150 negara. Salah seorang orang tua tertarik dengan tips-tips nya sehingga memesan videonya dan mengajarkan kepada anak menurut video tersebut, kelak anak tersebut menjadi pemain top yaitu Paradon Srichaphan.

Federasi Tenis Rusia mengimplementasikan buku 'You Can Play Tennis in Two Hours' untuk program juniornya. Sehingga saat ini banyak memunculkan pemain top dunia asal Rusia. Sistem Wegner tersebut berlaku untuk pemain pemula, advanced, maupun pemain profesional. Diharapkan dengan metoda Wegner, bermain tenis menjadi lebih mudah dan menyenangkan bagi semua orang. Materi dari Oscar Wegner ini cukup revolusioner dibandingkan dengan metoda pengajaran tenis klasik.

Kutipan Oscar ketika bertemu dengan seseorang :

In January, 1999 I was at small tournament in Miami. A fellow coach introduced me to a very tall man. He greeted me with a big smile and said, "Oscar, it is an honor to meet you. I used to watch your show. Your techniques made so much sense that I taped them and had my girls watch them every day."

Later on, when we said goodbye, he gave me a long embrace and said, "Thank you so much for what you have done for tennis."

The name of the man, Richard Williams, father of Venus and Serena Williams.

Untuk lebih lengkapnya silahkan lihat di : www.tennisteacher.com . Di website ini bisa juga men-download beberapa video clip tenis.

Berikut ini beberapa komentar tentang metoda Wegner :

"Oscar is a great coach. He makes the most advanced techniques of the game very simple and clear, and he helped me regain my strokes and my feel for the ball"

- BJORN BORG, lima kali juara Wimbledon dan 6 kali juara French Open

"Known and respected all around the world, Oscar has given us another great contribution to tennis with this book."

- GUSTAVO KUERTEN, tiga kali juara French Open

"Thruoug his tips on ESPN International, Oscar has helped many of today's young pros and has been key in revolutionizing and simplifying tennis instruction around the world."

- MARTIN MULLIGA, finalis Wimbledon 1962 dan ranking 3 dunia tahun 1967

"Oscar has dedicated his life to tennis, demonstrating the same passion for teaching the game as he had for competing. He's been at the forefront of research, molding the future of tennis [coaching]."

- GUILLERMO SALATINO, FoxSports Latin America, founder an vice president of the International Tennis Writers' Association

"When my children were very young and just starting to play tennis, Oscar gave them drills that were fun, so that they wanted to play more and were motivated to play better. They looked forward to working with him and enjoyed the consistant improvements that result from his teachings."

- VINCENT SPADEA Sr, father of Vince, top pro; Luanne, three-time Orange Bowl Champion; and Diana, winner of a U.S. National Junior Championship

"With the application of Oscar's method, we definitely revolutionzed tennis in the state of Santa Catarina, now a tennis powerhouse in Brazil. The reuls : the current top female player in the country, Nanda Alves, and nothing less than the sparkle that ignited Gustavo 'Guga' Kuerten, whose game was developed by Oscar and me until Kuerten turned 14."

- CARLOS ALVES, top Bazilian coach.

"Oscar's techniques are incredible. Back in 1982 he was coaching with me in Germany and the students called him 'the American who taught tennis in two hours.' Over and over, he had total beginners rallying 40, 60 balls back and forth in just two hours of instruction. He also helped the Weiden Tennis Club

enjoy an undefeated junior tennis team that year and send our main team to the Bundesliga.”

- JURGEN FASSBENDER, former #1 player in Germany and top-ten player in the world

Berikut ini liputan media tentang Oscar Wegner dan metodenya :

[FT Lauder News](#)

[Deuce Magazine](#)

[Miami Herald](#)

[Florida Tennis](#)

[USTA-FL](#)

Miliki DVD dan CD Oscar Wegner. Metoda ini sangat revolusioner dan bisa mengguncangkan 'keyakinan' anda yang didapat selama ini. Oleh karena itu , bahkan untuk pemain yang berpengalaman dan pelatih/guru tenis, sangat disarankan untuk melihatnya secara berurutan :

[Tennis 101 & Play Like the Pros](#) (2 video dalam 1 DVD) Rp. 100.000

[Master Strokes Volume I dan II](#) (2 video dalam 1 DVD) Rp. 100.000

[10 Amazing Secrets](#) Rp. 60.000

[Advanced Tennis Techniques](#) Rp. 60.000

[40 Tennis Tips](#) Rp. 40.000

Tennis 101

(50 Menit)

DAFTAR ISI :

| | | |
|-------|-------------|--------------------------------|
| 01:03 | Lesson 1 | - Forehand Basics |
| 03:57 | Lesson 2 | - Forehand Control |
| 06:41 | Lesson 3 | - Forehand on the Move |
| 09:16 | Lesson 4 | - Forehand Topspin and Slice |
| 12:00 | Lesson 5 | - Backhand Part 1 |
| 15:53 | Lesson 6 | - Backhand Part 2 |
| 19:30 | Lesson 7 | - Backhand Grip |
| 22:20 | Lesson 8 | - Serving Basics |
| 26:28 | Lesson 9 | - The Spin Serve |
| 29:52 | Lesson 10 | - Volleying Basics |
| 33:18 | Lesson 11 | - Volleying on the move |
| 37:12 | Lesson 12 | - High and Low Volleys |
| 39:57 | Lesson 13 | - Basic Tennis Strategy |
| 42:58 | Lesson 14 | - Intermediate Tennis Strategy |
| 46:11 | About Oscar | |

Play like the Pros

(50 Menit)

DAFTAR ISI :

| | |
|-------|--|
| 01:05 | Introduction |
| 04:30 | Steffi Graf's Slice Backhand |
| 08:21 | Pete Sampras's Forehand |
| 12:36 | Pete Sampras's 1 handed Topspin Backhand |
| 16:01 | Jennifer Capriati's Forehand |
| 20:59 | Marry Pierce's Forehand |
| 24:40 | Andre Agassi's Forehand |
| 27:55 | Pete Sampras's Serve |
| 31:41 | Andre Agassi's Backhand |
| 34:36 | Jim Courier's Forehand |
| 39:23 | Steffi Graf's Forehand |
| 43:39 | Review and Summary |

Master Strokes Volume I

(50 Menit)

DAFTAR ISI :

| | |
|-------|---|
| 00:57 | Introduction |
| 01:50 | Hand-eye-ball coordination |
| 06:07 | Volley Part I – John McEnroe’s Volley |
| 10:14 | Volley Part II |
| 14:53 | 1 handed Topspin Backhand |
| 20:11 | Volley Drill – Perfecting The Downward Stroke |
| 24:00 | The Overhead Smash |
| 28:14 | Grip size |
| 32:53 | The Backhand High Volley |
| 36:10 | The Half-Volley |
| 41:04 | Footwork |
| 46:23 | Waiting on the Ball and Preparation |
| 51:38 | The Serve |

Master Strokes Volume II

(50 Menit)

DAFTAR ISI :

| | |
|-------|--|
| 00:58 | Introduction |
| 01:45 | The Finish |
| 05:38 | Power Vs. Control |
| 10:00 | Why Topspin |
| 14:27 | The Serve and Volley game |
| 19:00 | Why Lift |
| 23:45 | The 1 inch Volley |
| 26:48 | Misconceptions of Conventional Teachings |
| 32:23 | Topspin Drill of the Top Pros |
| 37:31 | Tracking the Ball |
| 42:08 | Secrets of Control |
| 46:26 | Developing Touch |
| 49:45 | Best Forehands Explained |
| 54:12 | Best Backhands Explained |

10 Amazing Secrets (50 Menit)

DAFTAR ISI :

| | |
|-------|---------------------------------|
| 00:57 | Introduction |
| 03:35 | Forehand Part I – Myths exposed |
| 09:10 | Forehand Part II |
| 15:03 | The 1 handed Backhand |
| 22:40 | The 2 handed Backhand |
| 25:43 | The 1 handed Slice Backhand |
| 29:46 | The Serve |
| 35:38 | The Volley |
| 41:12 | The Overhead Smash |
| 45:47 | Footwork of the Pros |
| 51:34 | Body Positioning |

Advanced Tennis Techniques (50 Menit)

DAFTAR ISI :

Part One – Groundstrokes

The Forehand
How the Pros move
The closed stance
Should you stay down ?
The height of the ball
The slice backhand
Use the edge
Advice on timing
Count to five
Which foot to use
The follow through
The height of the ball 2
How much spin
Grip tightness
Hitting the ball

Part Two – The Serve

Serve Techniques
Use the edge
The second serve
Second serve toss
Timing on the serve
Straight or bent ?
Bending the legs
Grip tightness
The Pro's grip

Part Three – The Volley

Volley techniques
Hitting across
Which muscles to use
Backhand muscles
Volley timing
Where to hit the ball
Volley footwork

Part Four – Quick Tips

Should you think ?

Overhead shot

Low volley shots

Drop shots

40 Tennis Tips : Play Like The Pros with Oscar Wegner (26 menit)

Adalah 40 Tips Tenis singkat yang diberikan oleh Oscar Wegner dan ditayangkan oleh ESPN di lebih dari 100 negara

- Copy the Pros
- The Finish
- Find the Ball
- Feel or Think
- Loose Grip
- Center Hits
- Backhand Drive
- Racquet Angles
- One Inch Volley
- Take Your Time
- Backhand Slice
- Wait For the Bounce
- Twist Serve
- Backhand Volley
- Early Preparation ?
- Serve Up
- Bad Bounces
- Approach Across
- Serve With the Edge
- Forehand Volley
- Focus on the Ball
- The Whip Effect
- Snap the Wrist
- The Drop Shot
- Topspin Backhand
- Moving Back
- The Follow Through
- Volley Practice
- Practice Topspin
- Wait For the Ball
- Key to the volley
- Open Stance
- Learn the Forehand
- Topspin
- The Backswing
- Lifting the Body
- Two Handed Backhand
- Natural Stance
- Natural Footwork

-

Juan Bracho

About Juan Bracho

DVD Juan Bracho yang tersedia :

| | |
|--|------------|
| <u>Steps of a Winner with Juan Bracho: Basic Topspin Shots</u> | Rp. 50.000 |
| <u>Steps of a Winner with Juan Bracho: Basic Returns of Serve Attack</u> | Rp. 50.000 |
| <u>Steps of a Winner with Juan Bracho: Six Serves</u> | Rp. 60.000 |

Steps of a Winner with Juan Bracho: Basic TopSpin Shots (45 Menit)

DESCRIPTION

Basic topspin shots from the baseline area.

1. Introduction
2. 06:14 Shot #1 Step-in Forehand
3. 08:24 Shot #2 Step-in Backhand
4. 11:27 Shot #3 Inside out Forehand
5. 14:45 Shot #4 Side-step Forehand
6. 17:22 Shot #5 Side-step Backhand
7. 20:20 Shot #6 Two-step Forehand
8. 23:39 Shot #7 Two-step Backhand
9. 26:45 Shot #8 Running forehand with step-in
10. 30:28 Shot #9 Running backhand with step-in
11. 33:55 Shot #10 Running forehand with open stance
12. 37:50 Shot #10 Running backhand with open stance

He shares his 25 years of teaching experience in this system because it works! "Steps of a Winner with Juan Bracho" is an excellent tool for coaches and players of all levels. Also very simple for parents who want to teach their own children!

Juan Bracho continuously coaches juniors who start out as beginners and continue on competing in local tournaments and then advance to national and ITF levels. "If I can do it, you can do it too" he says. With his module system he now shares his success story with you. You too can succeed! Enjoy!

Steps of a Winner with Juan Bracho: Basic Returns of Serve Attack (33 Menit)

DESCRIPTION

Basic returns of serve attack and defend shots.

Daftar Isi :

01:10 The Return of a Fast Serve

01:59 Shots 12 & 13 Return of Serve Fast with Top-Spin

07:01 Shots 14 & 15 Blocking Slice

10:20 Shots 16 & 17 Drop-shot Slice Forehand and Backhand Side

12:34 Shots 18 & 19 Chips n Charge Forehand and Backhand Side

23:32 Shots 20 & 21 Attack Forehand and Backhand Side

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Steps of a Winner with Juan Bracho: Six Serves (58 Menit)

DESCRIPTION

Six serves, beginner to pro level.

Daftar Isi :

05:17 Module 3

06:34 Shot #22 Tray technique Serve

10:00 Shot #23 Compact serve with slice

22:32 Shot #24 Jump Serve with Slice

35:00 Shot #25 The Jump Serve Flat (the "Cannonball")

41:31 Shot #26 Jump Serve with Top-spin

48:00 Shot #27 The Jump-Serve twist

He shares his 25 years of teaching experience in this system because it works! "Steps of a Winner with Juan Bracho" is an excellent tool for coaches and players of all levels. Also very simple for parents who want to teach their own children!

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Other

Berisi bermacam-macam DVD instruksi tenis :

Berisi bermacam-macam DVD instruksi tenis :

| | |
|---|-------------------|
| <u>Explosive Tennis Training, Vol 1</u> | Rp. 50.000 |
| <u>Explosive Tennis Training, Vol 2</u> | Rp. 50.000 |
| <u>Explosive Tennis Training, Vol 3</u> | Rp. 50.000 |
| <u>Skills, Drills, and Thrills, Part 1</u> | Rp. 50.000 |
| <u>Skills, Drills, and Thrills, Part 2</u> | Rp. 50.000 |
| <u>Top 100 Tennis Games and Drills, Part 1</u> | Rp. 50.000 |
| <u>Top 100 Tennis Games and Drills, Part 2</u> | Rp. 50.000 |
| <u>Creative Tennis : Decision Making Drills</u> | Rp. 50.000 |
| <u>Creative Tennis : Game Based Drills</u> | Rp. 50.000 |
| <u>Creative Tennis : Game Based Learning</u> | Rp. 50.000 |
| <u>Creative Tennis : Footwork and Movement Drills</u> | Rp. 50.000 |
| <u>Easy Tennis</u> | Rp. 40.000 |
| <u>World Class Junior Tennis</u> | Rp. 60.000 |
| <u>The Power of Preparation</u> | Rp. 40.000 |

Explosive Tennis Training, Vol 1 (31 Menit)

DESCRIPTION

Tennis-Specific Drills for Fitness and Fun. Explosive power and speed are the name of the game in tennis. *Explosive Tennis Training* (formerly *Explosive Power Training*) demonstrates drills and exercise variations to develop a more explosive game. A "must watch" download for all committed coaches and serious players.

- Reactions and Reflexes
- Speed Development

Daftar Isi :

| | |
|-------|---------------------------------|
| 00:19 | Reactions & Reflexes |
| 00:53 | Circle Catch |
| 01:26 | Racquet Drop |
| 01:56 | Juggle Steal |
| 02:37 | Wall Ball |
| 03:52 | Bouncing 1, 2, 3 |
| 04:40 | Funny Tennis |
| 05:27 | Two-Ball Mini-Tennis |
| 06:14 | Two-Ball Tennis |
| 07:07 | Reaction Returns |
| 08:18 | To Volley or Not To Volley |
| 09:25 | Reflex Volleys |
| 10:24 | Fencing Volleys |
| 11:28 | Inside Singles |
| 12:14 | Half Court Doubles |
| 13:31 | Speed Development |
| 13:42 | Starting Ability |
| 14:06 | Acceleration |
| 14:32 | Stride Rate Stride Length |
| 15:27 | Tag Races |
| 16:06 | Resisted Let-go Sprint |
| 17:03 | Lateral Resisted Let-go |
| 17:51 | Power Resist Groundstrokes |
| 18:34 | Assisted Step-out Sprint |
| 19:37 | Assisted Crossover Shuffle |
| 20:11 | High Forehand Assist |
| 20:48 | Assisted Split Step And Volley |
| 21:44 | Team Close-in |
| 22:38 | Singles Close-in |
| 23:31 | Single Leg Hurdles |

- 24:07 3, 4, 5, 6, & 7-foot strides
- 25:00 Crossover And Lateral Combos
- 26:12 Powerladder Ankle Flips
- 27:12 High Knee Running
- 28:17 High Knees Into a Sprint
- 29:08 Sprint In And Through
- 29:56 Power Resist Sprint

Explosive Tennis Training, Vol. 2

(37 Menit)

DESCRIPTION

Tennis-Specific Drills for Fitness and Fun. Explosive power and speed are the name of the game in tennis. *Explosive Tennis Training* (formerly *Explosive Power Training*) demonstrates drills and exercise variations to develop a more explosive game. A "must watch" download for all committed coaches and serious players.

- Plyometrics
- Agility & Balance
- Speed Endurance

Daftar Isi :

- 00:03 **Plyometrics**
- 02:02 Ricochets
- 02:41 Lateral, Forward & Backward Jumps
- 03:49 Standing Long Jumps
- 04:37 Jump to a Drop
- 05:08 Lateral Box Shuffle
- 05:50 Bench Blast
- 06:33 Step-up Twists
- 07:07 Alley Lunges
- 07:58 Double Leg Kick
- 08:38 Kangaroo Jumps
- 09:23 Lateral Hurdle Jumps

- 10:15 Forward Hurdle Jumps
- 10:54 Barrier Jumps
- 11:53 Slingshot Overhead
- 13:00 Assisted & Resisted Jumps
- 14:06 Bounding
- 14:41 30 60 90 Second Box Drill
- 15:16 Depth Jump into a Sprint
- 16:03 **Agility & Balance**
- 17:24 Rope Skipping
- 19:06 Balance Volley
- 19:44 Push & Hop
- 20:22 Balance Board
- 20:54 Outside Leg Loading
- 21:52 Four Corner
- 22:37 Cone Pursuit
- 23:29 Cone Weaves
- 24:32 Spider Drill
- 25:24 Circle Run
- 25:59 Ball Race
- 27:08 Steal a Ball
- 27:44 Circle Tag
- 28:30 Sprint Shuffle Sprint
- 29:09 Mirror Dodge
- 29:50 Dots

31:08 Obstacle Course

32:06 **Speed Endurance**

33:12 Pick-up Sprints

34:12 Wind Sprints

35:15 Hollow Sprints

36:18 Ball Routines

Explosive Tennis Training, Vol. 3 (42 Menit)

DESCRIPTION

Tennis-Specific Drills for Fitness and Fun. Explosive power and speed are the name of the game in tennis. *Explosive Tennis Training* (formerly *Explosive Power Training*) demonstrates drills and exercise variations to develop a more explosive game. A "must watch" download for all committed coaches and serious players.

Strength Training For the Core and Lower Body:

- Core Training
- Medicine Ball Training
- Lower Body Strength
- Stretching & Flexibility
- Shoulder Strength Training

Daftar Isi :

- 02:14 **Core Strength**
- 02:19 Side Crunch
- 03:04 Bent Knee Side Raise
- 03:42 Hip Roll
- 04:16 Diagonal Sit-Ups
- 04:53 Reverse Sit-Ups
- 05:28 Seated Bent Knee Tuck
- 06:06 Cycling
- 06:40 Chinnies
- 07:11 Crunches
- 07:54 90-Degrees Crunches
- 08:12 Russian Twist
- 09:14 Skywalkers
- 09:47 Low Back Isolation
- 10:34 Back Crunch w/o Twist
- 10:59 Superman
- 11:32 **Medicine Ball Training**
- 11:37 Open Stance Figure 8's
- 12:49 Mini Tennis
- 13:58 Overhead Wars
- 14:45 Inside Out Throws
- 15:28 Kneeling Backward Pass
- 15:58 Medicine Wall Ball
- 16:40 **Lower Body Strength**
- 16:45 Squats
- 17:35 Walking Lunge
- 18:10 45-Degree Lunges

- 18:55 Side Lunge
- 19:23 Low Shuffles
- 19:49 Grouchos
- 20:23 Harness Sprints
- 20:58 **Stretching & Flexibility**
- 21:57 Dynamic Stetching
- 22:53 Single Leg Ankle Flips
- 23:40 Marching
- 25:17 Russian March
- 26:01 High Knee Skips
- 26:30 Exaggerated Shuffle
- 27:27 Exaggerated Carrioca
- 28:23 Backward Reach
- 29:06 Drop Skips
- 29:31 Arm Circles
- 30:04 Salt and Pepper Shaker
- 30:40 Trunk and Shoulder Stretch
- 32:06 Static Stetching
- 33:18 Hamstring
- 34:12 Adductor
- 35:14 Abductors
- 36:08 Quadriceps
- 36:59 Quad and Hip Flexor
- 37:47 Gastrocnemius (upper calf)
- 38:48 **Shoulder Strength Training**
- 39:55 External Rotation On Side
- 40:29 Empty Can
- 41:02 Shoulder Extensions
- 41:33 Side Raise
- 42:00 Throwing Medicine Balls

Skills, Drills and Thrills, Part 1 (36 Menit)

DESCRIPTION

Skills, Drills, and Thrills gives serious tennis players and coaches exactly what they want - the most creative new game and drill ideas from around the world, to keep practice sessions fun and exciting for recreational and world-class players alike. Players will improve quickly while being guided and challenged in a realistic play environment.

Daftar Isi :

| | |
|-------|------------------------------|
| 00:04 | Racquet Circles |
| 00:59 | Volleyball Serving |
| 01:54 | Inside Singles |
| 02:52 | Groundstroke Isolation |
| 04:11 | Mixed Groundstroke Isolation |
| 05:00 | Soft Hands |
| 05:36 | The Pressure Serve Drill |
| 06:39 | Lob Volley |
| 07:44 | Flow Charting |
| 08:50 | Practice Under Pressure |
| 10:09 | Tennis Poker |
| 11:01 | Receiving With Success |
| 11:57 | Practice Making Errors |
| 12:54 | Pencil Handicap |
| 13:33 | Volleyball Tennis |
| 14:25 | Three-point Gamble |
| 15:22 | Use Your Big Weapon |
| 16:16 | 360-degree Return |
| 17:16 | Focused Winners |
| 17:53 | 360-degree Groundstrokes |
| 18:57 | Black Hole |
| 20:21 | Out of The Middle |
| 21:42 | Wild Card |
| 22:43 | Allowable Errors |
| 23:57 | Erasing Allowable Errors |
| 24:33 | Seven – Eleven |
| 25:41 | Five Balls |
| 26:42 | Scrambled Foursome |
| 27:36 | Early Momentum |
| 28:25 | Be Creative |
| 29:28 | The X Files |
| 30:19 | The Straight Files |

- 31:07 Jump-start the Receiver
- 31:52 Changing Racquets
- 32:33 In Your Face
- 33:18 Two-Point Tennis
- 34:23 180-degree Return
- 35:19 No-Bounce Doubles

Skills, Drills and Thrills, Part 2 (38 Menit)

DESCRIPTION

Skills, Drills, and Thrills gives serious tennis players and coaches exactly what they want - the most creative new game and drill ideas from around the world, to keep practice sessions fun and exciting for recreational and world-class players alike. Players will improve quickly while being guided and challenged in a realistic play environment.

Daftar Isi :

| | |
|-------|-----------------------------|
| 00:04 | Recovery Mini-Tennis |
| 01:28 | Recovery Groundstrokes |
| 02:11 | Opposite Feeding |
| 03:13 | Volleyball Receiving |
| 04:09 | Vertical Drilling |
| 05:06 | Serve With A Snap |
| 06:17 | One Minute Drill |
| 07:19 | Love the Battle |
| 08:16 | Speed Tennis |
| 09:26 | Kamikaze |
| 11:17 | Attached to A Cart |
| 12:13 | Issue Focus Drills |
| 13:19 | Walk to The Net |
| 14:27 | Controlled Ball Speed Drill |
| 15:19 | Express Tennis |
| 16:05 | Go Drill |
| 17:14 | Double Jeopardy |
| 18:20 | The Adding Machine |
| 19:31 | Handle-ing Volleys |
| 20:20 | Distraction Tennis |
| 21:14 | Distraction Tennis II |
| 22:08 | Hit Deep To Win |
| 23:04 | See-Saw |
| 23:59 | Mini Drop |
| 24:56 | Emergencies |
| 25:50 | Keep Focused |
| 26:40 | Low-High Backhands |
| 28:12 | Tug Of War |
| 30:11 | The Perfect Shot |
| 31:22 | Counting Steps |
| 32:15 | Raction Volley |
| 33:11 | Controlled Scramble |
| 34:14 | Swing Them Wide |
| 35:28 | Two Touch Doubles |

36:21 Inside Doubles

37:24 First To Four

38:06 Just Forehand Returns

Top 100 Tennis Games and Drills, Part 1 (31 Menit)

DESCRIPTION

The *Top Tennis Games and Drills* download features Joe Dinoffer's most creative drills, selected from thousands of international favorites. The drills are fun, innovative, and easy to adapt for all levels of play. The download is divided into 3 main sections: feeding drills, hitting drills, and competitive match play situation games.

- Feeding & Ball Control Drills
- Hitting Drills
- Virtual Reality Drills
- Training Aid Games & Exercises

Daftar Isi

- 01:21 Top 3 Reason For Playing Tennis
- 02:46 **Section I : Feeding and Ball Control Drills**
- 02:48 Spin & Hit
- 03:31 Spank The Ball
- 04:19 Sparring Volleys
- 05:08 Shadow with The Sun
- 06:02 Volley Reflex
- 06:47 Double Backswing
- 07:38 Simultaneous Groundstrokes
- 08:28 Drop Volleys to Win
- 09:21 **Section II : Hitting Drills**
- 09:25 Baseball Tennis
- 10:14 Momentum Drilling
- 11:14 Reject that Lob
- 11:57 Groundstroke Side Switch
- 12:40 Two Hits and Charge
- 13:26 Down the Line For A Bonus
- 14:20 Passing Angles Into The Alleys
- 15:02 Two Bounce Inside the Baseline
- 15:58 Stand Behind the Baseline
- 16:43 **Section III : Virtual Realty Drills**
- 16:48 Hit Winner or Force Error and Lose
- 17:39 Two Returns Per Point
- 18:27 Win Last Point or Back to Love
- 19:22 Three Point Shots
- 20:21 Simplicity Charting
- 21:33 Second Bounce (Leave it!)
- 22:26 Two Ball Serving

- 23:13 Cooperative Serve & Volley
- 24:09 **Section IV : Training Aid Games and Exercise**
- 24:13 Extend Sidelines with Ropezone
- 25:07 Airzone Doubles Over the Top
- 25:53 Doubles Outside the Middle
- 26:33 Powerband Groundstroke Attack
- 27:38 Feeling the Netzone
- 28:33 Stay Out Of The River
- 29:23 Powerladder Fun
- 30:06 Medicine Ball Ladder
- 30:46 Aerobic Tennis Drilling

Top 100 Tennis Games and Drills, Part 2 (32 Menit)

DESCRIPTION

The *Top Tennis Games and Drills* download features Joe Dinoffer's most creative drills, selected from thousands of international favorites. The drills are fun, innovative, and easy to adapt for all levels of play. The download is divided into 3 main sections: feeding drills, hitting drills, and competitive match play situation games.

- Feeding & Ball Control Drills
- Hitting Drills
- Virtual Reality Drills
- Training Aid Games & Exercises

Daftar Isi :

| | |
|-------|---|
| 01:31 | Section I : Feeding and Ball Control Drills |
| 01:35 | Micro Tennis |
| 02:16 | Chair Tennis |
| 03:22 | Double Ready Hop |
| 04:12 | 360 Degree Slice |
| 05:14 | Chairs to Recover |
| 06:08 | Decisions Easy 1, 2, 3 |
| 06:59 | Volley Reflexes On The Run |
| 07:46 | Section II : Hitting Drills |
| 07:49 | Two Ball Groundstrokes |
| 08:50 | Volley The Serve |
| 09:44 | Monkey In The Middle |
| 10:48 | Tug Of War In The Alley |
| 11:36 | Bump And Hit |
| 12:17 | Touch The Fence |
| 13:10 | Horizontal Drilling |
| 14:03 | Diagonal Drilling |
| 14:49 | Cross That Line |
| 15:52 | Top Or Back To The Max |
| 16:41 | Confident High Short Forehands |
| 17:23 | Section III : Virtual Realty Drills |
| 17:27 | Three Spin Serves Per Point |
| 18:22 | Return Cross Or Play It Again |
| 19:25 | Tennis' Three Point Play |
| 20:22 | Underhand Serving |
| 21:06 | Focus Games to Three and Five |
| 22:06 | Momentum Matches |
| 22:54 | Drop That Return of Serve |
| 23:39 | Section IV : Training Aid Games and Exercise |

- 23:43 The Ball Are On The Rise
- 24:30 Ropezone Doubles Up The Middle
- 25:09 Airzone Doubles : How Low Can You Go ?
- 26:05 Powerband Volleys
- 27:05 Cover The Net To Play A Set
- 28:02 Sequences Without Interruption
- 29:28 Medicine Ball Tennis
- 30:08 Double Odd-Ball Drill
- 31:06 The Airzone Return Of Serve

Creative Tennis: Decision-Making Drills

(48 Menit)

DESCRIPTION

Creative Tennis is the ultimate tennis teacher's guide for group lessons and creative drills. Great for staff training or any serious coach or parent helping any level of player improve their tennis.

Decision-Making Drills:

Tennis is an open sport full of quick decisions. This volume breaks these decisions down into 2 categories: decisions on incoming balls and decisions on balls we are about to hit. This video demonstrates why and how players should develop their decision-making skills right from the start. It is divided into 5 sections:

- 03:05 Part One : Decision-Making is for Everyone
- 14:30 Part Two : Make Decisions Early
- 21:10 Part Three : Learning by Self-Rating
- 29:01 Part Fourt : Verbalize Decisions
- 38:08 Part Five : Advanced Split-Second Decisions

Creative Tennis: Game-Based Drills

(43 Menit)

DESCRIPTION

Creative Tennis is the ultimate tennis teacher's guide for group lessons and creative drills. Great for staff training or any serious coach or parent helping any level of player improve their tennis.

Game-Based Drills:

As mentioned previously, tennis is a game and should be learned in the context of the game. Remember that thousands of kids learn basketball by playing schoolyard hoops. Not much technique, just a heavy dose of hustle, motivated by competitive fire. The dozens of extremely innovative drills contained in this volume are divided into 3 sections:

02:45 Part One : Creative Learning Drills

26:52 Part Two : Game-Based Doubles

32:46 Part Three : Competitive Large Group Drills

Creative Tennis: Game Based Learning

(36 Menit)

DESCRIPTION

Creative Tennis is the ultimate tennis teacher's guide for group lessons and creative drills. Great for staff training or any serious coach or parent helping any level of player improve their tennis.

Game-Based Learning:

Tennis is a game and should be learned and played in the context of the game. Good form and technique in tennis are helpful for long-term improvement, but are not essential if the initial goal is having fun and playing. In fact, many would argue that emphasizing form over everything else is a sure-fire way to make someone lose interest. The 4 sections in this volume cover:

04:12 Part One : Adapting Drills for Beginners

15:38 Part Two : Game-Based Technique Correction

25:28 Part Three : Fun at the Net

31:25 Part Four : Practicing Shot Combinations

Creative Tennis: Footwork and Movement Drills

(52 Menit)

DESCRIPTION

Creative Tennis is the ultimate tennis teacher's guide for group lessons and creative drills. Great for staff training or any serious coach or parent helping any level of player improve their tennis.

Footwork and Movement Drills:

The main components of successful movement for playing better tennis covered in this volume include:

02:21 Establish Standards

04:06 Part One : Balance

13:08 Part Two : Playing Height

16:33 Part Three : The Split Step

20:44 Part Four : Movement Guides

33:25 Part Five : Recovery

39:32 Part Six : Intensity

This video contains dozens of innovative live-action drills to get you moving your best. Watch it and your on-court attitude will be changed forever. Another must for training staff for summer camps, junior development programs, or working with groups of league players.

Easy Tennis

(32 Menit)

DESCRIPTION

Tennis is a game enjoyed by men and women of all ages. Easy Tennis will provide you with all the instructions and strategies a beginner needs to start playing and enjoying the game.

Contents :

Introduction

00:36 Exercises

01:52 Off-Court Warm-Up

04:02 On-Court Warm-Up

05:59 Ready Position

06:24 Eastern Grip

08:26 Western Grip

09:42 Continental Grip

10:08 The Serve

11:28 Ball And Toss

13:21 Ground Stroke

13:49 Volley

16:00 Overhead

16:53 The Lob

17:41 Forehand

19:25 Backhand

20:52 Two-Handed Backhand

22:33 Top Spin

25:02 Slice

26:43 Side Spin

27:57 Drop Shot

29:39 Passing Shot

31:28 The Smash

VIEWER REVIEWS

★★★★Simplicity At It's Best!

George

Some people may think it is a corny video and not "advanced" enough for them. Well it was nice to see someone who has the "classic style' and an Eastern Grip. He broke everything down very nicely and it HELPED me with my problem with my strokes, I went out today and hit the ball like I should be hitting the ball. Good job! This is a great introductory video and a great refresher for someone who has had a long lay off from tennis such as myself.

World Class Junior Tennis

(59 Menit)

DESCRIPTION

World Class Junior Tennis consists of three shows containing tips, drills, and tactics specifically designed for competitive juniors.

Volume #1: Groundstrokes – Tips, Tricks, and Techniques

01:17 Program 1 (tips, tactics, techniques)

01:44 Key #1 The Warm-up

02:37 Key #2 Rhythm Sequences

05:02 Key #3 Minimize Variables one basic swing

06:55 Key #4 Balance and Movement

11:03 Key #5 Swing Speed

14:34 Key #6 Early Preparation seingers and bouncers

15:41 Key #7 Exaggerate the angles

16:46 Key #8 Evolution of the slice backhand

Volume #2: Serve, Volley, Overheads, and Specialty Shots

20:39 Program 2 (Serve, Volley, Overheads and More)

21:06 Section One : The Serve

28:21 Section Two : Volley

31:28 Section Three : Overhead

33:35 Section Four : Drops, Dinks, & Chips

35:09 Section Five : Fast-Paced Drills

Volume #3: Tactics for the Modern Game

39:59 Program 3 (Tactics & Drills for the Modern Game)

40:24 Key #1 High shot tolerance

42:50 Key #2 High percentage target areas

45:47 Key #3 It's all about time

48:06 Key #4 Baseline patterns

49:54 Key #5 Serve - the most important shot

51:20 Key #6 Return of Serve - the second most important shot

53:07 Key #7 The mindset of coming to the net

55:14 Key #8 the mental slide

This series begins where Joe's first series on junior development leaves off. *Fast Lane Tennis* was the first video chronicle ever produced of a junior player learning to play tennis, with focus on establishing a solid foundation to allow them to fulfill their potential.

World Class Junior Tennis takes that first series to the next level by sharing the tips, drills, and tactics needed to develop a highly competitive game once a strong foundation is established.

Joe Dinoffer's daughter Kalindi, who was featured in the first series, now competes nationally. She was 12 years old during the filming and demonstrates throughout this series.

The Power of Preparation

(31 Menit)

DESCRIPTION

Top juniors coach Sandy Mittleman shares the secrets of preparing for all levels of the competitive junior's circuit: training regimens, tournament selections, coaching, and more. Learn from the coach of the 2005 USTA Girls' 18's Hardcourt Nat'l Champion, Mary Gambale.

PAKET

Paket Tom Avery (8 DVD)

[Consistent Tennis Wins I – The Original](#)

[Consistent Tennis Wins II – Strategy for Singles and Doubles](#)

[Consistent Tennis Wins III – The Serve](#)

[Consistent Tennis Wins IV – The Backhand](#)

[Consistent Tennis Wins V – The Ability To Swing](#)

[Consistent Tennis Wins VI – Return Of Serve](#)

[Consistent Tennis Wins VII – Get to the Net and Win](#)

[Improve your tennis in 38 minutes](#)

Harga normal seluruhnya Rp. **410.000**, harga paket **Rp. 285.000** .

Ditambah bonus DVD dari David Sammel : [Learn to Play Tennis](#)

Paket David Sammel (7 DVD)

[The Forehand](#)

[The Backhand](#)

[The Serve](#)

[The Volley](#)

[Biomechanics](#)

[Pro Drills](#)

[Learn to Play Tennis](#)

Harga normal seluruhnya Rp. **370.000**, harga paket **Rp. 275.000** .

Ditambah bonus DVD [A Scientific Analysis of the Oscar Wegner Method of Modern Tennis : MIT](#)

Paket Jimmy Connors (8 DVD)

[Tennis Fundamentals – Comprehensive 1](#)

[Tennis Fundamentals – Comprehensive 2](#)

[Tennis Fundamentals - Doubles](#)

[Tennis Fundamentals – For Kids](#)

[Tennis Fundamentals - Serve](#)

[Tennis Fundamentals - Volley](#)

[Tennis Fundamentals - Conditioning](#)

[Tennis Fundamentals – Conversation with Champions 1](#)

Harga normal seluruhnya Rp. **410.000**, harga paket Rp. **265.000** .

Ditambah bonus DVD dari David Sammel : [Learn to Play Tennis](#)

Paket Oscar Wegner (5 DVD)

[Tennis 101 & Play Like the Pros](#) (2 video dalam 1 DVD)

[Master Strokes Volume I dan II](#) (2 video dalam 1 DVD)

[10 Amazing Secrets](#)

[Advanced Tennis Techniques](#)

[40 Tennis Tips](#)

Harga normal seluruhnya Rp. **360.000**, harga paket Rp. **265.000** .

Ditambah bonus DVD [A Scientific Analysis of the Oscar Wegner Method of Modern Tennis](#) : MIT

Paket Advanced 1 (4 DVD)

Tom Avery : [Consistent Tennis Wins II – Strategy for Singles and Doubles](#)

Clinton Stephenson : [Tennis Guru - Restrung in 24 hours](#)

Oscar Wegner : [Master Strokes Volume I dan II](#) (2 video dalam 1 DVD)

Oscar Wegner : [Advanced Tennis Techniques](#)

Harga normal seluruhnya Rp. **270.000**, harga paket Rp. **200.000** .

Ditambah bonus DVD [A Scientific Analysis of the Oscar Wegner Method of Modern Tennis : MIT](#)

Paket Advanced 2 (5 DVD)

Juan Bracho : [Steps of a Winner with Juan Bracho: Basic Topspin Shots](#)

Juan Bracho : [Steps of a Winner with Juan Bracho: Basic Returns of Serve Attack](#)

Juan Bracho : [Steps of a Winner with Juan Bracho: Six Serves](#)

David Sammel : [Biomechanics](#)

David Sammel : [Pro Drills](#)

Harga normal seluruhnya Rp. **280.000**, harga paket Rp. **220.000** .

Ditambah bonus DVD [A Scientific Analysis of the Oscar Wegner Method of Modern Tennis : MIT](#)

Paket Game and Drills 1 (7 DVD)

[Explosive Tennis Training, Vol. 1](#)

[Explosive Tennis Training, Vol. 2](#)

[Explosive Tennis Training, Vol. 3](#)

[Skills, Drills, and Thrills, Part. 1](#)

[Skills, Drills, and Thrills, Part. 2](#)

[Top 100 Tennis Games and Drills, Part. 1](#)

[Top 100 Tennis Games and Drills, Part. 2](#)

Harga normal seluruhnya Rp. **350.000**, harga paket Rp. **250.000** .

Ditambah bonus DVD [A Scientific Analysis of the Oscar Wegner Method of Modern Tennis : MIT](#)

Paket Game and Drills 2 (7 DVD)

[Creative Tennis : Decission-Making Drills](#)

[Creative Tennis : Game-Based Drills](#)

[Creative Tennis : Game-Based Learning](#)

[Creative Tennis : Footwork and Movement Drills](#)

[Easy Tennis](#)

[World Class Junior Tennis](#)

[The Power of Preparation](#)

Harga normal seluruhnya Rp. **340.000**, harga paket Rp. **240.000** .

Ditambah bonus DVD [A Scientific Analysis of the Oscar Wegner Method of Modern Tennis : MIT](#)

Cara Memesan

1. Untuk memesan, hubungi Husni melalui telp/sms ke 0812-968 4024 atau email : husni.gumilang@gmail.com.
2. Pembelian minimal Rp. 100.000 mendapat diskon 10 %
Pembelian minimal Rp. 200.000 mendapat diskon 15 %
Pembelian minimal Rp. 300.000 mendapat diskon 20 %
Pembelian minimal Rp. 400.000 mendapat diskon 25 %
Pembelian minimal Rp. 500.000 mendapat diskon 30 %
2. Harga **belum** termasuk ongkos kirim
3. Pesanan akan dikirim dalam 2-3 hari setelah melakukan pembayaran melalui BCA dg no. rek **6860126395** a.n **Husni Gumilang**
4. Kami menggunakan jasa pengiriman melalui TIKI/ TIKI-JNE/ POS dengan [tarif](#) SEKALI PENGIRIMAN sebagai berikut.
5. Setelah mendapat konfirmasi harga, anda dapat melakukan pembayaran
6. Setelah melakukan pembayaran, harap dikonfirmasi (sms) kepada kami, agar pesanan cepat diproses. Jangan lupa mencantumkan **pesanan** , **no telp/hp yang bisa dihubungi, dan alamat anda**.
7. Setelah mengirimkan barang, kami akan mengirimkan SMS kepada anda