

TENNISPOLICE

southern cal coaching victim's unit

American tennis has been on the decline for the past decade, and it all stems from the roots. The “coaches” who are teaching the children. Tennis is a sport that pretty much goes un-noticed and under-appreciated in the United States, in the shadows of NFL, NBA/ WNBA, MLB, NHL, X Games etc... And with the majority of the best American athletes going into these other sports, so did all the money and the best coaching efforts and real analyzing of the biomechanics, physics and dynamics of the sport. Tennis “coaches” in general have not got around to using videos and pictures to analyze and compare strokes. The other sports have been using video for decades, and now since tennis coaches are finally “watching” because everything is on TV, Youtube, and in slow motion, they are now claiming that the game has changed...Really?

Then why do Bill Tilden, who played in the 1920's and 30's, Rod Laver, 1960's-70's, and Bjorn Borg, who ruled the tour in the late 70's and early 80's, over 20 years ago, look exactly like Federer in the pictures below? Laver and Borg were hitting short angles and high topspin when needed just like Nadal and Federer. Laver had better hands than Federer. Connors was ripping high backhands as hard as Djokovic, and Connors had a metal racket. Tilden served 163 with wood... Tilden talked about hitting side-spin. Laver and Borg were hitting open-stance topspin forehands and finishing like Nadal over their head on the appropriate ball... So what is going on??? Why haven't the American kids at all the tennis clubs across America been copying Tilden? Laver? Borg? and why are the “coaches” finally coming around and saying the game has changed? Is your coach is copying Roger, Rafa or Djokovic?

The problem is that some people were not really watching what was going on with the best players only! And they fell into the “mainstream” tennis coaching myths. Like low-to-high...or follow through over your shoulder... or step across your body and be closed stance, which basically puts you in an unbalanced position facing away from your target...or aim deep in the corners,the most risky shot. Open the racket face on a volley or slice...All these things do happen at times, but when you teach someone to be in these positions all the time, then they will struggle to improve at all because for different shots and positions you need different footworks, swings, and biomechanics in general. Lazy, and/or ignorant coaches saw a few pictures and decided to generalize way too much and not look into the exact biomechanics of the **best strokes of the best players only**, which has lead to the decline of American tennis.

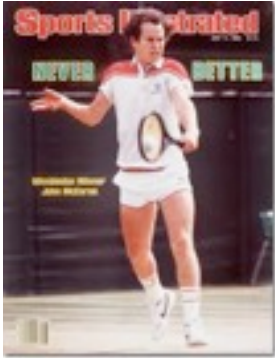


Above: “Big” Bill Tilden, Rod Laver, Bjorn Borg, and Roger Federer. All hitting the an open stance forehand. The game changed...? Are you sure? When did it change? 1920? 1960? What am I missing???

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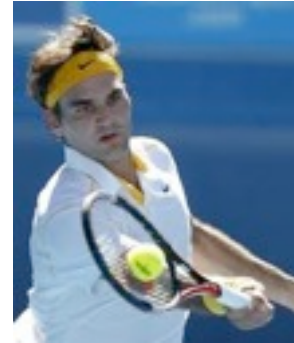


Above: Jimmy Connors, Ana Ivanovic, and Novak Djokovic, all hitting a high backhand drive... And Bjorn Borg with an open stance backhand on a grass court...

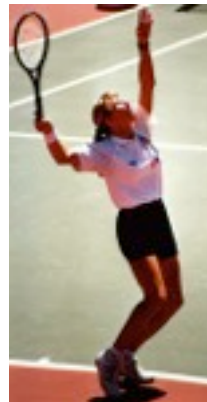


Above: Rod Laver, Chris Evert and Stefan Edberg. All open-stance...I thought you had to step across??? John McEnroe hitting closed stance...different situations call for different footworks! There is no definitive footwork. Many factors determine what the correct footwork should be.

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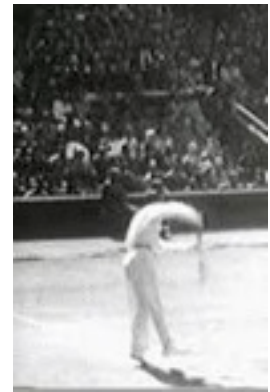
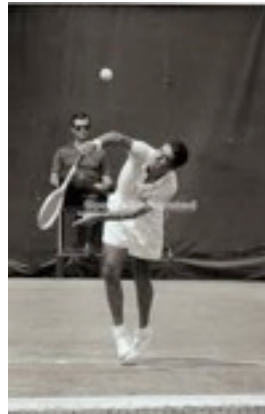


Above: John McEnroe hitting open stance because the ball was right at him. Open stance volleys allow for an easier inside out angle too...Stefan Edberg was forced to make one more step and use the more traditional footwork to reach for a volley... and Roger Federer. Notice the SLIGHT angle of the racket face in ALL of the pictures, there is NO "opening the racket face" on volleys! The angle must remain the same until the ball has left the racket. The most important thing is how the racket face contacts the ball. The correct footwork allows you to get the best LEVERAGE for each particular situation, therefore allowing the most options, and to be in a balanced position...



Above: The original "greatest serve" Pancho Gonzalez... Pete Sampras, Steffi Graf and Roger Federer... looks very similar...

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Above: Pete Sampras with his classic pronation finish...Steffi Graf, also one of the greatest; Pancho Gonzalez; and believe it or not, “BIG” Bill Tilden??? He served at 163mph in 1931... they all look the same... do you see a trend here? When did the serve change?

Why wasn't I ever shown all of these similarities by my “coaches”? Why didn't I see these kind of pictures, or end up in these positions? Why didn't I have a follow through on my forehand like Tilden, Laver, Borg and Federer? Why don't I have a two-handed backhand like Connors and Djokovic? Why didn't my serve have the same spin as Sampras?

Why???

Because this is America!

Where anyone can do anything...

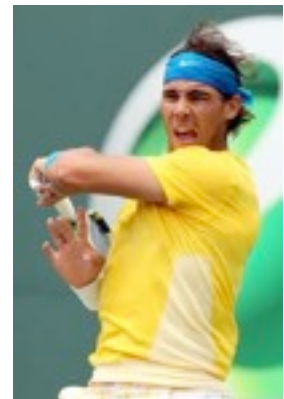
Even claim to be a “tennis pro”, say they will make your kid a champion and charge thousands of dollars, with no real evidence that they can, or that they actually understand, or that they can explain and teach what is really happening with the body's mechanics during a tennis stroke. Or that they understand psychology of the human brain under a stressful match situation. When someone doesn't completely understand these, and how the physics, geometry and biomechanics all relate together; even if they were pros themselves, they won't be able to teach tennis in a simple way. They won't be able to adapt their teaching to the different personal flaws that each and every player has, and therefore won't be able to teach them the easy way. Your average coach will have you thinking about 10 things and make each stroke seem like rocket-science. It's not very difficult to hit the ball correctly and make it in the court; the tough part is winning! The easy part should be hitting the ball. You shouldn't come off the court after a match and say “I played like sh@#”, or “my serve stinks” or “i missed too much”. It should be, “they just played too good”. Everyone has their own personal style, and most ignorant “tennis pros” will try to get them out of their style and into the teaching pro's “idea” of correct, instead of making some subtle changes that could fix everything easily without too much thinking.

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Above: Looks like even Bill Tilden used a semi-western to eastern forehand grip. And just like Federer they are both following through around their body, with a pronation of their forearm, NOT NECESSARILY low-to-high or over the shoulder like your tennis instructor has probably told you a million times...but through the ball hitting behind it and not from too far under it. Bill Tilden talked about hitting *side-spin*; now everyone is doing it. When has your coach said to take a high ball and rip it with side-spin?

*** Bill Tilden was not the best until he started training on a backboard. Every champion has put in their fair share of hours on a backboard. When has your coach taken you to hit on a backboard? And I bet you thought that a backboard was for beginners...



Above: Bjorn Borg finishing a “lasso” forehand the same as Nadal. And who thought that Nadal started this? Sometimes Nadal finishes around his side, and so did Borg! Why? Do you know why they are doing this? The correct follow through, or no follow through is everything. Different finishes for different positions and end results, just like different footworks. Sometimes a volley, slice or blocked shot has no follow through!

The best players have been hitting their most effective shots the same way for years!

The only thing that has changed is the equipment, and the fact that every ATP touring pro in the top 1000, thanks to Europe and South America now has a huge forehand, solid backhand, and big serve to go with it. Not to mention they are all strong and can move well too. Some players have better sides than others, but it is not as dramatic as years past. No one now in the top 100 has a huge weakness,

The Europeans and South Americans have now become the engineers of tennis, breaking it down into pure science and that is why they are excelling in professional tennis.

The average American coach teaches how to take lessons...

A good coach should be able to teach someone to hit a forehand with similar stroke and spin as Tilden, Borg or Federer or Nadal. A two-handed backhand like Djokovic or Connors. Volleys like Laver, McEnroe or Federer. Serve like Sampras Graf or Federer. They may not be able to hit the lines every time or hit a serve going 120mph, but a similar motion, spin and delivery, and consistency nonetheless. A good coach today may choose Andy Roddick to copy for a Big forehand or serve, but not Roddick for a two-handed backhand or volley. Nadal or Djokovic for the backhand or forehand. John Isner for the serve or forehand, Federer for everything! And a good coach would show how ALL pros use their highest percentage patterns to win points. Using the right patterns against a tough opponent is the key to success. A good coach would not choose anyone except the very best of the best to use as a template for teaching.

Your average coach may say, “stay down”, “low-to-high”, “bend your knees”, or “watch the ball”, or make up some crazy thing because they don’t know what else to say. Unless it’s a little kid, what do they think you are watching, the trees? what else would someone playing tennis be watching? and if you are a reasonably good athlete you shouldn’t have to be told to bend your knees, maybe “widen your stance” would do the trick?? Besides, I can find plenty of pictures of pros in the air... they just simply don’t have anything of value to tell you....

Decades ago only a few players were hitting the ball with the current grips and biomechanics on both forehand and backhand sides. Now there are probably thousands of people hitting the ball the right way on both the forehand and backhand sides, making it a sport where the guy or girl ranked 500 or 1000 could be hitting the ball just like a top 10 player. However just like any sport, the best players are those who have been best trained physically and mentally to perform at the highest level at the right times to win matches.

***But the rest of us SHOULD still be able to hit the same spins and similar strokes as the pros even though we may not be able to move and perform like a pro...

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Who is the Tennispolice?

The Tennispolice is a group of Former ATP and WTA players and coaches who HAVE BEEN playing and watching the best of the best in professional tennis and who are determined to get American tennis back on track! Tennispolice will teach YOU how to teach yourself! Breaking the game down into the very basics, and de-bunking the old myths that have held everyone back. By using video and pictures to teach and explain how and why certain things MUST happen at certain times in order to win at a high level. Tennispolice will quickly take over for the roll of what the USPTA was supposed to do. USPTA would certify your dog if it could feed tennis balls, and those are the people teaching your kids. They are all great people, but if you want your kid to have a chance at the tour or even a good university you better do your homework!

Tennispolice will only certify coaches who have been through all of our evaluations and exams. Any Division 1 members of the ATP or WTA will automatically certified by the Tennispolice. All others may apply for a chance to pass an on-site/ live evaluation, to make sure their teaching techniques are up to Tennispolice standards. Each and every Tennispolice Academy will be emphasizing what the best do best. Teaching everything, from hitting the same spin and targets the pros do, using their footwork, playing their patterns, winning matches against different types of opponents, under different types of conditions, and de-bunking the old tennis myths with pictures and video to prove our points, making learning much easier, so that history does not continue to repeat itself. With the right instruction, ANYONE can hit every stroke the technically correct way, lowering unforced errors to get the best chance for success, not to mention less injuries. Tennispolice shows the student with pictures of professionals to emulate and simple X and O diagrams that make the game simple and easy to see in front of your own eyes. Just like a basketball coach, or a football coach write down their plays for everyone to see, in plain english. Videos of the pros to watch and copy them, use their plays, their percentages, their techniques, their ball placement, EVERYTHING! You still may lose the match but you will make your opponent have to work for it!

Tennispolice makes learning tennis easy. Results should be seen immediately!!! It should not take your "tennis coach" months to teach you something. The pros are pros because they keep it simple; the correct footwork for the situation, playing the high percentages, the appropriate spin, doing the right things the right way at the right times! Keeping it simple, having sound strokes, and the right game plans takes the guesswork out of the game. It's tough enough as it is. You should be able to just play and let the instincts take over, but those have to be the right instincts that are instilled with many hours of not just practice, but "perfect practice"! Whether you become a champion depends on a few things...

What Makes a Champion?

1. Some Ego...you must want it. winning is the only option...You can not teach this.
2. Skill Set...this can be taught and easily attained with the proper training.
3. Tactics...this can be taught...without the correct game plan, nothing else matters...

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4. The name ***Tennispolice*** is now trademarked with the United Patents Office. The Domain name of Tennispolice.com and an email address of tennispolice@gmail.com have all been established. A twitter account of @Tennispolice will be a meeting point for all of the followers and will be linked to the Tennispolice.com website.

Tennispolice.com ...will be a hub for tennis enthusiasts. Connected to Twitter, real time Blog, and keeps updates weekly in the world of professional tennis, and the local tennis scene. Lots of free lessons from real touring pros. Links to online stores, magazines, articles, and other proven websites. Where to play. The best clubs in your area for your level of play. Where to play for free. Where to buy your equipment. Which equipment the pros use and why. Links to our APPROVED coaches and Academies that are teaching the correct way of tennis, and where you can find them.

The Tennispolice.com website will have a membership available for access to extra services offered; Free Video Lessons...instead of paying “tennis pro” or jr. academy \$70/hr or more and probably end up with bad advice, and not move your game in the right direction, every Tennispolice.com member will be able to send in a short video clip of their tennis game and the Tennispolice will review and send the recommended changes, advice and further information, including drills to get their tennis game up to par. Those who have not perfected such things as winning matches, hitting certain strokes, playing different types of opponents, all aspects of the tennis game will be reviewed and will be available to help every level of tennis player. And many more benefits...

Tennispolice app for Iphone and Android... this app will serve as a “cliff notes” for tennis and provide the much the same information as the Tennispolice.com website. A perfect companion for any level of tennis player both on and off the court, before matches if you know your opponent, between sets, even on change overs, when conditions change, when your coach is not there and your opponent has changed their game or you just need to adjust yours to counter. The same links, tips, match strategies, everything Tennispolice has to help you win!

Getting the Tennispolice name out there...

Southern California has long been the breeding ground for American tennis until recently where it has been Florida too, thanks to Nick Bollettieri and Andre Agassi. But regardless there are thousands of juniors, college, open, and senior tennis players, and hundreds of clubs throughout southern cal, and because of the names and connections of the pros behind the Tennispolice name, to create a small “buzz”, and then use the Tennispolice Management Team (TMT), and their contacts to go global with the help of TV and the internet. The niche we have access to of tennis players and their parents, we have an untapped potential of customers. ***These kids are talented and just need the right advice!*** The Tennispolice will have franchises, and “field officers” who will represent Tennispolice in their particular district, teach the right way and report to management. Every official Tennispolice officer, employee, or certified coach will always be on the same page so not to confuse any students, or give and bad advice.

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The Tennispolice name will be backed by true professionals including a former #1 WTA player, ATP players and their coaches, NCAA Champions, USTA coaches, ex-professionals all endorsing and contributing. Not just teaching the strokes, but all variations of the strokes, footworks, spins and body control. Being able to handle any ball that comes, hit it back with the right spin and put the ball in the right part of the court as to give the highest chance of winning points at a high level.

Tennispolice will buy commercials on tennis channel, and during the grand slam events, and have the connections of certain commentators to randomly use the Tennispolice name.

Being successful ATP, WTA, NCAA, players and coaches, and having the results to back us, the information from Tennispolice will prove to be of the essence! And the Tennispolice brand has the potential to spread like wildfire as the tennis parents of the kids of America are starving for the right advice, and finally starting to figure out that not everyone, not even some real professionals can teach and relate...it's 3rd grade simple, but takes a scientist.

Tennispolice will create that template for "perfect practice", for every imaginable shot, in every imaginable position. Showing the correct footwork, swing and body dynamics to get the job done and look like a pro while doing it.