



TECHNIQUE & REPETITION PROGRAM

The Vida Tennis technique/repetition (tech/rep) program is aimed to fast track player development. We combine technique with repetition in a monitored environment to *maximize* improvement from closed skill activities, to open skill activities.

“No player will ever stop developing due to a technical deficiency.”

Using biomechanical principals we aim to produce & promote correct and efficient movement patterns. Mechanics and action allows power production, while minimizing the risk of injury. Repetition is required in order to make technique an automatic process. Research shows that it requires approximately 10,000 repetitions of a movement or stroke to make a change. This must first be completed in a closed skill environment with no pressure and then tested in an open skill environment to make sure it will hold up under pressure.

The Vida tech/rep program is deigned purely around this philosophy and is essential in junior development.

VIDEO ANALYSIS

Video Analysis will be used across all courts to help players get a better understanding of where they are at. It is a proven fact that players learn the fastest through visual learning. Players are able to see images of them selves and be compared to images of professionals and ideal positions.

INJURY PREVENTION

Injury is an all too common factor in junior development, thus it is paramount for young players to start working on their bodies as early as possible. Body balance, posture, strength and flexibility are important. Players will rotate through various exercises and start this process and be shown exercises which they can do in their own time. The improvement of efficient techniques will also minimize the chance of injury.

THE VIDA TEAM

Vince Dattoli

Director/Head Coach
International Coaching Experience
TCAV Advanced
AFL Level 2 Coach
Coached WTA/ATP players

Angelo Giampaolo

TACV Advanced
International Playing Experience
State Grade Champion 2004
Current State Grade Player

Kane Dewhurst

Director/Head Coach
Former International Player
TCAV Advanced
ATP Ranked Singles/Doubles
Former State Grade No 1
European Team Tennis
State Grade Champion 2004
Former Hitting Partner of Jennifer
Capriati and Stevenson

Nick Taylor

TCAV qualified/level 1 coach
International Playing Experience

Dino Dattoli

Former International Player
ATP Ranked Singles/Doubles
European Club Tennis
Former State Grade #1
Former Hitting partner of Alicia
Molik & Alex Bogdanovic

Mark Peel

LTA Certified – Tennis
International Soccer Coach
International Coaching Experience

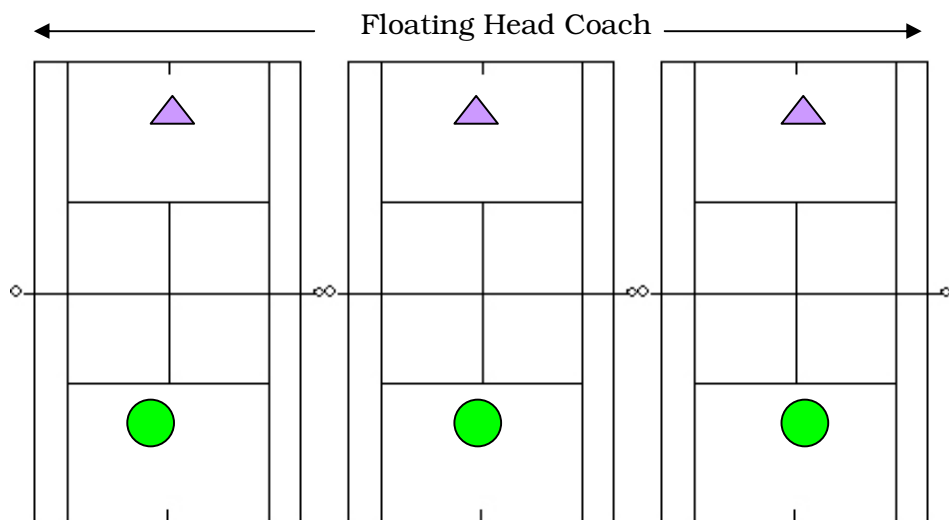
SOME PLAYERS TO HAVE COME THROUGH THE PROGRAM

There have been many players use this program to compliment their development. These include:- *Marija Mirkovic*- current WTA player and AIS Scholarship holder, *Ashleigh Richardson*- winner of numerous Nationals and ITF events, *Emily Fanning*- winner of multiple Nationals and semi-finalist at the Orange Bowl, *Lewis Miles*- current State Grade Player, *Andrew Whittington & Chase Ferguson*. As well as these players, there are many players who have progressed very quickly from lower sections of junior competition to the higher divisions. The program will help players of all levels to achieve their goals.

HOW THE PROGRAMS OPERATE

The program will run over three courts with an assigned coach for each court. A Head Coach will float across the three courts structuring and monitoring the progressions of either technique or repetition. Each court will have a specific theme to the individual in a periodic format. Players will rotate across each court! There will be three types of tech/rep Programs. These are illustrated below;

Four or more courts may also be used to enable private work as well as structured point play

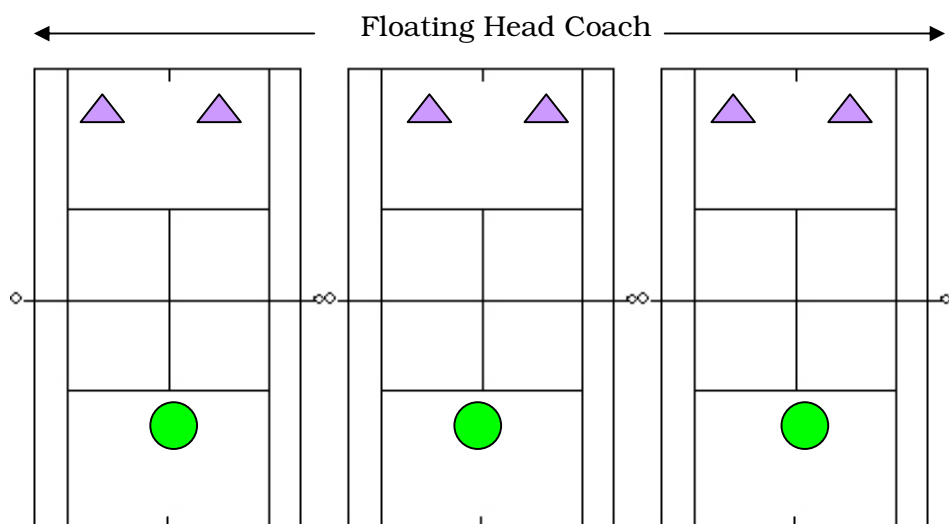


Tech/Rep A

Number of Players **3**
 Number of Coaches **3**
 Floating Coach **1**
 Duration: **60min**
 Student to Coach Ratio **1:1**

Cost \$70

Objective: A private session with the extra benefit of having a floating head coach and on the spot **video analysis.**

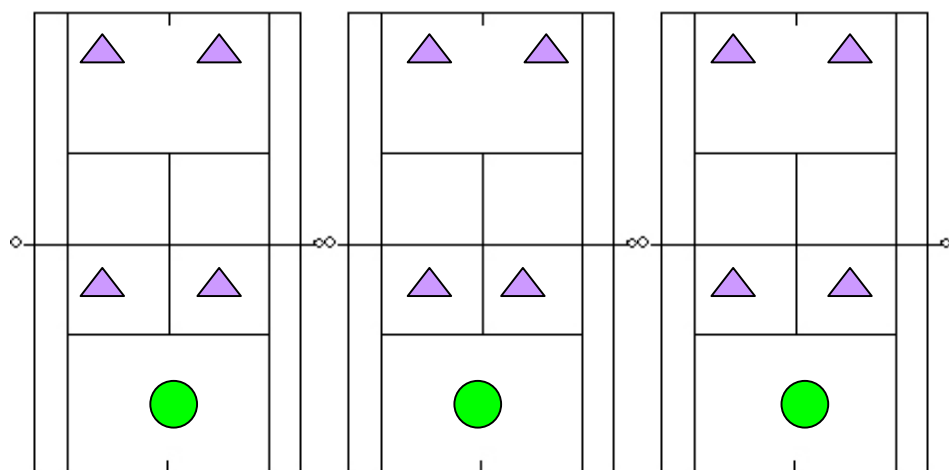


Tech/Rep B

Number of Players **6-8**
 Number of Coaches **3-4**
 Floating Coach **1**
 Duration: **90min**
 Student to Coach Ratio **1:2**

Cost \$45

Objective: A semi private session with private work, also the extra benefit of having a floating head coach with on the spot **video analysis.**



Tech/Rep C

Number of Players **4-12**
 Number of Coaches **1-3**
 Duration: **90min**
 Student to Coach Ratio **1:4**

Cost \$25

Objective: Live ball hitting focus with specific match play & point play themes. Also including elements of technique.

Different set ups may be used to add diversity to each of the programs and enable further private attention.