

Download of the Month

Biomechanical & Technical Resources from Pro Tennis Solutions

The well known British based coaching team of Rob Antoun and Daniel Thorp have now produced two succinct and authoritative downloadable publications concerning biomechanical principles in tennis and technical analysis.



BIOMECHANICS FOR TENNIS



"The study of the mechanics of a living body, especially of the forces exerted by muscles and gravity on the skeletal structure"



"A sound knowledge of biomechanics enables the coach to understand how the body can work most efficiently to achieve a desired outcome. There are several biomechanical principles that can be applied to all strokes in tennis. These principles can be applied logically to all situations and can help the coach find the most effective technique for each individual pupil".

This resource "is designed to give coaches clear guidance on the technical priority areas that need to be in place if their pupils are to maximize their abilities. It also gives `observation points` for each of the strokes that can be used to compare the `finished product` with their developing players. This gives coaches a straight-forward but effective analysis methodology to use with their young players".

Tennis Technique and Technical Analysis



Daniel Thorp
Pro Tennis Solutions Ltd.
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These resources can be downloaded from www.protennissolutions.com. They normally cost £6.00 each, **but a special deal has been organized for Irish coaches**, which allows you to get both publications for a total cost of £6.00. To take advantage of this `two for one offer`, go to the website and purchase either resource. Then email Rob Antoun at rob@protennissolutions.com. He will then send you the other download for free. Given the current euro/sterling exchange rates, it sounds like a deal to me!