

SUPERSLOWMOTION DVD

This DVD uses 4,000 frame per second digital video to give incredibly detailed slow motion imagery of players in action. When you remember that pictures are projected at 24 frames per second at your local multiplex, you begin to realise how much detail can be seen when you multiply cinema projection standards by a factor of over 160!

I would highly recommend this DVD to coaches who want to analyse player and racquet movement in the greatest possible detail. I can also see a value for players who want to practice through visualisation – when you watch this production, because you can see every single detail, you almost feel yourself carrying out the actions the players are performing.

The DVD is produced by **Carl Uwe Steeb**, member of the German three time Davis Cup winning team , and **Markus Hornig**, German Federation A-class coach. It costs €24.90. and is well worth the price. You can order it from the website www.look-learn.de. Go to the website, press for the English version, then press `Trailer`, and you will get a very good demonstration of how powerful a tool this DVD is.

