



Player: _____

Your Club Professional: _____



Pros Guide to the YCMTP

Created by Bob Love USPTA (Master Professional)
for Your Club's wonderful members and teaching pros.

To the Pro: The purpose of this program is to help you create a positive learning environment for your students. Because the YCMTP score is based on objective results, your students will feel GOOD about their successes by realizing that they have not only learned new knowledge and but also acquired Modern Tennis skills to enhance their games.

How to use the YCMTP

1. Study the manual so you can communicate the contents with your students.
2. In private or group lessons, create a objectives-based learning environment.
3. USE THE TEST AS YOUR LESSON PLAN.
In other words, "TEACH THE TEST"!
4. Administer the YCMTP Skills Test carefully and use it as a LEARNING TOOL!
5. CELEBRATE WITH YOUR STUDENTS and take the time to give them the YCMTP certificate or some other form of reinforcement such as post their successes on a club web site.
(Photos on a "Junior Wall of Fame" are a BIG HIT!)

August, 2006: This is a PILOT program therefore it will require good feedback from participating pros so we can "grow the program" and develop it into the powerful learning tool that good pros, like you, can use to help your students.

PLEASE: Provide feedback to Bob Love at boblovetennis@bellsouth.net
OR

Visit: usptakentucky.com and go to the "Bob Love" page to access more publications.



Your Club Modern Tennis Program

Student Guide

WELCOME: Your Club is proud to offer you an unique opportunity to acquire some of the exciting skills found in MODERN TENNIS (MT).

OBJECTIVES: Following the successful completion of the YCMTP, a player will be able to demonstrate the following:

- 1) Describe the reasons that MT had developed.
- 2) Demonstrate MT GRIPS and show the ones that YOU want to use.
- 3) Demonstrate what a *LOAD STEP* is and the following function of a *BREAK STEP*.
- 4) From a ready position, demonstrate a *UNIT TURN* to each side.
- 5) Standing next to a fence, demonstrate a *SHOULDER TURN* and *BACKSWING* to each side.

Starting from the center mark,

- 6) Demonstrate DEFENSIVE MT strokes to each side.
- 7) Demonstrate MT NEUTRAL strokes using "CLOSED" footwork.
- 8) Demonstrate MT NEUTRAL strokes using "OPEN" footwork.
- 9) Demonstrate MT OFFENSIVE RALLYING strokes from both sides.
- 10) Demonstrate MT APPROACH shots using CLOSED and OPEN footwork.

NOTE: In all of the above, the player must demonstrate proper RECOVERY and BALANCE techniques.

Support Materials

The next few pages will provide information to facilitate your learning. Your MOST IMPORTANT source will be your teaching professional.

STEPS in the LEARNING PROCESS

- 1) Review this document.
- 2) Work with your teaching professional to acquire MT knowledge and skills.
- 3) With your pro, MEASURE PROGRESS with the YCMTP Skills Test.
- 4) Following the YCMTP you will receive a Certificate of Completion;
HOWEVER
- 5) Your GREATEST REWARD is the knowledge that YOU have GROWN as a tennis player.

ENJOY!!!!!!!

YOUR CLUB MODERN TENNIS PROGRAM

PART I BASICS

Why Modern Tennis (MT)?

- 1) Equipment: Changes in technology have allowed players to hit with more POWER and CONFIDENCE than ever before.
- 2) Speed of the Racket Head: Studies in stroke mechanics and changes in technique have allowed players to generate greater head speed than in the past. The resulting velocity has resulted in more power.
- 3) Lower Body Mechanics: Studies in biomechanics have resulted in the “LOAD” and “EXPLODE” techniques to optimize kinetic chain linkage.
- 4) Aggressive style of baseline play: Given the “power tools” of MT, players have adopted tactics and strategies that from the baseline put extreme offensive pressure on their opponents.

Grips: The two-page guide shows an easy way to define tennis grips. Work with your pro to find the grips that will facilitate YOUR game. REMEMBER — THERE IS NO “RIGHT” OR WRONG” WAY! Do what works best for YOU!

Footwork:

LOAD (PLANT) FOOT: The foot on which the player “loads” the stroke. NOTE: This leg should be vertical and be pressing down to store the energy needed to “EXPLODE” upwards and create rotation.

BRAKE FOOT: The non-LOAD foot is brought up to stop the rotation of the hips and RELEASE the upper body and generate optimum racket head speed.

Footwork Combinations: (Right-handed player going to the right side)
(These are shown on the photo pages.)

- 1) “Right-Right”: Player runs to the right, LOADS on right foot, *explodes* up and comes out of the stroke and lands on the SAME foot.
NOTE: This would be the classic “OPEN STANCE” footwork.
- 2) “Right-Left”: This for the run-around (inside-out) forehand. The player runs to the left, LOADS on the right, then strokes and breaks on left.
- 3) “Closed Stance”: Plant left, pivot, stroke, and brake with right foot.
- 4) “Reverse Pivot”: For deep balls, move back towards the ball, load on the rear foot, EXPLODE by pressing up and rotating body. The left foot will land behind you. USE HIGH ENERGY to promote the stroke.

Resources: Brett Hobden and Rick Macci

BIG QUESTION: Why does a MT player leave the ground while stroking?

BIG ANSWER: Because s/he HAS TO! Their energy takes them off of the ground.
MT PLAYERS DO NOT “JUMP” INTO SHOTS!
THEY “EXPLODE” UP AND THROUGH THEM!

YOUR CLUB MODERN TENNIS PROGRAM

PART I BASICS (Continued)

STEP 1: TAKE THE RACKET BACK AS A UNIT

- A. KEY component: SHOULDER TURN!!!
- B. TAKE YOU RACKET BACK WITH THE SHOULDERS (UNIT TURN)
This action creates LOADING EFFECT!
- C. Tip: Keep hands “together” to facilitate the shoulder turn.
- D. Use FENCE (CURTAIN) STROKES to acquire this skill.

STEP 2: BACKSWING (Variations—use best way!)

- A. Straight back for service returns and approach shots
- B. Take high for high balls
- C. USE SHOULDERS “BIG HINGES” TO CREATE LOOP.
NOTE; DO NOT USE WRISTS TO CREATE LOOP!
- D. Do a “POWER DROP” for other shots.
This creates RACKET SPEED which yields POWER!

STEP 3: SET UP (KEEP MOVING!)

- A. For LOADED, OPEN STANCE, PUT YOUR OUTSIDE FOOT “BEHIND THE BALL” (TRACKING with your stance)
- B. MOST COMMON MISTAKE: FALLING BACK as one moves to the ball.
(Poor setup results in topspin shots only to be safe.)

STEP 4: FOLLOW THROUGH

- A. BALANCE-BALANCE-BALANCE (UNDERSTAND YOUR BODY!)
- B. HIT THROUGH THE BALL TO THE TARGET.
- C. Use WRISTS and SHORT FOLLOW THROUGH to “CARVE OUT” SHARPLY-ANGLED SHOTS.
- D. Use “LARGE MUSCLE” SHOULDERS as a UNIT to create “regular” shots.
- E. “PIVOT AND POINT” to create SHOULDER TURN and PROPER ROTATION.
- F. The SPEED OF THE RACKET HEAD takes the racket over the shoulder.

PART II FOOTWORK and STROKE PRODUCTION

Information: *FIVE-CONE DRILLS, FIVE-CONE STROKES and TECHNIQUES*

Task 6: When moving back toward a deep-bouncing ball (CONE 1) do the following:

1. LOAD on the BACK foot.
2. Keep hips “open” so you can generate angular momentum when rotating.
3. “GIVE THE BALL AIR!” Hit higher above the net to give you time to recover.
4. “ADD TOPSPIN” to bring the ball down over your opponent.
5. Use an ABRUPT UPSWING (“whip stroke”) to create offensive lobs.
(This is not pictured on info sheet.)
6. WITH HIGH ENERGY, EXPLODE UP THROUGH THE BALL AND ROTATE.
Some players accelerate so much that they go into a “reverse pivot”.

Task 7: Demonstrate NEUTRAL (CONE 2--along baseline) “CLOSED STANCE” STROKES.

1. LOAD on the foot closest to the net and use the rear foot as a BRAKE.
2. BRAKE action will usually take the foot OUT to the side along the BASELINE.
NOTE: Be sure the BRAKE STEP is along the baseline and NOT a LEG SWING around your body.
3. Come out in a BALANCED position and RECOVER towards the center.

PART II FOOTWORK and STROKE PRODUCTION (Continued)

Information: *FIVE-CONE DRILLS, FIVE-CONE STROKES and TECHNIQUES*

- Task 8:** Demonstrate NEUTRAL (CONE 3--along baseline) “OPEN STANCE” STROKES.
1. LOAD on the OUTSIDE foot and use the SAME, OUTSIDE foot as a BRAKE. (This would be “RIGHT-RIGHT” or “LEFT-LEFT” combinations.)
 2. RECOVER in a BALANCED position and move quickly towards the center.
 3. This style is extremely reliable for creating TOPSPIN shots.
- Task 9:** Demonstrate MT OFFENSIVE RALLYING strokes. (Move diagonally in at CONE 4)
1. WHY “OFFENSIVE” and NOT “NEUTRAL”? Because you are moving FORWARD toward the ball.
 2. WHY NOT USE AS AN APPROACH SHOT? Cone 4 is deep enough that going towards the net would be HIGHLY RISKY.
 3. LOAD on the INSIDE FOOT and EXPLODE through the ball by stepping completely through the stroke and using your SHOULDERS to direct the stroke.
 4. Even small or short players can generate TREMENDOUS topspin and pressure with this technique.
- Task 10:** Demonstrate MT APPROACH strokes using LOAD and EXPLODE techniques.
1. Set CONE 5 about 3’ from the center line and approach towards it.
 2. LOAD on the INSIDE foot and STEP THROUGH with the rear foot. (CLOSED)
 3. FOLLOW YOUR SHOT and CONTINUE into a BALANCED READY POSITION.
- Task 11:** Demonstrate MT APPROACH strokes using LOAD and EXPLODE techniques.
1. Set CONE 5 about 3’ from the side line and approach towards it.
 2. LOAD on the OUTSIDE foot and LAND on the SAME FOOT (OPEN).
 3. FOLLOW YOUR SHOT and CONTINUE into a BALANCED READY POSITION.

ADDITIONAL QUESTIONS

- 1) Why are SERVES and SWING VOLLEYS NOT included in this program?
- First—SERVING: Your pro will include MT lower-body mechanics in any lesson so we did not need to include it. Individual differences can result in highly different techniques. It is best to “custom fit” your delivery with your pro.
- Second—SWING VOLLEYS: First things—FIRST! That’s why this difficult stroke is not included. We want you to develop the lower-body, “LOAD and EXPLODE” techniques that will elevate your game to a higher level before working on the more complex upper-body mechanics required by swing volleys.
- 2) What’s next? By successfully completing the YCMTP you have put some “power tools” into your tennis arsenal. NOW--Work with your pro so you can integrate them into competitive situations.

ADDITIONAL RESOURCES

“The Modern Forehand” and “The Modern Backhand”: DVD’s available from USPTA.com. Rick Macci and R.J. Tessier provide terrific basic knowledge.

Brett Hobden’s DVD’s on Footwork and the Modern Forehand are MT “classics”.

Contact John Yandell at jyandell@tennisplayer.net. His monthly e-magazine contains the most current state-of-the-science information about MT.

With specific questions about YCMTP or techniques found in it, contact your pro or Bob Love at boblovetennis@bellsouth.net

Your Club Modern Tennis Program

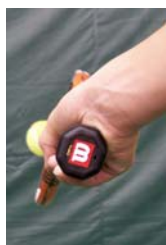
Grip Information Sheet

Introduction: Grips are an incredibly important and often-neglected element in proper tennis technique. The **PURPOSE** of **GRIPS** is to provide the proper body-racket contact so sound strokes will result.

STEP ONE: MAKE GRIP LINES ON YOUR PALMS as shown in the photo at the right. These will be the placement lines for the grips shown below.



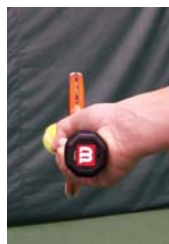
STEP TWO: Examine your racket grip to locate the bevels as shown in the photo at the left. **NOTE: THE GRIPS SHOWN BELOW ARE FOR RIGHT-HANDED PLAYERS. LEFT-HANDERS NEED ONLY REVERSE THE POSITIONS.**



CONTINENTAL FOREHAND/BACKHAND

Hand Position: Grip Line on BEVEL 2.
(Left photo)

Contact Zone: As shown in photo at right.



EASTERN FOREHAND

Hand position: Grip Line on BEVEL 3.

Contact Zone (at right): A bit more forward than the Continental contact zone.



SEMI-WESTERN FOREHAND

Hand position: Grip Line on BEVEL 4.

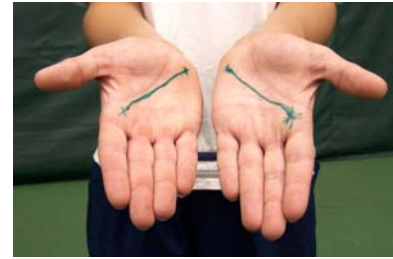
Contact Zone (at right): Even MORE forward than the Eastern contact zone.



IMPORTANT CONCEPT: AS THE FOREHAND GRIP MOVES AROUND TOWARDS THE WESTERN (BEVEL 5), THE CONTACT ZONE MOVES FORWARD!

Your Club Modern Tennis Program: Grip Information Sheet

STEP ONE: MAKE GRIP LINES ON YOUR PALMS as shown in the photo at the right. These will be the placement lines for the grips shown below



STEP TWO: Examine your racket grip to locate the bevels as shown in the photo at the left. **NOTE: THE GRIPS SHOWN BELOW ARE FOR RIGHT-HANDED PLAYERS. LEFT-HANDERS NEED ONLY REVERSE THE POSITIONS.**



EASTERN ONE-HANDED BACKHAND

Hand Position (at left): Grip line is on BEVEL 1.

Contact Zone (at right) . Slightly in front of body with rear hand going back for balance.



NOTE: For TWO-HANDED backhands; the DOMINANT ARM provides GUIDANCE while the NON-DOMINANT ARM supplies POWER!



DOUBLE-FOREHAND TWO-HANDED BACKHAND

Hands Positions: Right Hand grip line on BEVEL 3 (RIGHT-HANDED EASTERN FOREHAND) while Left Hand grip line is on BEVEL 7 (LEFT-HANDED EASTERN FOREHAND).

Contact Zone: Immediately in front of right hip.



CONVENTIONAL TWO-HANDED BACKHAND

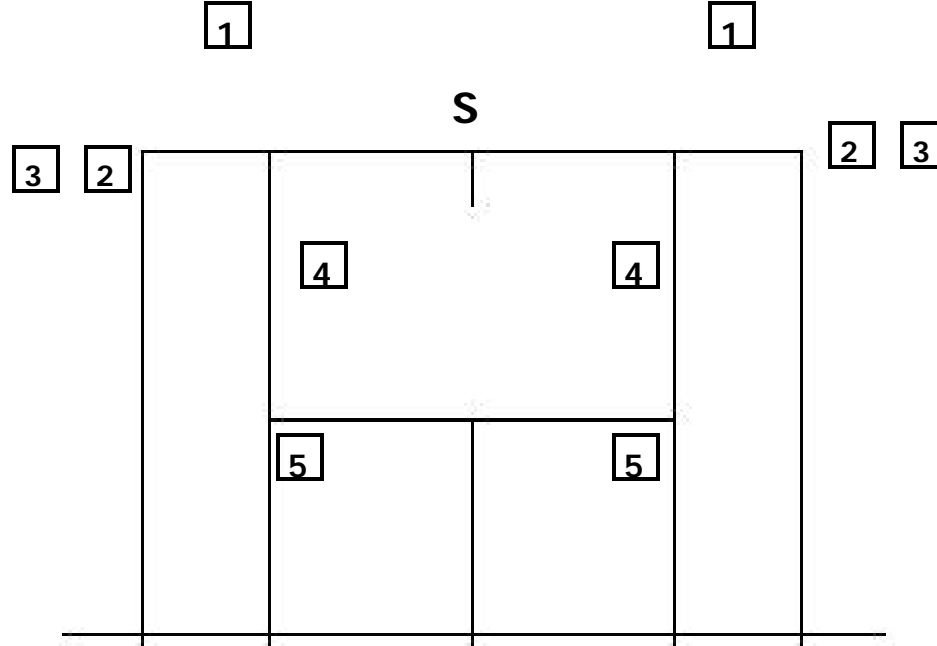
Hands Positions: Right Hand grip line in on BEVEL 1 (EASTERN BACKHAND) while Left Hand grip line is on BEVEL 7 (LEFT-HANDED EASTERN FOREHAND).

Contact Zone: *Fire the hips* and meet the ball more in front of the body than the Eastern backhand.



Your Club Modern Tennis Program

FIVE-CONE DRILLS



S = STARTING POINT for drills

- 1 = DEFENSIVE STROKES—ADD SPIN AND GIVE MORE "AIR"
LOAD—REAR FOOT BRAKE—BACK OR FRONT FOOT
- * * * NEUTRAL STROKES—MOVING ALONG BASELINE * * *
- 2 = CLOSED STANCE= LOAD FRONT + BRAKE REAR FOOT
- 3 = OPEN STANCE= LOAD AND BRAKE OUTSIDE FOOT
- 4 = OFFENSIVE RALLY = LOAD INSIDE + STEP THROUGH
WITH THE OUTSIDE FOOT.
- 5 = OFFENSIVE APPROACH = LOAD RIGHT AND BRAKE RIGHT
LOAD LEFT AND BRAKE LEFT
STEP TOWARD NET WITH REAR FOOT

SHOULDER TURNS: FENCE (CURTAIN) STROKES

PURPOSE: Develop concepts of *KINETIC CHAIN*: SHOULDER TURN, LOADING, "EXPLODING" WITH DROP-THRU STROKE, FORWARD RELEASE, BRAKE STEP, DYNAMIC BALANCE.

- 1) START about 2' from a curtain or fence.
- 2) TURN SHOULDER keeping racket high and front hand with racket.
- 3) LOAD desired foot. (Press knee down.)
- 4) EXPLODE lower body with DROP-THRU STROKE.
- 5) BRAKE STEP with desired foot!
- 6) RELEASE IN FRONT. (Use SWISH TEST for desired sound.)
- 7) CATCH FINISH with DYNAMIC BALANCE.
- 8) FOLLOW-UP by moving to position for next shot.



Open Stance
Shoulder
Turn



Open Stance
Brake Step
Balanced Finish

Your Club Modern Tennis Program

FIVE-CONE STROKES and TECHNIQUES



LOAD
REAR



BRAKE
BEST

CONE 1— DEFENSIVE (DEEP) GROUNDSTROKES

- 1) Move **BACK**—**LOAD** on **REAR** foot with **FRONT** foot to side.
- 2) **EXPLODE THROUGH THE BALL**, **ADD TOP SPIN**, and **"GIVE THE BALL AIR!"**
- 3) **LAND (BRAKE)** ON THE **MOST FUNCTIONAL FOOT!**
- 4) **QUICKLY RECOVER** TO THE **STARTING POINT**. (**ANGULAR MOMENTUM WHILE TURNING** is KEY!)



LOAD
REAR



BRAKE
BEST



LOAD
FRONT



BRAKE
REAR

CONE 2— CLOSED-STANCE GROUNDSTROKES

- 1) Move along baseline and **LOAD** on **FRONT** foot.
- 2) **EXPLODE THROUGH BALL** and **LAND (BRAKE)** on **REAR** Foot
- 3) Finish with hands in **DYNAMIC BALANCED** position and **RECOVER TO THE STARTING POINT**.



LOAD
FRONT



BRAKE
REAR



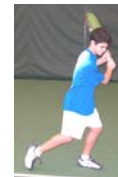
LOAD
OUTSIDE



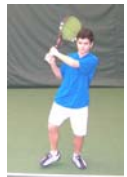
BRAKE
OUTSIDE

CONE 3 — OPEN-STANCE GROUNDSTROKES

- 1) Move along baseline and **LOAD** on **OUTSIDE** foot.
- 2) **EXPLODE THROUGH BALL** and **LAND (BRAKE)** on **OUTSIDE** Foot
- 3) Finish with hands in **DYNAMIC BALANCED** position and **RECOVER TO THE STARTING POINT**..



LOAD
OUTSIDE



BRAKE
OUTSIDE



LOAD
INSIDE



BRAKE
OUTSIDE

CONE 4 — OFFENSIVE RALLY SHOTS

- 1) Move toward short ball and **LOAD** on **INSIDE FOOT**.
- 2) **EXPLODE THROUGH BALL** and **STEP THROUGH BALL** with **OUTSIDE** foot (BRAKE STEP).
- 3) **FOLLOW UP** by **RETURNING TO THE STARTING SPOT**.

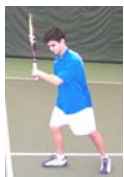
AS YOU MOVE IN, ADD SPIN!



LOAD
INSIDE



BRAKE
OUTSIDE



LOAD
OUTSIDE



BRAKE
INSIDE

CONE 5 — OFFENSIVE APPROACH SHOTS

- 1) Move toward short ball and **LOAD** on **FRONT** foot
- 2) If to the **RIGHT**, use **LOAD RIGHT** and **BRAKE RIGHT**.
- 3) If to the **LEFT**, use **LOAD LEFT** and **BRAKE LEFT**.
- 4) **LOAD** and **EXPLODE THROUGH THE BALL** and **STEP TOWARD NET** with the **REAR FOOT**.
- 5) **FOLLOW THE SHOT** with **HANDS** in a **DYNAMIC, BALANCED READY POSITION**.

AS YOU MOVE IN, ADD SPIN!



LOAD
OUTSIDE



BRAKE
INSIDE



Your Club Modern Tennis Program Skills Test

Player: _____ Date: _____

	<u>PART I</u> <u>Basics</u>	
<u>Task</u>		<u>Completed</u>
1) Describe the four reasons that MT has developed.		_____
2) A. Demonstrate the <i>Semi-Western Forehand grip</i> .		_____
B. Demonstrate the <i>Eastern Backhand grip</i> .		_____
C. Demonstrate the <i>Continental grip</i> .		_____
D. Demonstrate the <i>Two-Handed Backhand grip</i> that YOU might prefer to use.		_____
3) A. Demonstrate a LOAD STEP on each leg and show what "LOADING" means.		_____
B. Demonstrate a BRAKE STEP on each leg and show how the "BRAKING" process works.		_____
4) From a ready position, demonstrate a UNIT TURN to each side.		_____
5) Standing next to a fence, demonstrate a SHOULDER TURN and BACKSWING to each side.		_____

PART II FOOTWORK and STROKE PRODUCTION

REQUIREMENTS: A. For Tasks 6-11 the player must start at the Center Mark.
 B. The player must demonstrate proper RECOVERY footwork.
 C. The player must "come out" of the shot with proper BALANCE.

	<u>Task</u>		<u>(Needed)</u>	<u>Completed</u>
6)	Demonstrate DEFENSIVE MT strokes to each side. (These would be met at CONE 1 area.)	FG	4/5	_____
		BG	4/5	_____
7)	Demonstrate MT NEUTRAL "CLOSED STANCE" (These would be met at CONE 2 baseline area.)	FG	4/5	_____
		BG	4/5	_____
8)	Demonstrate MT NEUTRAL "OPEN STANCE" (These would be met at CONE 3 baseline area.)	FG	4/5	_____
		BG	4/5	_____
9)	Demonstrate MT OFFENSIVE RALLYING strokes with a RECOVERY back to the CENTER MARK. (These would be met at CONE 4 area.)	FG	4/5	_____
		BG	4/5	_____
10)	Demonstrate MT APPROACH strokes off a ball NEAR the CENTER ("CLOSED FOOTWORK") (Move CONE 5 about 3' from the <u>center line</u> .)	FG	4/5	_____
		BG	4/5	_____
11)	Demonstrate MT APPROACH strokes off a ball NEAR the SIDE LINE ("OPEN FOOTWORK") (Move CONE 5 about 3' from the <u>side line</u> .)	FG	4/5	_____
		BG	4/5	_____

Attested to by PRO: _____

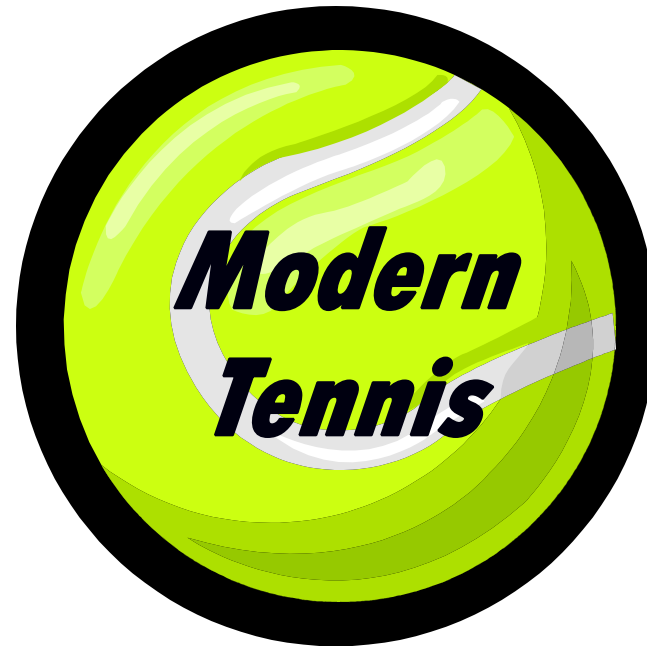
SITE: _____

Certification Of Success

Your Club Modern Tennis Program

This certificate is awarded to

In recognition of successful completion
Of the Your Club Modern Tennis Program



LOAD and EXPLODE!

Signature

Date

Your Club

Date