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# Tennis Without Limits

A S A M P L E R

## Registration Form

We want to know more so we can develop new products to serve your needs better!

Name: \_\_\_\_\_ Company/Organization: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State/Province: \_\_\_\_\_ Country: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Customer Survey

How did you hear about our product? Please specify as much information as possible.

- |  |   |
|--|---|
| <input type="checkbox"/> Internet  | <input type="checkbox"/> Magazine Advertisement   |
| <input type="checkbox"/> Newsletter/Magazine article                             | <input type="checkbox"/> Special Promotion        |
| <input type="checkbox"/> Association/Organization                                | <input type="checkbox"/> Tradeshow/Coaches Clinic |
| <input type="checkbox"/> Referral (Tell us who and we'll send them a free gift!) |   |

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Please select all that apply:

I am a:

- |  |   |
|--|---|
| <input type="checkbox"/> Coach: School/Team        | <input type="checkbox"/> Coach: State Association Team    |
| <input type="checkbox"/> Parent of a Tennis Player | <input type="checkbox"/> Tennis Association Administrator |
| <input type="checkbox"/> Player                    | <input type="checkbox"/> Professional Coach: League _____ |
| <input type="checkbox"/> Fan                       | <input type="checkbox"/> Volunteer Coach                  |

I am involved in sports with:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Elementary School  | <input type="checkbox"/> Boys                | <input type="checkbox"/> Girls                |
| <input type="checkbox"/> Junior High School | <input type="checkbox"/> Amateur League      | <input type="checkbox"/> College              |
| <input type="checkbox"/> High School        | <input type="checkbox"/> Professional League | <input type="checkbox"/> Adult Amateur League |

Other sports that my family or I am involved in:

- |   |                                     |  |
|---|-------------------------------------|--|
| <input type="checkbox"/> Basketball     | <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Swimming        |
| <input type="checkbox"/> Figure skating | <input type="checkbox"/> Ice Hockey | <input type="checkbox"/> Tennis          |
| <input type="checkbox"/> Football       | <input type="checkbox"/> Soccer     | <input type="checkbox"/> Track and Field |
| <input type="checkbox"/> Golf           | <input type="checkbox"/> Softball   | <input type="checkbox"/> Volleyball      |

This product was purchased for:

- |  |   |
|--|---|
| <input type="checkbox"/> Home/Personal Use | <input type="checkbox"/> School/Association Use |
|--|---|

### Thanks for your time – your feedback is appreciated!

Upon completion, this form can be faxed or mailed to the information below:

Samsports.com Inc.  
 Suite 1210, 800 - 5th Avenue SW  
 Calgary, Alberta T2P 3T6 Canada  
 Fax: 403.250.1972



# Tennis Without Limits

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## US/International Order Form

Date: \_\_\_\_\_ Order #   
(for office use)

### Shipping Information

Name: \_\_\_\_\_ Company/Organization: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
State/Province: \_\_\_\_\_ Country: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Phone, fax or e-mail contact info (including area code), so we may contact you regarding your order (include country code if international).

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Order Information

	Unit Price	Quantity	Extended Price
Tennis Without Limits – Beginner	\$39.95		
Tennis Without Limits – Advanced	\$39.95		
Golf – Managing Your Game	\$39.95		
Golf – Adapting to the Course	\$39.95		
Game Situation Training for Soccer	\$39.95		
FC Bayern Munich Junior Team	\$39.95		
Hockey – Beginner	\$39.95		
Hockey – Intermediate	\$39.95		
Winning Essentials – Baseball 101	\$39.95		

Canadian Residents please add 7% GST

Product subtotal

### Shipping Options

US via UPS - \$10.00 (5 days)

International Regular Postal - \$9.50 (10 days)

**TOTAL**

### Credit Card Information\*

VISA? Y/N

Mastercard? Y/N

Card #: \_\_\_\_\_

Expiry Date MM/YY: \_\_\_\_\_

Name as appears on card: \_\_\_\_\_

Approval #

(for office use)

\*If paying by credit card, the amount on statement will be calculated based on US/CDN exchange rate.

To order or register online, a live internet connection is required.

**New Savings! Order more than one product and receive 10% off each additional product!**



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## System Specifications

### PC System Requirements

- Windows 95<sup>®</sup>, 98<sup>®</sup>, or NT<sup>®</sup>
- Pentium<sup>®</sup> 100 or Better
- 32MB of RAM
- CD-ROM Drive x8
- 800 x 600 Resolution Color Monitor
- Thousands of Colors

### Mac System Requirements

- OS 7 or Higher
- G3, iMac or Better
- 32MB of RAM
- CD-ROM Drive x8
- 800 x 600 Resolution Color Monitor
- Thousands of Colors



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## Help Topics

### Buy Online Now

To use this feature you will need to have an Internet browser on your computer and a live Internet connection. Once you have clicked on the "buy now" button, it will launch your browser and go directly to our online store. If you do not have a Web connection you can print the order form provided in the PDF manual or call toll-free 1.877.726.7755.

### Registering Your Sampler

To use this feature you will need to have an Internet browser on your computer and a live Internet connection. Once you have clicked on the "register" button, it will launch your browser and go directly to our online sampler registration page where you will be given access to download your additional four free training drills.

### Quicktime and Video Playback

You will need to have Apple QuickTime 4.0 installed on your system. If you do not, we have provided the installers on the CD-ROM in the QUICKTIME folder.

### Sampler Manual and PDF's

All drill descriptions are contained in the manual. To view the manual, the Adobe Acrobat PDF viewer must be installed on your system.



# Tennis Without Limits

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## Tennis Without Limits: Beginner

- Service Swing
- Rhythm Toss
- Net to Baseline Serves
- Improper Footwork
- Leg Flex Drill
- Two-handed Backhand Demonstration
- Racquet Throat Return
- Thumb Contact
- Backspin Drill Part 1
- Overhead Footwork

### Service Swing

To develop an effective service swing, break the motion into two separate parts. Make the upswing, pause, and then make the downswing.

This drill reinforces proper technique and is excellent for developing control.

### Rhythm Toss

The rhythm toss is essential to effectively execute a powerful serve. As the ball is tossed up, the racquet is brought up in one fluid, circular motion. It is important to practice this motion over and over until it becomes second nature.

### Net to Baseline Serves

To get a feel for the amount of power to be used in serving the ball, start at the net and work your way back to the baseline in three-foot increments. Maintain the same relaxed and fluid motion throughout the drill, but with each increased increment, add a little more power. This exercise will build your confidence as well as reinforcing proper technique.

### Improper Footwork

A common mistake when a deep ball comes right at you is backing up without turning. By backing up, you have more time to react, but without turning you will have no room to hit the ball properly. Also, backing up incorrectly opens up the court, giving your opponent a better opportunity for attack.



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## Leg Flex Drill

Your legs are the most crucial elements of the one-handed backhand, as they are the keys to generating power in your strokes. ITUSA's unique chair exercise will teach you to utilize your legs more effectively.

Begin with the racquet positioned for a low back swing. As the ball comes towards you, sit in the chair. Then when the ball bounces in front of you, stand up to hit it. Lifting with your legs as you hit the ball will generate higher, arching backhand shots. Practice this drill until you feel a continuous rhythm throughout the motion.

## Two-handed Backhand Demonstration

The backhand is the most natural groundstroke when learned and executed properly. It is a natural motion because the hitting shoulder leads the body into the shot. The two-handed backhand provides more power and control, but requires better footwork than the one-handed backhand due to the lack of reach when both hands are on the racquet.

## Racquet Throat Return

Return the ball with your racquet while holding the racquet at the throat in the choke position.

Hold your racquet straight and firm with no break in the wrist or leaning back of the racquet. Make sure the butt of the racquet is aimed to follow the direction of your lead foot, which is the foot opposite your hitting arm.

## Thumb Contact

Using only your thumb, punch a soft ball forward.

## Backspin Drill Part 1

Backspin is the ingredient that makes drop shots, drop volleys and slice shots possible and very effective. Perfecting these shots requires "soft hands" and a feel for the ball on your racquet. These techniques can only be developed by practice, and more practice.

The coach feeds a soft, medium-height ball. Use a slightly open racquet face and keep the wrist firm. Contact the ball toward the front of the racquet face and let the ball slide across the strings. This will elevate the ball. Then, catch the ball with your free hand.



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## Overhead Footwork

To become comfortable with overheads, you need to practice your footwork in moving around the court. Contact the ball slightly in front of you as you would when tossing a ball for a regular flat serve. Since you may not have sufficient time to position yourself properly to hit an overhead on the fly, it is frequently convenient to let the ball bounce. This strategy gives you more time to position yourself and often will strike even greater terror into your opponent.

Performing the drills as demonstrated is the best way to develop your footwork.



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## Tennis Without Limits: Advanced

- Serve and Volley, Deuce Side
- The “Killer” Forehand
- High Forehand on the Rise
- Control from the Ad Side – Alternating
- Closed Stance
- High Backhand on the Rise
- Belt Drill Part 1
- X Drill Approach Volley – Reverse

### Serve and Volley, Deuce Side

The slice serve opens up the court by pulling the returner outside of the doubles alley. This enables the server to come in to the net to put away a volley in the opposite service box.

### The “Killer” Forehand

This drill will turn your forehand into a formidable weapon.

The coach keeps feeding the ball inside a service box while moving the player forward, back and around. The player hits the ball into the open court utilizing all of the techniques learned earlier: the drop hit, the elbow forearm acceleration and uncoiling the hips. Notice Meghann’s intensity and how she breathes with each stroke.

As you become more proficient, the feeder can send the ball further back towards the baseline. Always maintain the same intensity and speed in your shots!

### High Forehand on the Rise

This shot is difficult, but extremely effective when executed correctly. Meghann takes a high bounce on the rise instead of backing up.

Her positioning in relation to the ball is crucial. She takes many small, bouncing steps to position herself on the side. She gets close enough to the ball that her elbow can remain bent throughout the entire swing. Notice that she does not get too close, otherwise her stroke will be jammed and she will be unable to swing freely.

Contact with the ball should always be at its apex. Uncoil the hips forward as you contact the ball. Swing the racquet around your body and never down.

### Control from the Ad Side – Alternating

Here Darin is working on stroke production as he is alternating his backhand, cross-court and down the line deep to the corners. Adam and Meghann are working on their ground-strokes and footwork.





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## Closed Stance

With good footwork, you should always move to get yourself into a position to hit with a closed (sideways) stance. This technique generates far more power and penetration than is possible when hitting with an open stance. Watch Meghann's shoulder/hip rotation, weight transfer and good follow-through when hitting in this manner.

Also, pay particular attention to Meghann's great footwork in this series. See how she always begins with several big, explosive steps – followed by smaller steps – just before contact. This footwork promotes perfect timing and balance.

## High Backhand on the Rise

This shot is difficult, but extremely effective when executed correctly. Meghann takes a high bounce on the rise instead of backing up. Her positioning in relation to the ball is crucial. She takes many small, bouncing steps to position herself on the side. She gets close enough to the ball that her elbow can remain bent throughout the entire swing. However, she does not get too close, otherwise her stroke will be jammed and she will be unable to swing freely.

Contact with the ball should always be at its apex. The trail foot should be kept back and sideways. Uncoil the hips forward as you contact the ball. Swing the racquet around your body and never down.

## Belt Drill Part 1

Place a belt or rope around a player's biceps. This tactic ensures the racquet will be kept at the proper distance at which to hit the ball relative to the player's body. Notice how the arm and elbow remain bent with the racquet in front. The result is a fluid volley. This drill teaches better feel of the ball with a controlled forward motion because you are restricted from taking a large back swing.

## X Drill Approach Volley – Reverse

This drill combines approach shots and volleys. Paul hits an approach shot down the line and then hits the volley cross-court. All the footwork is double-step as he moves forward, backward and diagonally in an X pattern.

When practicing this drill, it is important to move back quickly so you have time to get set and transfer your weight forward as you hit the approach shot. This technique gives you the momentum that carries you to the net in a fluid motion.



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Rafael Font de Mora – Founder and President of International Tennis USA (ITUSA)  
Meghann Shaughnessy  
Filmed at “The Club at Cooper Wynd” - Fountain Hills, AZ

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