



PROFESSIONAL DEVELOPMENT NATIONAL TOUR - NSW

WITH INTERNATIONAL SPORTS SCIENCE EXPERT
DR MARK KOVACS

	Tennis Australia Coach Member	Non-Member	Team of 3 Member	Team of 3 Non-Member
Sydney Olympic Park Sunday Oct 25th 9am - 12pm	\$66	\$109	\$175	\$275
Sydney Olympic Park Sunday Oct 25th 1pm - 4pm	\$66	\$109	\$175	\$275
Maccabi Tennis, White City Monday Oct 26th 9am - 12pm	\$66	\$109	\$175	\$275
Collaroy Tennis Club Monday Oct 26th 1:30 - 3:30pm	\$44	\$88	\$115	\$225

Registration: tennis.com.au/workshops OR contact Margaret Parker (02) 9024 7642

DR MARK KOVACS

Renowned expert in Sport Science and Human Performance, Mark is a performance physiologist, researcher, professor, author, speaker and coach. He currently serves as the Executive Director of the International Tennis Performance Association and is a Fellow of the American College of Sports Medicine (ACSM), publishing over [50 research articles and abstracts](#) in top scientific journals.

Mark grew up in Melbourne, playing national and international level junior tennis through the Victorian Institute of Sport and Australian Institute of Sport systems. A top 5 Australian junior, Mark competed at the Australian and US Open junior championships. He was an All-American and 2002 NCAA doubles champion in tennis at Auburn University.

Mark has worked with hundreds of elite athletes in dozens of sports providing high performance sport science services in the lab, on the court, field, pitch, track and ring. Top professional tennis players include: **John Isner, Robby Ginepri, Sloane Stephens, Madison Keys, Stevie Johnson, Jack Sock, Christina McHale, Donald Young, Ryan Harrison, Melanie Oudin**, among many others.

[Dr. Mark Kovacs on Facebook](#)

www.mark-kovacs.com

WORKSHOP 1: TEACHING THE SERVE - THE 8 STAGE MODEL OF ANALYSIS

Sunday 25 October 2015 - 9 am - 12 noon

Sydney Olympic Park

- Understand the 8 major stages of the serve
- Use a simple method to effectively evaluate the service motion in each of the stages. Understand how each stage contributes to an optimum serve
- Learn the differences between the foot up, foot back and foot-around service motions
- Understand where injuries occur in the service motion
- Learn the major power sources of the serve

WORKSHOP 2: THE 6 MOST IMPORTANT GROUND STROKE MOVEMENTS

Sunday 25 October 2015 - 1 pm - 4 pm

Sydney Olympic Park

- Learn the technical movement mechanics to optimally move for ground strokes (wide, deep, forward, recovery)
- Big steps vs small steps when to use and how to use
- Using medicine balls and resistance to develop the backhand
- Single handed backhand vs double handed backhand – the difference in footwork
- The fastest way to move along the baseline
- The most effective way to hit down the line on the backhand

WORKSHOP 3: SPEED AND AGILITY DEVELOPMENT FOR COMPETITIVE TENNIS ATHLETES

Monday 26 October 2015 - 9 am - 12 noon

Maccabi Tennis, White City, 30 Alma Street

- Developing general movement skills that all tennis athletes need
- Developing and differentiating between linear and lateral speed
- Developing and differentiating between deceleration and change of direction
- Learn the best ways to develop power and stability using medicine balls
- Explore using the medicine ball and resistant bands to develop power and stability

WORKSHOP 4: TENNIS SPECIFIC CONDITIONING

Monday 26 October 2015 - 1:30 pm - 3:30 pm

Collaroy Tennis Club, Anzac Avenue, Griffith Park, Collaroy

- Learn how to train tennis players the most effective way possible from a conditioning perspective
- Optimizing your training time to work on tennis-specific endurance
- Why long slow steady state running is not the best training for tennis
- Learn the latest science behind tennis specific endurance training
- Monitor tennis specific training using technology