



PERFORMANCE COACHING

WITH INTERNATIONAL SPORTS SCIENCE EXPERT

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

Date: Saturday 24 October 2015

Venue: State Tennis Centre, Victoria Park Drive, Burswood

Registration: tennis.com.au/workshops OR contact Pablo Eguiguren **0466 304 788**

		Tennis Australia Coach Member	Non-Member
Workshop 1	7am - 8:30am	\$33	\$66
Workshop 2	9am - 1:30pm	\$77	\$119
Both Workshops (package)		\$99	\$165

WORKSHOP 1: PERIODISATION AND PLANNING FOR TENNIS - HOW TO PLAN FOR THE YEAR ROUND TENNIS SCHEDULE (7 am - 8:30 am)

- Learn the best way to plan and periodise your daily, weekly, monthly and yearly plans for tennis players
- Explore tennis specific periodisation techniques used by the pros
- Learn how to structure workouts to increase speed and power
- Learn how to structure your workouts to peak for tournament time
- Improve planning and periodisation during key growth and development periods

WORKSHOP 2: GROWTH, DEVELOPMENT AND MOVEMENT (9 am - 1:30 pm)

Growth and Development Issues In Junior Tennis Players: Understanding the Pathway From Hot Shots to Professional Tennis (1 hr)

- Learn the latest information about the physical development pathway for tennis players from the first year of exposure through the professional tour
- What it takes to get from the first hit to a Top 100 professional
- What are the most dangerous times in a players development from an injury and burnout risk perspective and how to monitor a child's development
- When and how to reduce volume during different stages of development
- Learn which areas of the body are most susceptible to injury for tennis players and specific exercises to help reduce the chance of the most common injuries
- Tennis specific screening tools for coaches to understand weakness and instability
- Taking care of the shoulder and the lower back

Efficient Movers, Power Movers, Bad Movers: Developing Your Athletes Movement (1.5 hrs)

- Learn the most efficient movement and footwork drills and exercise to improve transition movements
- Develop transition footwork for the forehand and backhand
- Learn how to use leverage to improve the transition game
- Understand the lock-in position

The 6 Most important Ground Stroke Movements (1.5 hr)

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

